

SERMON SERIES

HOLDING HOPE

A LOVE STORY

DISCUSSION GUIDE

"WHERE THE LIGHT FINDS YOU"

SPEAKER: BO STERN BRADY

DATE: July 13, 2025

TEXT(S): 1 John 1:5-9, with
James 5:16 and Psalm 51: 1-2,7,10-12

HOW TO USE THIS GUIDE: *This resource is designed to help you, or your group, step through a progression of engagement with the Bible passage(s) and the speaker's message. Our goal is to help you better understand and apply B4's teaching.*

MESSAGE SUMMARY + DISCUSSION PROMPTS

We have limitless capacity to fool ourselves. That practice is making us sad and sick. We are mucking about through guilt and trying to fight a torrent of shame, when all the while our good Father stands ready to hear, forgive, and heal, but that requires us to confess our sin. Confession has become convoluted in our era and, consequently, it's also become rare. However, confession offers us multifaceted beauty. It is not groveling before an angry God. It is sharing our heart with a faithful Father. Confession keeps us honest with ourselves and with God and, if we'll let it, with others. Confession keeps us connected to humility, as we'll learn during this message.

LEAN IN: *These are icebreakers and warm-ups, mostly to get the group talking and start the flow of conversation. Choose one and talk it over for 5-10 minutes.*

1. What's one place in your home you don't want guests to see, and why?"
2. Do you usually prefer early morning or evening light, and what does that say about you?
3. Describe a time when you saw something about yourself clearly, maybe something difficult to face, but it ended up being helpful.
4. Have you ever believed you were doing well, only to realize later that something was off? What was that like?
5. Do you sense God's inviting you to be honest and open, and why or why not?

LOOK DOWN: *These are questions about the Bible passage(s) from the message. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. How is God described in 1 John 1:5-9?
2. What contrasts does John set up in this passage, like light vs. darkness, saying vs. doing, truth vs. deception? And, why does he do so?
3. According to verses 6–7, what are the visible outcomes of walking in the light?
4. What role does self-deception play in verses 6 and 8?
5. Why does John connect confession with both forgiveness and cleansing in verse 9?

cont.

LOOK OUT: *These questions help connect the world of the Bible to today. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. In a culture (or cultures) that values image and self-presentation, what does it look like to “walk in the light” with authenticity and vulnerability?
2. What are some ways people in our cultures might deceive themselves about the state of their well-being?
3. In what ways do unresolved hurts or hidden habits impact our relationships and sense of community today?
4. Why do you think confession, especially honestly personal confession, is so rare in today’s world?
5. What practices outside of the Church do most people turn to for help to invite light into their lives in a way that heals rather than shames?

LOOK IN: *These questions help you consider how to engage the teaching for yourself. Spend about 15-20 minutes discussing your choice of two or three questions:*

1. Where in your life right now do you sense the Holy Spirit inviting you to “step into the light?”
2. Can you recall a time when your confession brought real freedom or healing? What changed as a result?
3. What keeps you from being completely honest with God about your struggles or sin?
4. Think about your relationships. Is there someone with whom walking in the light could bring deeper friendship or healing?
5. If you were completely honest with God, what do you hope He would reveal? What do you fear He might reveal?

LIVE IT OUT: *These practical action steps help you apply this message to day-to-day life. Choose one prompt and talk it over for 5-10 minutes:*

1. Asked God to “show me me” each week of this series as Pastor Bo described the practice. Prepare yourself in prayer to receive both grace and truth in that moment.
2. Find more resources and a guide for journaling throughout this series [here](#). Visit this link and engage with the content during this series.