



CELL GROUP MATERIAL

5 APRIL 2026

5 APRIL SERMON

When I Sit in Darkness

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Icebreaker

Question: Share a time when you experienced unexpected light or hope during a difficult season. What made the difference?

Key Scripture

Micah 7:7-8 - "Therefore I will look unto the Lord. I will wait for the God of my salvation. My God will hear me. Rejoice not against me, O mine enemy. When I fall, I shall arise. When I sit in darkness, the Lord shall be a light unto me."

Core Takeaways

1. Jesus Understands Our Darkness

- Jesus was "a man of sorrows, acquainted with grief" (Isaiah 53:3)
- He experienced emotional pain, isolation, and even felt forsaken on the cross
- We have a High Priest who can be touched with the feeling of our infirmities

2. The "I" in Isolation

- The sermon emphasizes "when I sit in darkness" - the personal, solitary nature of struggle
- Sometimes we suffer alone, forgetting we are ambassadors of heaven
- Darkness can make us forget that Jesus is only a prayer away

3. Jesus Is Our Redemptive Light

- Christ came out of the grave and can bring us out of our darkness
 - He calls us "out of darkness into his marvelous light" (1 Peter 2:9)
 - God's promise: "It's going to be all right"
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Discussion Questions

Understanding the Sermon

1. **Who Is Jesus?** The sermon spent considerable time describing who Jesus is. Which description of Jesus resonated most with you and why?
2. **Biblical Examples:** The sermon mentioned Joseph, David, Job, and Jesus experiencing darkness. Which biblical character's story of coming through darkness encourages you most right now?

3. **Jesus' Emotions:** How does knowing that Jesus wept, felt sorrow, and experienced emotional darkness change your perspective on bringing your struggles to Him?

Personal Reflection

4. **Where Do You Sit?** The sermon asked several questions about where, how, and with whom we sit in darkness. Reflect on these:
 - Where do you typically go when you're struggling?
 - Are you someone who suffers in silence or shares about your darkness with others?
 - Do you make your home or workplace dark when you're struggling?
5. **Forgetting to Pray:** Have you experienced times when darkness made you forget to pray or feel too heavy to pray? What helped you return to prayer?
6. **The "I" Problem:** How does isolation intensify our struggles? Share a time when reaching out to someone or having someone reach out to you made a difference.

Application and Action

7. **Awareness and Action:** The sermon referenced awareness, acceptance, and action. Who in your life might be "sitting in darkness" right now? What is God prompting you to do about it?
 8. **Courage to Encourage:** The phrase "you need courage to encourage" was highlighted. What makes it difficult to reach out to someone in darkness? What gives you courage to do so?
 9. **Practical Steps:** Which of these actions feels most important for you this week?
 - Pray for someone in darkness
 - Message/text someone
 - Call someone
 - Meet with someone in person
 - Pray WITH someone
 - Connect someone to community
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Practical Applications

This Week's Challenge:

Choose ONE action from each category:

For Your Own Darkness:

- Set aside 15 minutes daily to pray, even if you don't feel like it
- Share your struggle with one trusted person
- Write down three truths about who Jesus is and read them when darkness feels overwhelming
- Memorize Micah 7:8

For Someone Else's Darkness:

- Reach out to someone you've been thinking about (text, call, or visit)
- Pray daily for someone you know is struggling
- Invite someone to coffee or a meal
- Share the "Into His Marvelous Light" Bible study with someone seeking truth

For Spiritual Growth:

- Read the Gospel accounts of Jesus' crucifixion and resurrection (Matthew 27-28, Mark 15-16, Luke 23-24, John 19-20)
- Journal about times God has brought you out of darkness before
- Research and meditate on the names of Jesus mentioned in the sermon

Key Quotes to Remember

- "Because he came out, he can bring you out. Because he was raised, he can raise you up."
- "You may need courage to encourage somebody."
- "When you sit in darkness, you're not praying. You don't have the strength to pray. You don't have the energy to pray. You feel heavy."
- "God is wanting to bring you out of the prison house. He wants to take you out of the darkness."
- "It's going to be all right."

Prayer Focus

Pray Together For:

1. **Those in Darkness** - Group members or loved ones currently struggling
2. **Courage** - To reach out and encourage others
3. **Awareness** - That God would reveal who needs our support
4. **Light** - For Jesus to shine His redemptive light in every dark place
5. **Resurrection Power** - That God would resurrect hope, joy, and faith in our lives

Closing Prayer Points:

- Thank Jesus for understanding our pain and emotions
- Ask for the baptism of the Holy Spirit for anyone seeking
- Declare that "joy comes in the morning"
- Speak light over any darkness in the group

For Further Study

- **Psalms 27:1** - "The Lord is my light and my salvation"
 - **John 8:12** - "I am the light of the world"
 - **2 Corinthians 4:6** - God shining light in our hearts
 - **1 Peter 2:9** - Called out of darkness into marvelous light
 - **Isaiah 42:7** - Bringing prisoners out of darkness
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