**Lessons from a Lockdown**

**Volume II**

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**Day 62**

**1 John 1:5-10**

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 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.

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.

***Questions for Personal Reflection:***

1. What message about God do I declare to others? What do I tell other people about God?
2. Why is it important for me to remember that God is light and in him there is no darkness at all?
3. Would God say I have been walking in darkness or walking in the light? Why?
4. Why does walking in the light allow me to have fellowship with others? What does walking in the light have to do with my relationships?
5. How easy is it for me to see and admit my own sin? Why?

***Insight:***

John was declaring to them a message he heard from Jesus. While it is good to share with others what we have learned from other people, it is better to share what God is teaching us. Every day we should be learning from God primarily through the Bible and through our experiences. What life lessons are we sharing with others?

God is light. There is no darkness in God at all. He is different from the mythological gods of the Greeks and Romans who are as sinful as humans. In contrast there is absolutely no evil in God. He has no sin. That is why, in order to have a relationship with God we should avoid the darkness. Though none of us are sinless, our walk or our characteristic way of life cannot be sinful. This means we should resist every temptation and repent immediately when we do sin. When we realize that we are beginning to wander from the light and are about to step into darkness, we need to quickly step back from the edge.

We don’t go back and forth from light to darkness each time we sin and repent. Because confession is part of walking in the light and we only need to confess if we have sin, even those who walk in the light have sin. Walking in the light does not mean you are sinless, no one is. The difference between those who walk in darkness and those who walk in the light is their attitude towards and their response to sin. If we are consistently confessing our sins and making every effort to deny ourselves and repent, then we are walking in the light.

As Christians, we don’t lose our relationship with God the moment we sin (though we can lose it if we deliberately keep on sinning). But because our sins hurt God our relationship with him is damaged when we sin. So, confession and forgiveness are necessary to mend our relationship with God.

Not only does walking in the light affect our relationship with God, it also affects our relationship with Christians. When we walk in the light, we are able to build spiritual relationships. It is difficult for people to build a deep relationship with someone who has a hard time admitting his mistakes. It is difficult being friends with someone who can’t see her own sin and apologize for the hurt she caused others. A person who always tries to justify his actions and refuse to admit his fault, will push people away. We shouldn’t be this person.

Light is a characteristic of God. To walk in the light is to be godly. When we sin, we allow darkness to infect us. So we need to deal with sin quickly and decisively before the darkness spreads in our lives.

Walking in the light requires seeing and admitting our sins. We need to be honest about where we are at spiritually. Confession is an expectation for those who want to walk in the light. When we walk in the light, the blood of Jesus continues to purify us from all sin. If we do not walk in the light and confess, we will not be purified from sin. We need light to disinfect ourselves from sin. During this pandemic when was the last time you confessed your sin to God and to other Christians?

Admitting our sins is only the first step in dealing with sin. Confession is useless if we are doing nothing else to fight sin. Confession helps us but it is not the end in itself but part of the process of repentance. The goal is repentance not just confession.

John wrote to them about confession and forgiveness so they won’t sin and not to give them the impression that it is okay to sin. God’s grace should teach us “to say ‘No’ to ungodliness and worldly passions, and to live self-controlled, upright and godly lives” (Ti 2:12). The fact that God is gracious to us in this way should motivate us to stay righteous.

Not only does the blood of Jesus purify us from sin, Jesus himself is our advocate. He is the one defending us so we don’t have to be defensive. Jesus himself will defend us if we walk in the light.

Let us walk in the light so we can see, confess and repent of our sins and remain pure.