



A Guide for Spiritual Formation

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

Text for the Week: 1 John 5:13-21

Message for the Week: That We May Know

Week Ten

Sunday, November 20

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?

Share a time when someone showed the love of Christ to you.

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 5:13-21](#) 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 gives you assurance that you have eternal life? How do you know you have eternal life?

What is the difference between feeling and knowing?

If we are in the care of God, what is our responsibility in this world in the public realm? In our conduct? In our attitude? In our speech? In our thoughts?

Are you/we surprised by the evil in this world? Why or why not?

What types of risks are you willing to take to show the love of Christ?

“Try It!”

If we know God, and are in his care, and have been transformed, who in your life, circles, neighborhood, needs the experience of the touch of Christ? What can you do to show them the love of Christ? Then do it now!

Prayer:

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

Father in Heaven, as we conclude our journey through 1 John this week, we thank you for Jesus, the Son of God, the Righteous One who is the "...atoning sacrifice for our sin..." and is the one "...who purifies us from all sin." Thank you for the eternal life that only Jesus can provide. Spirit of God, as we go about our daily routines, enable and help us to "...walk in the light of Christ, confess our sin, live as Jesus did, love those around us not only with words and speech but also with actions and in truth, test the spirits to see if they are from God, keep ourselves from idols, and believe that Jesus is the Son of God." 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.

¹³ I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. ¹⁴ This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

¹⁶ If you see any brother or sister commit a sin that does not lead to death, you should pray and God will give them life. I refer to those whose sin does not lead to death. There is a sin that leads to death. I am not saying that you should pray about that. ¹⁷ All wrongdoing is sin, and there is sin that does not lead to death.

¹⁸ We know that anyone born of God does not continue to sin; the One who was born of God keeps them safe, and the evil one cannot harm them. ¹⁹ We know that we are children of God, and that the whole world is under the control of the evil one. ²⁰ We know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in him who is true by being in his Son Jesus Christ. He is the true God and eternal life.

²¹ Dear children, keep yourselves from idols.

1 John 5:13-21 The Message

¹³⁻¹⁵ My purpose in writing is simply this: that you who believe in God's Son will know beyond the shadow of a doubt that you have eternal life, the reality and not the illusion. And how bold and free we then become in his presence, freely asking according to his will, sure that he's listening. And if we're confident that he's listening, we know that what we've asked for is as good as ours.

¹⁶⁻¹⁷ For instance, if we see a Christian believer sinning (clearly I'm not talking about those who make a practice of sin in a way that is "fatal," leading to eternal death), we ask for God's help and he gladly gives it, gives life to the sinner whose sin is not fatal. There is such a thing as a fatal sin, and I'm not urging you to pray about that. Everything we do wrong is sin, but not all sin is fatal.

¹⁸⁻²¹ We know that none of the God-born makes a practice of sin—fatal sin. The God-born are also the God-protected. The Evil One can't lay a hand on them. We know that we are held firm by God; it's only the people of the world who continue in the grip of the Evil One. And we know that the Son of God came so we could recognize and understand the truth of God—what a gift!—and we are living in the Truth itself, in God's Son, Jesus Christ. This Jesus is both True God and Real Life. Dear children, be on guard against all clever facsimiles.