

Benefits of Walking in the Light

Scripture Reading — 1 John 1:1-2:2

If we walk in the light ... we have fellowship with one another, and the blood of Jesus ... purifies us from all sin.

1 John 1:7 —

When I go walking in the morning, there are important benefits: it is good for my heart and bones. Similarly there are important benefits of walking with God. John lists two: “we have fellowship with one another, and the blood of Jesus ... purifies us from all sin.” The great commandment is to love God and our neighbor. These are the two dimensions of our relationships: a vertical relationship with God and a horizontal relationship with each other.

When we walk in the darkness, both relationships are affected: we no longer have a healthy relationship with God or with those around us. Our relationship with God is broken in a way like Adam and Eve’s fellowship with God became ruined when they sinned. The consequences of that are still present today. And our relationship with others is broken in a way like Adam and Eve’s fellowship broke down. The consequences of that damage remain in our relationships with family, friends, and neighbors. A broken relationship with God affects all our other relationships.

But when we walk in the light, the grace that heals our relationship with God also brings healing to our other relationships. Having been forgiven, we learn to practice forgiveness—even with those we consider our enemies. Grace restores and renews us completely!

Prayer

God, we thank you for forgiving and purifying us. Heal and strengthen our relationship with you and with everyone around us. In Jesus’s name, Amen.

Devotion topics: [Christianity](#), [Discipleship](#), [Faith](#)

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