



## A Guide for Spiritual Formation

Series Theme: Life, Light, Love; A Series on 1 John  
Text for the Week: John 2:28-3:10  
Message for the Week: Children of God

**Week Five**  
**Sunday, October 9**

### 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?

For which guest would you bother to clean your house? Your parents? Your pastor? Your in-laws? A celebrity? For who wouldn't you bother?

### 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 2:28-3:10](#) 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:

Who do you spend the most time with? Which of their characteristics have you taken on as a result?

One thing that Pastor Doug said in his sermon was “...followers of Jesus strive to be like Him.” How are you striving to be like Jesus, to adopt his attitudes, his behaviors, and his lifestyle? Practically, what does this look like in your life?

Why is it important for us to know we are a child of God? That we are part of the family of God?

What is your greatest experience with being loved? What is your greatest challenge in loving?

Which has more power in your life? The guilt of your sin or the love of God and the fruit of the Spirit?

What does it mean to live in the tension of what is and what should be? What does it mean to be a people with a sinful nature on a fallen planet and yet called to be sinless?

## “Try It!”

This week, do a prayer of examen in light of what is and what should be in your heart and life.

## Prayer:

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

*Father, life can be very discouraging in the midst the pain and suffering, ridicule and mockery we often experience simply because we long to follow and live for Jesus in this world. We thank you for your amazing love which reminds us we belong to you, that we are part of your family, that we have hope and a future and that we are slowly being purified to be like Jesus. Father, assist us in putting off sin – not only in our heart, but also in our life. Father, by your Spirit, allow us to put on love, to live in righteousness, and to produce the fruit of the Spirit. Father, help us run from sin and into your love. Let us soar on wings like eagles and not grow weary. 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.

1 John 2:28-3:10 New International Version

<sup>28</sup> And now, dear children, continue in him, so that when he appears we may be confident and unashamed before him at his coming.

<sup>29</sup> If you know that he is righteous, you know that everyone who does what is right has been born of him.

**3** See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. <sup>2</sup> Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, <sup>[a]</sup> we shall be like him, for we shall see him as he is. <sup>3</sup> All who have this hope in him purify themselves, just as he is pure.

<sup>4</sup> Everyone who sins breaks the law; in fact, sin is lawlessness. <sup>5</sup> But you know that he appeared so that he might take away our sins. And in him is no sin. <sup>6</sup> No one who lives in him keeps on sinning. No one who continues to sin has either seen him or known him.

<sup>7</sup> Dear children, do not let anyone lead you astray. The one who does what is right is righteous, just as he is righteous. <sup>8</sup> The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work. <sup>9</sup> No one who is born of God will continue to sin, because God's seed remains in them; they cannot go on sinning, because they have been born of God. <sup>10</sup> This is how we know who the children of God are and who the children of the devil are: Anyone who does not do what is right is not God's child, nor is anyone who does not love their brother and sister.

1 John 2:28-3:10 The Message

<sup>28</sup> And now, children, stay with Christ. Live deeply in Christ. Then we'll be ready for him when he appears, ready to receive him with open arms, with no cause for red-faced guilt or lame excuses when he arrives. <sup>29</sup> Once you're convinced that he is right and righteous, you'll recognize that all who practice righteousness are God's true children.

**3** What marvelous love the Father has extended to us! Just look at it—we're called children of God! That's who we really are. But that's also why the world doesn't recognize us or take us seriously, because it has no idea who he is or what he's up to.

<sup>2-3</sup> But friends, that's exactly who we are: children of God. And that's only the beginning. Who knows how we'll end up! What we know is that when Christ is openly revealed, we'll see him—and in seeing him, become like him. All of us who look forward to his Coming stay ready, with the glistening purity of Jesus' life as a model for our own.

<sup>4-6</sup> All who indulge in a sinful life are dangerously lawless, for sin is a major disruption of God's order. Surely you know that Christ showed up in order to get rid of sin. There is no sin in him, and sin is not part of his program. No one who lives deeply in Christ makes a practice of sin. None of those who do practice sin have taken a good look at Christ. They've got him all backward.

<sup>7-8</sup> So, my dear children, don't let anyone divert you from the truth. It's the person who *acts* right who *is* right, just as we see it lived out in our righteous Messiah. Those who make a practice of sin are straight from the Devil, the pioneer in the practice of sin. The Son of God entered the scene to abolish the Devil's ways.

<sup>9-10</sup> People conceived and brought into life by God don't make a practice of sin. How could they? God's seed is deep within them, making them who they are. It's not in the nature of the God-born to practice and parade sin. Here's how you tell the difference between God's children and the Devil's children: The one who won't practice righteous ways isn't from God, nor is the one who won't love brother or sister. A simple test.