



## 1. The Lamp of the Soul

Focus: *We should always be acting as followers of Jesus*

Luke 11: 33–36 (NIV)

<sup>33</sup> “No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead they put it on its stand, so that those who come in may see the light. <sup>34</sup> Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness. <sup>35</sup> See to it, then, that the light within you is not darkness. <sup>36</sup> Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you.”

Read the scripture, and then discuss the following questions.

1. How hard is it to **always** be, and behave and act as, a follower of Jesus (especially at work)?
2. What does it take to carry out verse 35, not letting the light in us be darkness, when we are in a stressful environment?
3. Oil lamps run out of fuel and flashlight batteries go dead. How do you keep your light shining?
4. In John 8:12, Jesus says “*I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life*” (NIV).

With Jesus being the light both within us, shining on us, and that which we share with others (on a lampstand), how does that cause us to interpret the passage from Luke 11?

How do we keep darkness from filling up our body (see Luke 11:34)?

Prayer: Lord, you are the light of the world. Enable us to reflect your light to others, all day long and everywhere we go. Jesus, enable us to shine like you and for you. Amen.