



## A Guide for Spiritual Formation

Series Theme: Life, Light, Love; A Series on 1 John

Text for the Week: 1 John 4:1-6

Message for the Week: Overcoming Deception

**Week Seven**  
**Sunday, October 23**

### 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?

If you had to live your life over again, what would you do differently?

### 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 4:1-6](#) 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:

What is something the kingdom of this world values that has little or no value in the kingdom of God? What is something the kingdom of God values that has little or no value in the kingdom of this world?

What is absolute truth? Is it real or fake?

How do you determine the value and importance of things? What do you use to measure and determine what is valuable and important in your life?

Reflecting on, studying, and immersing ourselves in the Bible is vitally important to remain in the Truth. What do this spiritual discipline look like in your life? How do you engage with the scripture daily?

How are you positioning yourself to receive the truth of God?

## “Try It!”

Examine your daily routine. How much time are you spending immersing yourself in known sources of truth? How much time are you spending immersing yourself in sources that may or may not be true? What effect is this having on your life?

## Prayer:

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

*Father, our world is a mess. The world is out to deceive us about Jesus, to substitute untruth for Truth, to promote our intolerance of others rather than our intolerance of lies. We thank you for Jesus who is the Way, the Truth, and the Life. We thank you for his willingness to die for our sins and be raised on the third day from the dead. We thank you for gifting us as followers of Jesus with His Spirit that allows us to keep our focus on him and discern between Truth and falsehood. Father, give us the strength and wisdom to continue to follow Jesus and live in his Truth. 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 4:1-6 New International Version

**4** Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world. <sup>2</sup>This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, <sup>3</sup>but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world.

<sup>4</sup>You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. <sup>5</sup>They are from the world and therefore speak from the viewpoint of the world, and the world listens to them. <sup>6</sup>We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit<sup>[a]</sup> of truth and the spirit of falsehood.

1 John 4:1-6 The Message

**4** My dear friends, don't believe everything you hear. Carefully weigh and examine what people tell you. Not everyone who talks about God comes from God. There are a lot of lying preachers loose in the world.

<sup>2-3</sup>Here's how you test for the genuine Spirit of God. Everyone who confesses openly his faith in Jesus Christ—the Son of God, who came as an actual flesh-and-blood person—comes from God and belongs to God. And everyone who refuses to confess faith in Jesus has nothing in common with God. This is the spirit of antichrist that you heard was coming. Well, here it is, sooner than we thought!

<sup>4-6</sup>My dear children, you come from God and belong to God. You have already won a big victory over those false teachers, for the Spirit in you is far stronger than anything in the world. These people belong to the Christ-denying world. They talk the world's language and the world eats it up. But we come from God and belong to God. Anyone who knows God understands us and listens. The person who has nothing to do with God will, of course, not listen to us. This is another test for telling the Spirit of Truth from the spirit of deception.