

Life Group Notes & Discussion Guide, September 13th, 2026

“A Journey through the Book of 1st John”

“The Life & Light of Jesus”

Sermon Text: **1 John 1:1-10**; Old Testament Text: **Psalms 119:105-112**; Gospel Text: **John 1:1-**

5. Read 1 John 1:1-10, then answer the questions below.

1. **Read 1 John 1:1-3.** What important information does John impart to his readers in these three verses?
2. **Read 1 John 1:4.** Explain why *writing these things would make their joy complete*.
3. **Read 1 John 1:5.** To whom is John referring when he says, *This is the message we have heard from him and proclaim to you?* To whom does the *him* refer?
4. In v. 5 what do *light* and *darkness* symbolize?
5. **Read 1 John 1:6.** How would you paraphrase this verse in your own words?

6. **Read 1 John 1:7.** Verse 7 says, “*and the blood of Jesus his Son cleanses us from all sin.*” Does this mean we are without sin? What does it mean?
7. **Read 1 John 1:8.** How do you explain the fact that all who believe in Christ remain *sinner*s even though they are saved?
8. **Read 1 John 1:9.** What does it mean to you when John says, “*God cleanses us from all unrighteousness?*”
9. **Read 1 John 1:10.** Why is understanding that we are *sinner*s such a vital necessity to understanding that we need Jesus in our lives?

Discussion Guide for Your Life Group Meeting

- I. At your Life Group meeting, first read **Psalm 119:105-112** aloud. It can be helpful to have several people each read one verse from their Bible. This helps people feel involved and can also introduce some interesting discussion if several translations are used. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. Read **Ps. 119:105**. Can you think of some very specific ways in which ***God's word has been a lamp to your feet and a light to your path*** in your own life?
 2. Read **Ps. 119:106**. Where have you ***sworn an oath and conformed it to keep God's righteous rules?***
 3. Read **Ps. 119:107**. What are some things that currently ***afflict you or*** have afflicted you in your past that you are hoping God can release you from and give you ***new life?***
 4. Read **Ps. 119:108**. Can you think of any ways our ***praise*** enables us to better ***keep God's rules?***
 5. Read **Ps. 119:109**. What does this passage say to you? According to this verse, can there be some danger involved in following the Lord?
 6. Read **Ps. 119:110**. Can you think why it would be especially important to follow the Lord when ***the wicked have laid a snare for you?***
 7. Read **Ps. 119:111**. Why would God's testimonies bring joy to a believer's heart?
 8. Read **Ps. 119:112**. How does this verse show the psalmist's submission to God's plans for his life?
- II. Next read **John 1:1-5**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions.
 1. As you read through this passage, what similarities do you see to **1 John 1-10?**
 2. Do you see any information in this passage not included in the passage from **1 John?**
 3. What facts presented in this passage seem most amazing to you?
 4. What verse in this passage brings you the greatest encouragement?
- III. Read **1 John 1:1-10**, utilizing several group members to each read one verse aloud. After reading the passage discuss it. If you are having trouble stimulating discussion, you can try asking some of the following questions:
 1. **Read 1 John 1:1-3**. What important information does John impart to his readers in these three verses?

2. **Read 1 John 1:4.** Explain why *writing these things would make their joy complete.*
3. **Read 1 John 1:5.** To whom is John referring when he says, *This is the message we have heard from him and proclaim to you?* To whom does the *him* refer?
4. In v. 5 what do *light* and *darkness* symbolize?
5. **Read 1 John 1:6.** How would you paraphrase this verse in your own words?
6. **Read 1 John 1:7.** Verse 7 says, “*and the blood of Jesus his Son cleanses us from all sin.*” Does this mean we are without sin? What does it mean?
7. **Read 1 John 1:8.** How do you explain the fact that all who believe in Christ remain *sinner even though they are saved?*
8. **Read 1 John 1:9.** What does it mean to you when John says, “*God cleanses us from all unrighteousness?*”
9. **Read 1 John 1:10.** Why is understanding that we are *sinner* such a vital necessity to understanding that we need Jesus in our lives?