

Light Mode

We weren't made for the dark.

Time:
7-10 minutes

Focus:
Honesty, Purpose, Vision

Scriptures

Ephesians 5:8
Romans 13:13
Romans 13:14
Ephesians 5:8-11
Matthew 5:14-16
Philippians 2:15
Psalm 119:105
John 8:12

Parking lot

Write down distracting thoughts here:

Thought starter

We weren't made to blend in with the shadows. We were made to shine. So when sin and darkness try to pull us back into their chaos and drama, God will show us how to say no.

Here's what we'll learn in this Quick Quiet Time:

- God created us to reflect his light.
- To be the light in a dark world, we have to keep saying no to the darkness.
- Our brightness increases as we build daily spiritual habits that help us live like Jesus.

God puts us in light mode.

Ephesians 5:8 NIV

For you were once darkness, but now you are light in the Lord. Live as children of light...

- This verse doesn't just say we're in the light—it says we are light—in the Lord.
- That's a powerful identity shift. It means our nature changes because of Jesus.
- God not only rescues us from darkness but also he redefines us as people who reflect his light.
- This means that if God has changed us, we should live like it.

We need to leave the night behind.

Romans 13:13 NIV

Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.

Romans 13:13 ERV

We should live in a right way, like people who belong to the day. We should not have wild parties or get drunk. We should not be involved in sexual sin or any immoral behavior. We should not cause trouble or be jealous of others.

Romans 13:14 NIV

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.



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Notes:

 **Truth bomb:** Belonging to the day means leaving the darkness behind.

- “Leaving the night behind” means we don’t compromise with activities of the darkness—such as drunkenness, sexual sin, jealousy, and causing trouble.
- These activities bring chaos and drama, which thrive in the darkness.
- Clarity, peace, and purpose thrive in the light of day.

 **Our brightness increases with daily practice.**

Ephesians 5:8-11 NIV

... Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them.

Romans 13:14 NCV

But clothe yourselves with the Lord Jesus Christ and forget about satisfying your sinful self.

 **Truth bomb:** Light leads to growth. Darkness leads to nothing.

- God doesn’t just want us to avoid the darkness. He wants us to expose it with truth.
- We can increase our brightness by building strong spiritual habits—daily routines that remind us of the truth and strengthen our desire to live like Jesus.
- The Bible calls these spiritual habits “clothing ourselves” with Jesus.
- Don’t dress in drama. Suit up in the light!

 **Reflect**

- What habits or attitudes still belong to the “night”?
- What does it look like to “clothe myself in Christ” today?



Supporting Scriptures:

Matthew 5:14-16 NIV

“You are the light of the world. A town built on a hill cannot be hidden. 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. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Notes:

Key point: Our light isn't just for ourselves—it's meant to be seen. Our actions reflect God's glory.

Question: What are some ways we hide our light?

Philippians 2:15 NIV

...so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky.

Key point: God's purpose for us is to stand out and shine bright like stars in the sky. Living in the light helps us access his greater purpose.

Question: What greater purpose does God have for me? How does he want me to shine?

Psalms 119:105 NLT

Your word is a lamp to guide my feet and a light for my path.

Key point: God's Word fills our lives with light. We need daily connection to him through his Word to shine in a dark world.

Question: How much time do I spend in God's Word?

John 8:12 NIV

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

Key point: Jesus is the ultimate light. When we follow him, we carry that light too.

Question: Who around me needs light in their life?

 **Daily reminders**

Before you scroll, check your light.
Before you speak, check your heart.
Before you move, check your outfit.



Humor break!

How many stormtroopers does it take to change a lightbulb? None, because they are all on the dark side!

Share the inspiration!

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