

## **Competing in the Light**

### **Ready:**

"But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin." 1 John 1:7

### **Set**

It is cool to be a Ninja Warrior! Millions watch on television as high-level athletes overcome obstacles one by one. The show tends to leave audiences baffled and inspired by what these contestants achieve. But in actuality, Ninja, or ***Shinobi***, means "to steal away; to hide." Shinobis are well trained to carry out covert operations under disguise, oftentimes lurking in the shadows. They are practically living in the dark!

Living in the light is the exact opposite to the life of a Shinobi. It is to live the way our God, the True Light, wants us to live. Living in the light means to have a life fully exposed to the light, open and above the board with complete integrity. We have no fear of the light exposing our every thought and deed.

Do we live in hypocrisy? Do we wear a disguise and hide in dark alleys in fear of our darkest secrets being revealed?

As competitors, do we compete in the light? Doping, trash-talking, flopping or diving, unsportsmanlike behavior when the referee is not looking? Are we, at times, guilty of these? Of course! No human is perfect.

But, living in the light does not equate to sinless living. It does not mean that the moment we sin, we are no longer living in the light. Our Heavenly Father is merciful and gracious, slow to anger, abounding in steadfast love and faithfulness. He has His arms wide open for us. The once-for-all redeeming sacrifice of Jesus Christ is sufficient for all of us. We just need to enter His embrace by confessing our sins in repentance.

"If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness" (John 1:8-9).

On the other hand, we are not to sin presumptuously, which is intentional and willful. The true Light of Jesus can purge any darkness from us! As we have fellowship with God, the Holy Spirit will help us to overcome sin, but you have to allow the Holy Spirit to lead you out of darkness. Today, you have a choice as a Child of the most high God to live and practice your life in the Light.

So choose to come out of the shadows; choose to let the Light shine on you such that there is

no darkness in you; choose to be the one reflecting His Light onto others.

Choose to compete in the LIGHT!

### **Go**

1. What are some thoughts or secrets that you are hiding in the dark?
2. How can you compete in the Light with the leading of the Holy Spirit?

### **Workout**

Galatians 5:16-26

### **Overtime**

“Merciful and gracious Father, thank You for always having Your arms wide open for me. May Your Spirit lead me to walk out of the darkness into the Light. Help me to compete in a manner that will reflect Your Light! In Jesus’ Name, Amen!”

### **Bible Reference:**

1 John 1:7

1 John 1:8-9

Galatians 5:16-26



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