

Afraid of the Dark

Many of us remember being afraid of the dark as children. This fear may have stemmed from shadows, unfamiliar sounds, or simply not knowing one's environment. Answer the questions below as you reflect.

1. What about the dark frightened you most when you were young?
2. Why do you think darkness creates fear in people?
3. In what ways can fear of what we cannot see be reasonable or even protective?
4. When can fear become limiting or misleading?
5. In what ways do adults experience metaphorical darkness?
6. What is it about lacking clarity or understanding that bothers us?

Our Role and Response

Read Ephesians 5:1–17. As you read, notice repeated words and obvious contrasts. Then respond below.

1. Who are we?

- (v. 1): _____
- (v. 8): _____

2. How do others know who we are?

- (v. 2): _____
- (v. 9): _____

3. How do we live?

- (v. 2): _____
- (v. 8): _____

4. What does not belong?

- (vv. 3–6): _____
- (vv. 11–12): _____

Which idea in this passage most clearly speaks to your current life and experiences?
