

# LIGHT & LOVE

## WEEK 5: BECAUSE GOD LOVES YOU

### Warm up question:

- Have you ever met someone who claimed to have heard a message directly from God? What was the message, and how did you know whether to believe them?

### Read 1 John 4:1-6

1. What topic is John addressing here? What is he warning us about?
2. In the first century most people believed in 'spirits', but the idea that God became a human was hard to believe. According to verses 2-3, how can we test if a spirit is from God?
3. In verse 4, who is the 'one who is in you'?
4. What are the voices that shape the way you view the world? Are these voices helpful?

### Read 1 John 4:7-21

5. What is John's main point in this section of the letter?
6. How many times is the word 'love' used in this passage? Why is love important?
7. It has been said that 'God is love, but love is not God'. Do you agree with this?
8. How do we know what love is? How do most people define love today?
9. How does God's love speak into our fears and anxieties?
10. God being light and love are two sides of the same coin. How can we understand God as being both light and love without neglecting one or the other?

### Rubber hits the road:

- Write down three truths about God's love that you find in 1 John 4. How might you explain these truths to people you meet this week? How do you use these three truths to help you overcome the sin and spiritual opposition you face in your life?
- Memory Verse!  
Write down **1 John 4:7** and place it somewhere you'll see it every day. Try memorising this verse and saying it to yourself every day. As you do this, remind yourself of its truth – We are called to love, love, love, and love some more!

### PRAYER

*Loving God, thank you that love comes from you. In a world where lots of things pass as 'love', help us to look to you for true love and acceptance. Thank you for your justice and mercy and how these things show us your love. We can't wait until we get to meet you face to face and experience your love in its fullness. In the meantime, Lord, help us to abide in your Holy Spirit as it shows us how to keep steady in your love. Amen.*

