



This Is The One 1 John 5 Small Group Plan

John not only wrote three letters and the book of Revelation; he is probably best known for his gospel. In it he recorded these words by Jesus:

*Jesus answered, "I am the way and the truth and the life.
No one comes to the Father except through me.
If you really know me, you will know my Father as well.
From now on, you do know him and have seen him."*

— John 14:6-7 —

OPEN IT / INTRODUCE IT ...

- How does Jesus show the way to the Father?

LOOK AT IT / STUDY IT ...

- Throughout this section John repeatedly uses the phrase "This is ..."

"This is how we know ..." (v. 2)

"This is love ..." (v. 3)

"This is the victory ..." (v. 4)

"This is the one who came ..." (v. 6)

"This is the testimony ..." (v. 11)

— THIS IS LOVE —

1 John 5:3-5

³ This is love for God: to obey his commands. And his commands are not burdensome, ⁴ for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. ⁵ Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.

- How do you respond to this statement by St. Bede the Venerable?

*Faith with love is the faith of a Christian;
Faith without love is the faith of a demon.*

- How can we know we are “born of God” (v. 4)?
- John connects loving God with obeying God (v. 3). Why?
- John says, God’s commands “are not burdensome” (v. 3). Why would some people say that they are? How would you respond?
- John says that “faith” is the victory. How is “faith” our victory? What does it mean to “overcome the world?”

— THIS IS THE ONE —

1 John 5:6-10

⁶ *This 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.* ⁷ *For there are three that testify:* ⁸ *the Spirit, the water and the blood; and the three are in agreement.* ⁹ *We accept man’s testimony, but God’s testimony is greater because it is the testimony of God, which he has given about his Son.* ¹⁰ *Anyone who believes in the Son of God has this testimony in his heart. Anyone who does not believe God has made him out to be a liar, because he has not believed the testimony God has given about his Son.*

- John says that the object of our faith is “Jesus Christ” (v. 6).
- Why is it dangerous to have a strong faith with no clear object? What attitude(s) begin to emerge?
- John says there are three that testify — the Spirit, the water and the blood. How do each of these bear witness to Jesus?

— THIS IS THE TESTIMONY —

1 John 5:11-12

¹¹ *And this is the testimony: God has given us eternal life, and this life is in his Son.* ¹² *He who has the Son has life; he who does not have the Son of God does not have life.*

- Over and over John mentions “testimony” —
 - “the Spirit who testifies ...” (v. 6)
 - “there are three that testify ...” (v. 7)
 - “We accept man’s testimony, but God’s testimony is greater” (v. 6)
 - “the testimony of God ...” (v. 6)
 - “Anyone who believes ... has this testimony in his heart ...” (v. 6)
 - “has not believed the testimony ...” (v. 6)
- Finally, John announces what the testimony is —
 - God’s gift of “eternal life” (v. 11)
- What does it mean for you to have eternal life?
- Why is it found only in Jesus?
- How would you describe your relationship with Jesus?

USE IT / APPLY IT ...

- Has there ever been a time in your life when you thought of God's commands as "burdensome" (v. 3)? Why? What took you there? What brought you back out?
- When have you felt the joy of God's commands? How would you describe the difference?
- How does going to our knees before God bring the world to its knees in our lives?
- How is the reverse also true?
- Close by asking God to make us certain, joyful, and obedient.