



WARM UP: Share a time with each other when you thought to yourself “this is the life!”. As a group, identify the common characteristics of such moments.

WARM UP: Be honest, how much are you enjoying life right now (out of 10)? What is something positive or negative for you about being in lockdown?

1. **Read 1 John 5:1-5.** These verses repeat the big themes of the whole book, i.e. if you believe in God and love God, then you should love other Christians and obey God’s commands. Why are these elements so closely connected with each other? To what extent are each of them present in your own life?

2. Three times in verses 4 and 5 John mentions overcoming the world. What does he mean by this? And how have you experienced this in your own life?

3. **Read 1 John 5:6-12.** Verses 11-12 contain a big claim about what *life* is and isn’t. Andrew mentioned in the sermon that “eternal life” isn’t just about a duration of being alive (as opposed to being dead) but it’s about a *quality* of life. How would you explain to a non-Christian what these verses mean?

4. A big claim requires big evidence, and John lays it out in verses 6-10. If you are a Christian, then you have believed this testimony! What caused you to believe (or struggle to believe) the truth about who Jesus is?

5. **Read 1 John 5:13-21.** These verses contain some great descriptions of what life in the Son includes... assurance of life, confidence in prayer, victory over sin and understanding truth. Share some of the ways in which you have experienced these things in your own life?

6. We shouldn’t gloss over that these verses also contain some challenging content... both in understanding what it means, and also in the reality of our experience. What questions do you have? What do you struggle to understand, or experience? Share honestly about some of the challenges here.

PRAY: That God would help you experience the fullness of life in Jesus.