



1. What kinds of secrets do people tend to keep? Can you think of any secrets you've kept from others? How did keeping that secret affect you?
2. Read Ephesians 5:7–14. How does Paul describe the believer in 5:8? What fruit is born of that description? On the contrary, how does Paul describe that which is kept in the dark? What warning does Paul give for those who persist in keeping their deeds in the dark?
3. According to Ephesians 5:7–14, how can a person walk in light? Review the decision making guide and ask God to help you make your life decisions pleasing to Him (Eph 5:10).
4. Read James 5:16. Ask God for the courage to expose your own sin to a trusted friend.

