

**WARM-UP**

- What is the light that is most used in your home?  
Why this light?
- Have you had glow-in-the-dark items growing up,  
or for your kids? Tell the group about them.
- What is one of your favorite Christmas traditions?

**WORD** *<sup>4</sup>In him was life, and the life was the light of men. <sup>5</sup>The light shines in the darkness, and the darkness has not overcome it. . . . <sup>12</sup>But to all who did receive him, who believed in his name, he gave the right to become children of God . . .*

**JOHN 1:4-5, 12**

The *life* in Jesus is eternal life. We normally only view eternal life as the afterlife, or life after death; our existence beyond life on earth. However, eternal life here also describes the quality of life we can live on earth. This life lived in Jesus is the kingdom of God on earth.

## 1 | Eternal life is found in Jesus.

*In him was life, and the life was the light of men.* **JOHN 1:4**

The kingdom of God on earth is God's kind of rule, not like worldly governments. The King is caring, yet righteous and just. Within this kingdom, there is forgiveness of sins, salvation, restoration, healing, and freedom from the bondage of the enemy. This is the abundant life God wants for us (John 10:10)—life to the full, a quality of life lived on earth that can only be experienced in Christ. This life in Jesus is *the light of men*. How is this related to our being the salt and light of the earth (Matthew 5:13–14)?

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## 2 | Eternal life brings light to the darkness.

*The light shines in the darkness, and the darkness has not overcome it.* **JOHN 1:5**

This abundant life in Jesus is *the light of men, and the darkness has not overcome it*. What does this mean for us? The light that is Jesus helps us navigate this dark world. And better yet, it cannot be overcome! On this earth, there will be uncertainty, anxiety, poverty—but none of these can overcome the light we have in Jesus. How have you experienced Christ's influence in dark moments?

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### 3 | Eternal life is received through faith in Christ.

*But to all who did receive him, who believed in his name, he gave the right to become children of God . . .* **JOHN 1:12**

How can we get this eternal life? In his Gospel, John wrote that all who receive Jesus and believe in His name have *the right to become children of God*. Every person is invited to *believe in the light* and become *sons of light* (John 12:36). As children of light, how can we also bring light to dark places?

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#### APPLICATION

- All who receive Jesus and believe in His name have the right to become children of God. Have you received Christ and put your faith in Him for salvation? Ask someone to pray with you to receive eternal life.
- Are you in a dark moment in your life right now? Jesus is the light that cannot be overcome by darkness. Pray for God to show you His view of the situation and ask for Him to turn it around.
- Think of a friend, family member, or member of your community that is going through a dark time. Ask God what He would like you to do to be a light to this person.

## PRAYER

- Thank God for the eternal life that is His kingdom on earth. Thank Him for the Church and those around you that have received this light.
- Pray to see the kingdom of God on earth lived through His people. Thank God for His grace that empowers us to live according to His word.
- Pray for strength and grace as children of light to spread His light to those around you. Ask God for specific ways to be salt and light on earth.

## NOTES

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