

Hope Unbound #1 – From Darkness to Light

1 John 1:5-2:2

The Chains of Destructive Habits

The Power of Hope

Bad habits can't be stopped. They must be _____.

Story #1

First Step: From Darkness to Light

God: Light, Life, Joy, and _____

Satan: Darkness, Destruction, Misery, and _____

Why do we keep our destructive habits in the dark?

1. _____
2. _____
3. _____

How do we keep our destructive habits in the dark?

1. _____
2. _____

How does the gospel help us bring what is in the dark to light?

What then should we do?

The Power of _____

Growth Group Study Guide

Getting Started:

- (1) As you look back over 2016, what did God teach you? Where did you see the most growth last year?

- (2) As you look ahead to 2017, what are you asking God to do in your life? In what area do you hope to see the most growth in the next year?

Getting Into the Word:

- (1) Read John 8:12 and 12:46. What does it mean that Jesus is the Light of the World (as opposed to the darkness currently in the world)? Why does following Jesus bring us out of darkness and into the light?

- (2) Read Luke 8:17 and 1 Corinthians 4:5. Why is it foolish to hide things from God? How would we live differently today if we believed that everything that is currently hidden in darkness would one day be revealed?

- (3) Read Proverbs 28:13. How does concealing (hiding) our sin keep us from prospering? If this proverb is true, why do we still struggle to confess our sins to one another?

(4) Read Ephesians 5:6-14. How does Paul describe our new identity as followers of Jesus? Why is a proper understanding of our identity in Christ so important to breaking destructive habits?

Getting Honest:

(1) We are quick to see faults in others but often slow to see them in ourselves. If you were to be 100% honest with God and others, what is your number 1 destructive habit that you need to confess?

(2) Bad habits don't just stop – they must be replaced by new habits. When you have tried to stop bad habits in the past, what new habits (good or bad) have moved in to take their place? Why do you think you have turned to that new habit?

(3) If you were to be completely honest, what keeps you from sharing your destructive habits (and addictions) with those around you (your spouse, friends, parents, small group)? How can you break the cycle of hiding your real struggles from other people?

(4) When other people share their addictions with you, do you tend to be understanding and empathetic or judgmental and harsh? What does it look like to extend grace while also speaking the truth in love?
