

Walking in the Light

Conclusion to the series, "Soul Care"

Saturday, September 28, 2019 • Pastor Kalae George

"This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. ⁸If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:5-9 ESV)

Living openly and honestly keeps us connected with GOD and OTHERS.

CONFESS, don't repress. (Psalm 32:3-5 NLT)

- **Confess to GOD.**

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9 ESV)

- **Confess to OTHERS.**

"Therefore, confess your sins to one another and pray for one another, that you may be healed..." (James 5:16 ESV)

PROCESS, don't suppress.

- **Process with GOD. (Psalm 139:1-24 NLT)**

1. Begin with a heart of worship and humility. (v. 1-6)
2. Be completely honest and transparent with God. (v. 19-22)
3. Invite the Lord to search our hearts and to speak to us. (v. 23-24)

- **Process with others who are SAFE.**

"Whoever walks with the wise becomes wise, but the companion of fools will suffer harm." (Proverbs 13:20 ESV)