



A Guide for Spiritual Formation

Series Theme: Life, Light, Love; A Series on 1 John
Text for the Week: John 2:18-27
Message for the Week: Warning

Week Four
Sunday, October 2

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Who in your life warns you to stay out of "trouble?" Who in your life invites you to get into "trouble?"

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [1 John 2:18-27](#) out loud.

(Clicking this link will bring you to multiple translations.)

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

How has/is the work of Holy Spirit impacting your heart and life?

Why is denying that Jesus is the Christ such a serious thing? Why is believing that Jesus is the Christ so important? What does it mean to believe that Jesus is the Christ?

John reminds us 3 times to remain in the Truth of the gospel of Jesus Christ in these verses. How do you go about remaining in the Truth?

How would you define the word hope? What hope does Jesus offer to us?

How is your relationship with Jesus and the fact the Jesus is coming again impacting how you live, your relationships with others, and what you believe in normal time and difficult times? Give an example of when you felt this acutely.

How would you recognize an "antichrist" (people in the church who deny Jesus' divinity, sovereignty, teaching) today if you were to encounter one? What is the difference between an "antichrist" and someone who disagrees with you?

What are the two options when it comes to Jesus? Why only two?

"Try It!"

Write your own personal faith statement of what you believe about Jesus.

Prayer:

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Father, we long to live in the Light as you are in the light. We long to walk in love as you are love. We long to know and live out the Truth as you are Truth. Father, we thank you for anointing us by your Spirit. We thank you that Jesus Christ is not only Your Son but is our Savior from sin. We thank you for your promise that if we remain in you, we remain in the Truth we have eternal life. Thank you that Jesus is the hope of the world. Father, give us the strength to acknowledge Jesus in all we do. May we be known for living in Truth and offering Hope to this world. In Jesus' name – our life, light, and love – we pray. Amen.

Missional/Spiritual Practice for the Month: Practicing The 10 Second Rule

During the month of October, as we continue to explore 1 John and the call "...to live as Jesus lived" (1 John 2:6), you are encouraged to practice the 10 Second Rule as you go about your day. What is the 10 Second Rule? Clare De Graaf in his book entitled [The 10 Second Rule](#) defines The 10 Second Rule this way: "Just do the next thing you're reasonably certain Jesus wants you to do...and commit to doing it immediately—in the next 10 seconds—before you change your mind!" When you feel the prompting of the Holy Spirit to do something...do it. Pay attention to and keep a record of what happens on account of your obedience. Review this record at the end of the month.

¹⁸ Dear children, this is the last hour; and as you have heard that the antichrist is coming, even now many antichrists have come. This is how we know it is the last hour. ¹⁹ They went out from us, but they did not really belong to us. For if they had belonged to us, they would have remained with us; but their going showed that none of them belonged to us. ²⁰ But you have an anointing from the Holy One, and all of you know the truth.^[a] ²¹ I do not write to you because you do not know the truth, but because you do know it and because no lie comes from the truth. ²² Who is the liar? It is whoever denies that Jesus is the Christ. Such a person is the antichrist—denying the Father and the Son. ²³ No one who denies the Son has the Father; whoever acknowledges the Son has the Father also. ²⁴ As for you, see that what you have heard from the beginning remains in you. If it does, you also will remain in the Son and in the Father. ²⁵ And this is what he promised us—eternal life. ²⁶ I am writing these things to you about those who are trying to lead you astray. ²⁷ As for you, the anointing you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit—just as it has taught you, remain in him.

1 John 2:18-27 The Message

Children, time is just about up. You heard that Antichrist is coming. Well, they're all over the place, antichrists everywhere you look. That's how we know that we're close to the end.

¹⁹ They left us, but they were never really with us. If they had been, they would have stuck it out with us, loyal to the end. In leaving, they showed their true colors, showed they never did belong.

²⁰⁻²¹ But you belong. The Holy One anointed you, and you all know it. I haven't been writing this to tell you something you don't know, but to confirm the truth you do know, and to remind you that the truth doesn't breed lies.

²²⁻²³ So who is lying here? It's the person who denies that Jesus is the Divine Christ, that's who. This is what makes an antichrist: denying the Father, denying the Son. No one who denies the Son has any part with the Father, but affirming the Son is an embrace of the Father as well.

²⁴⁻²⁵ Stay with what you heard from the beginning, the original message. Let it sink into your life. If what you heard from the beginning lives deeply in you, you will live deeply in both Son and Father. This is exactly what Christ promised: eternal life, real life!

²⁶⁻²⁷ I've written to warn you about those who are trying to deceive you. But they're no match for what is embedded deeply within you—Christ's anointing, no less! You don't need any of their so-called teaching. Christ's anointing teaches you the truth on everything you need to know about yourself and him, uncontaminated by a single lie. Live deeply in what you were taught.

Heidelberg Catechism Q & A 31

Q. Why is he (Jesus) called "Christ," meaning "anointed"?

A. Because he has been ordained by God the Father and has been anointed with the Holy Spirit¹ to be our chief prophet and teacher² who fully reveals to us the secret counsel and will of God concerning our deliverance;³ our only high priest⁴ who has delivered us by the one sacrifice of his body,⁵ and who continually pleads our cause with the Father;⁶ and our eternal king⁷ who governs us by his Word and Spirit, and who guards us and keeps us in the freedom he has won for us.⁸

¹ Luke 3:21-22; 4:14-19 (Isa. 61:1); Heb. 1:9 (Ps. 45:7)

² Acts 3:22 (Deut. 18:15)

³ John 1:18; 15:15

⁴ Heb. 7:17 (Ps. 110:4)

⁵ Heb. 9:12; 10:11-14

⁶ Rom. 8:34; Heb. 9:24

⁷ Matt. 21:5 (Zech. 9:9)

⁸ Matt. 28:18-20; John 10:28; Rev. 12:10-11

Q & A 32

Q. But why are you called a Christian?

A. Because by faith I am a member of Christ¹ and so I share in his anointing.² I am anointed to confess his name,³ to present myself to him as a living sacrifice of thanks,⁴ to strive with a free conscience against sin and the devil in this life,⁵ and afterward to reign with Christ over all creation for eternity.⁶

¹ 1 Cor. 12:12-27

² Acts 2:17 (Joel 2:28); 1 John 2:27

³ Matt. 10:32; Rom. 10:9-10; Heb. 13:15

⁴ Rom. 12:1; 1 Pet. 2:5, 9

⁵ Gal. 5:16-17; Eph. 6:11; 1 Tim. 1:18-19

⁶ Matt. 25:34; 2 Tim. 2:12