Life Group Notes & Discussion Guide, for October 18th, 2026
"A Journey through the Book of 1st John"
"Knowing & Relying on the Love God Has for Us"

Sermon Text: **1 John 4:1-21;** Old Testament Text: **Psalm 104:10-19;** New Testament Text: **Romans 8:26-28.** Read **1 John 4:1-21**, then answer the questions below.

1. Read **1 John 4:1.** How do we biblically ***test the spirits?***

2. Read **1 John 4:2-3.** What test accurately assesses if something is truly from the Lord?

3. What test guarantees it is of the spirit of the antichrist?

4. Read **1 John 4:4.** Restate this verse in your own words.

5. Read **1 John 4:5-6.** Describe the differences between the people of the world and the people of God?

6. Which group ***listens to the Spirit of truth?*** Which group ***listens to the spirit of error?***

7. Read **1 John 4:7.** According to this verse, why should we ***love one another?***

8. Read **1 John 4:8.** According to this verse, why is an unloving person unloving?

9. Read **1 John 4:9.** This verse tells us that God sent his only Son into the world, so that ***we might live through him.*** What determines if we do, in fact, ***live through him?***

10. Read **1 John 4:10.** What does the word ***propitiation*** mean?

11. Read **1 John 4:11.** What is the motivating factor for us to love others?

12. Read **1 John 4:12.** How is God's ***love perfected in us?***

13. Read **1 John 4:13.** What is the proof that ***we abide in God and he abides in us?***

14. Read **1 John 4:14.** What is it that believers should be ***testifying to the world?***

15. Read **1 John 4:15.** What confession guarantees ***that God abides in us and we abide in him?***

16. Read **1 John 4:16 (NIV):** ***And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.*** According to this verse, how can we show that ***we rely on the love God has for us?***

17. Read **1 John 4:17.** According to this verse, ***how may we have confidence for the day of judgment?***

18. Read **1 John 4:18.** According to this verse, ***what casts out fear?***

19. Read **1 John 4:19.** Why are we able to love?

20. Read **1 John 4:20-21.** When you read these two verses, what truths are made perfectly clear to you?

Discussion Guide for Your Life Group Meeting

I. At your Life Group meeting, first read **Psalm 104:10-19** 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 **Psalm 104:10-19.** List some of the things God does to strengthen & uplift the animals of the earth.
   2. Looking at **Ps. 104:14-15,** list the blessings God gives specifically to encourage & strengthen man.
   3. Though we scarcely think about it, what special gift did God give to the moon?
   4. Think about the various qualities the sun exhibits in different parts of the world, then reflect on this verse: ***the sun knows its time for setting.***

II. Next read **Romans 8:26-28**, 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. Why are there certain times when no matter how strong your faith might be it seems impossible to know how to pray in your own strength?
   2. Give specific examples of how you've experienced **Romans 8:26-27** ***"lived out in your own life."***
   3. Can you think of times in your life when God used something the devil had intended for bad to bless your life?

III. Read **1 John 4:1-21,** 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 4:1.** How do we biblically ***test the spirits?***
2. Read **1 John 4:2-3.** What test accurately assesses if something is truly from the Lord?
3. What test guarantees it is of the spirit of the antichrist?
4. Read **1 John 4:4.** Restate this verse in your own words.
5. Read **1 John 4:5-6.** Describe the differences between the people of the world and the people of God?
6. Which group ***listens to the Spirit of truth?*** Which group ***listens to the spirit of error?***
7. Read **1 John 4:7.** According to this verse, why should we ***love one another?***
8. Read **1 John 4:8.** According to this verse, why is an unloving person unloving?

9. Read **1 John 4:9.** This verse tells us that God sent his only Son into the world, so that ***we might live through him.*** What determines if we do, in fact, ***live through him?***

10. Read **1 John 4:10.** What does the word ***propitiation*** mean?

11. Read **1 John 4:11.** What is the motivating factor for us to love others?

12. Read **1 John 4:12.** How is God's ***love perfected in us?***

13. Read **1 John 4:13.** What is the proof that ***we abide in God and he abides in us?***

14. Read **1 John 4:14.** What is it that believers should be ***testifying to the world?***

15. Read **1 John 4:15.** What confession guarantees ***that God abides in us and we abide in him?***

16. Read **1 John 4:16 (NIV):** ***And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.*** According to this verse, how can we show that ***we rely on the love God has for us?***

17. Read **1 John 4:17.** According to this verse, ***how may we have confidence for the day of judgment?***

18. Read **1 John 4:18.** According to this verse, ***what casts out fear?***

19. Read **1 John 4:19.** Why are we able to love?

20. Read **1 John 4:20-21.** When you read these two verses, what truths are made perfectly clear to you?