



A Guide for Spiritual Formation

Series Theme: Life, Light, Love; A Series on 1 John
Text for the Week: 1 John 5:1-12
Message for the Week: Whoever Has the Son Has Life

Week Nine
Sunday, November 13

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?

What were your favorite toys as a child?

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 5:1-12](#) 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:

John was writing against Gnosticism, a heresy which held that the physical body was bad and the spirit was good, and that Jesus was not both fully human and fully divine. This teaching was diminishing who Jesus was and making Him less important than He was. What are the heresies of our day that diminish Jesus and His importance? Are there things we are doing to diminish who Jesus is and what He offers?

How do you go about keeping Jesus at the top of your “must haves” list?

How do you define eternal life? When on your spiritual journey did you come to understand the meaning of God’s gift of eternal life?

Do you have the Son of God and the life that He offers? How do you know?

“Try It!”

Talk about your must have list with those you are with. What do you notice? What did you learn? Does anything on your list need to change?

Prayer:

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

Father in Heaven, in your word to us this week, we are reminded that you give us eternal life, and this life is only in your Son, Jesus. If we have Jesus, the Son of God, we have life. If we do not have Jesus, we do not have life. Spirit of God, help us to believe and receive the gift of eternal life the only Jesus offers. Help us to keep Jesus and his teaching and instruction and will for our lives at the top of our must have list. 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 November, 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 5:1-12 New International Version

5 Everyone who believes that Jesus is the Christ is born of God, and everyone who loves the father loves his child as well. ²This is how we know that we love the children of God: by loving God and carrying out his commands. ³In fact, this is love for God: to keep his commands. And his commands are not burdensome, ⁴for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. ⁵Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God. ⁶This is the one who came by water and blood—Jesus Christ. He did not come by water only, but by water and blood. And it is the Spirit who testifies because the Spirit is the truth. ⁷For there are three that testify: ⁸the ^[a]Spirit, the water and the blood; and the three are in agreement. ⁹We accept human testimony, but God's testimony is greater because it is the testimony of God, which he has given about his Son. ¹⁰Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son. ¹¹And this is the testimony: God has given us eternal life, and this life is in his Son. ¹²Whoever has the Son has life; whoever does not have the Son of God does not have life.

1 John 5:1-12 The Message

5 ¹⁻³ Every person who believes that Jesus is, in fact, the Messiah, is God-born. If we love the One who conceives the child, we'll surely love the child who was conceived. The reality test on whether or not we love God's children is this: Do we love God? Do we keep his commands? The proof that we love God comes when we keep his commandments, and they are not at all troublesome. ⁴⁻⁵ Every God-born person conquers the world's ways. The conquering power that brings the world to its knees is our faith. The person who wins out over the world's ways is simply the one who believes Jesus is the Son of God. ⁶⁻⁸ Jesus—the Divine Christ! He experienced a life-giving birth and a death-killing death. Not only birth from the womb, but baptismal birth of his ministry and sacrificial death. And all the while the Spirit is confirming the truth, the reality of God's presence at Jesus' baptism and crucifixion, bringing those occasions alive for us. A triple testimony: the Spirit, the Baptism, the Crucifixion. And the three in perfect agreement. ⁹⁻¹⁰ If we take human testimony at face value, how much more should we be reassured when God gives testimony as he does here, testifying concerning his Son. Whoever believes in the Son of God inwardly confirms God's testimony. Whoever refuses to believe in effect calls God a liar, refusing to believe God's own testimony regarding his Son. ¹¹⁻¹² This is the testimony in essence: God gave us eternal life; the life is in his Son. So, whoever has the Son, has life; whoever rejects the Son, rejects life.

Heidelberg Catechism - Q & A 29

Q. Why is the Son of God called "Jesus," meaning "savior"?

A. Because he saves us from our sins,¹ and because salvation should not be sought and cannot be found in anyone else.²

¹ [Matt. 1:21](#); [Heb. 7:25](#)

² [Isa. 43:11](#); [John 15:5](#); [Acts 4:11-12](#); [1 Tim. 2:5](#)

Contemporary Testimony – Article 26

26. Being both divine and human, Jesus is the only mediator. He alone paid the debt of our sin; there is no other Savior.

We are chosen in Christ to become like him in every way. God's electing love sustains our hope: God's grace is free to save sinners who offer nothing but their need for mercy.

Christ is shown to be our mediator in 1 Timothy 2:5 and Hebrews 9:11-15, and our only Savior in John 14:6 and Acts 4:12. For our election in Christ to be like Christ, see Romans 8:29, 2 Corinthians 3:18, and Ephesians 1:3-4.