

# **A Cup Overflowing – A study of the Christian life**

**Lesson 7:  
A Christian Life is...  
*A Light-filled Life***

# So much imagery...

- God is light
  - "...God is light; in him there is no darkness at all." (1 John 1:5)

# So much imagery...

- God is light (1 John 1:5)
- Jesus is light
  - “When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life...While I am in the world, I am the light of the world.’” (John 8:12, 9:5)

# So much imagery...

- God is light (1 John 1:5)
- Jesus is light (John 8:12, 9:5)
- We are light
  - “You are the light of the world. A city on a hill cannot be hidden. <sup>15</sup>Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup>In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.” (Matthew 5:14-16)

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- God is light (1 John 1:5)
- Jesus is light (John 8:12, 9:5)
- We are light (Matthew 5:14-16)
- Goodness
  - “No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead he puts it on its stand, so that those who come in may see the light. <sup>34</sup>Your eye is the lamp of your body. When your eyes are good, your whole body also is full of light. But when they are bad, your body also is full of darkness. <sup>35</sup>See to it, then, that the light within you is not darkness. <sup>36</sup>Therefore, if your whole body is full of light, and no part of it dark, it will be completely lighted, as when the light of a lamp shines on you.” (Luke 11:33-36)

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- Jesus is light (John 8:12, 9:5)
- We are light (Matthew 5:14-16)
- Goodness (Luke 11:33-36)
- Protection against evil
  - "...let us put aside the deeds of darkness and put on the armor of light." (Romans 13:12)

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- We are light (Matthew 5:14-16)
- Goodness (Luke 11:33-36)
- Protection against evil (Romans 13:12)
- Fellowship with God
  - “But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.” (1 Peter 2:9)

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- Goodness (Luke 11:33-36)
- Protection against evil (Romans 13:12)
- Fellowship with God (1 Peter 2:9)
- Life in Christ
  - “Whoever follows me will never walk in darkness, but will have the light of life.”  
(John 8:12)

# Jesus is “the light of the world”

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’ ”

John 8:12

- Paul calls Jesus “the image of the invisible God.” (Colossians 1:15)
  - What does he mean by that?
  - How does that relate to our discussion of *light*?

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- Paul calls Jesus “the image of the invisible God.” (Colossians 1:15)
- What was Jesus’ function as “light of the world”?
  - John 12:46
  - Isaiah 9:2
  - Ephesians 5:11-14

# Contradiction?

- How can we be light if Jesus is light, and how can he be light if God is light?
  - God is light – 1 John 1:5
  - I am the light of the world – John 8:12
  - You are the light of the world – Matt 5:14

*"You are the light of the world."*

"You are the light of the world. A city on a hill cannot be hidden. <sup>15</sup>Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. <sup>16</sup>In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Matthew 5:14-16)

- In what way(s) are we the light of the world?
- What is the source of our light?

# Life in Christ

“Whoever follows me will never walk in darkness,  
but will have the light of life.” John 8:12

- This looks like a promise of eternal security, or protection against falling away.
  - Is that what Jesus is saying?
- What other scriptures talk about being “in the light”?
  - 1 John 1:7
  - 1 John 2:9-10
  - Ephesians 5:8

# “armor of light”

“...let us put aside the deeds of darkness and put on the armor of light.” Romans 13:12

- Why do we need “armor of light” – and what is it anyway?
  - What are some of the “chinks in our armor”?

# Summary

- God is light, Jesus is light, we are light – no contradiction.
- Jesus is the source of our light.
- Our light must shine if the light of Jesus is to be seen in the world at all.
- We need the “armor of light” as protection against darkness.

# Next week...

- A Christian Life is *A Love-filled Life.*

## Notes for *A Christian Life is A Light-filled Life*

Slide 1-8: <none>

Slide 9:

- - He means that Jesus is none other than God himself. God created the man Jesus in his own image. Indeed, Jesus himself said, “Anyone who has seen me has seen the Father.” (John 14:9)
  - When you look in a mirror, you see an image of yourself, right? What do you see when you turn out the lights and look in the same mirror? You no longer see your image, of course. Jesus is the light of the world, and without that light we can't see God. The opposite of light is darkness. When we're in darkness, we can't “see” the darkness; it's all we know. Once we see the light, the contrast between light and darkness becomes apparent, and the intrinsically good nature of the light becomes obvious.

Slide 10:

- - His function was to keep believers out of darkness: “I have come into the world as a light, so that no one who believes in me should stay in darkness.” (John 12:46)

His function was also to expose the darkness: “The people walking in darkness have seen a great light; on those living in the land of the shadow of death a light has dawned.” (Isaiah 9:2)

Ephesians 5:11-14 contrasts the deeds of light & darkness: “Have nothing to do with the fruitless deeds of darkness, but rather expose them. <sup>12</sup>For it is shameful even to mention what the disobedient do in secret. <sup>13</sup>But everything exposed by the light becomes visible, <sup>14</sup>for it is light that makes everything visible.”

Some people choose to physically live in darkness, just as some people choose to spiritually live in darkness. Once Jesus has appeared though, the darkness is exposed for what it is. People may still choose the darkness over the light, but it's their choice.

Slide 11:

- There's no contradiction here.
  - First, we've just seen that since Jesus is "the image of the invisible God", that's an indication that he is himself God. So, clearly there's no contradiction between saying "God is light" and saying "Jesus is light".
  - Second, just because 3 individuals share a common characteristic, does not mean they are alike in other ways. "John is a person." "Mary is a person." Both are true statements, yet they are not contradictory. You will quite likely even find more *difference* between John & Mary than similarities.
  - For the next point about "you are the light of the world", let's look at it further...

Slide 12:

- We are the light of the world:
  - ...because our good deeds shine like rays of light in a dark world (v16). We don't do good deeds so others will see "our" light, but so they will see the light of Christ living in us. Indeed, if we do good deeds "to be seen of men", we have already received our reward (Matthew 6:5).
  - ...because our good deeds, small and insignificant as they are, illuminate the entire room (v15), and in so doing, they expose the darkness.
  - [Solicit other responses from the class – possibly before discussing the above. Surely someone will come up with those 2 though.]
- Rhetorical question, actually. Obviously Christ is the source of our light, which makes the light we shine a "reflected light", exactly in the way that the sun is the source of light on earth, and sustains all life on earth. The moon gives off light, but such light is merely reflected from the sun.

Likewise, we truly do give off light (and it's not really *incorrect* to call it "our light"), but such light is merely reflected from the true source of light. Jesus himself acknowledged the Father as being the true source of all that is good – Matt 19:17 & Luke 18:19.

Slide 13:

- - Short answer, no. In this verse, like all others, we need to be careful to read Jesus' words in context – not only in the context of this passage, but in the context of the entire inspired Word of God. First, Peter writes rather plainly about those who will fall away (2 Peter 2, esp v20-21).

Second, it's important to note that Jesus identifies who it is that will “never walk in darkness”, and it is “**whoever follows me**”. Of course, “whoever follows me” will never walk in darkness, because that person is “in the light”! (1 John 1:7)

- “But 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, purifies us from all sin.” 1 John 1:7
- “Anyone who claims to be in the light but hates his brother is still in the darkness. <sup>10</sup>Whoever loves his brother lives in the light, and there is nothing in him to make him stumble.” 1 John 2:9-10
- “Be imitators of God, therefore, as dearly loved children <sup>2</sup>and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. <sup>3</sup>But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. <sup>4</sup>Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. <sup>5</sup>For of this you can be sure: No immoral, impure or greedy person--such a man is an idolater--has any inheritance in the kingdom of Christ and of God. <sup>6</sup>Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. <sup>7</sup>Therefore do not be partners with them. <sup>8</sup>**For you were once darkness, but now you are light in the Lord. Live as children of light** <sup>9</sup>(for the fruit of the light consists in all goodness, righteousness and truth) <sup>10</sup>and find out what pleases the Lord.” Eph 5:1-10

Slide 14:

- Paul made the “whole armor” to be the truth, or the gospel of salvation. We need armor of light because we are in a battle! (Eph 6:13-18):

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup>Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup>and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup>In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup>Take the helmet of salvation and the sword of the Spirit, which is the word of God. <sup>18</sup>And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.”

Slide 15-16: <none>