



LIFE GROUP DISCUSSION GUIDE



SEPTEMBER 27, 2026

Dive In (10 Minutes)

Go around and let everyone share...What is a task or responsibility in your life (e.g., training for a race, taking care of a pet, working on a passion project) that requires a ton of effort, but you do it gladly because you love it?

Dig Deep (40 Minutes)

Read 1 John 5:1-13 aloud.

- Look closely at verses 1–3. John connected loving God, loving His children, and keeping His commands. He declared that *"his commands are not burdensome."* In a culture that views rules and boundaries as restrictive or oppressive, why does true love for God make His commands feel like a joy rather than a heavy chore?
- Notice the strong declaration in verses 4–5 (*"for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith"*). What does it mean to "overcome the world" in our daily life? How does an authentic, active faith in Jesus give us victory over the artificial pressures, standards, and temptations of our culture?
- Focus on verses 6–9, where John spoke of the testimony of the water, the blood, and the Spirit. John anchored our faith in historical, tangible reality (Jesus' baptism and His sacrificial death) verified by the Spirit. How does grounding our faith in God's testimony protect us from relying on subjective, shifting feelings?
- Why is there no middle ground or "neutral option" when it comes to who Jesus is? How does having the Son give us true, authentic life right now, not just in the future?

Do Big (10 Minutes)

- Look at the ultimate purpose statement in verse 13: *"I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life."* In an age full of doubt, spiritual anxiety, and artificial guarantees, why is it so powerful that God wants us to *know*—with absolute certainty—that we have eternal life?
- Tell about a time when standing firm on the truth of God's Word helped you overcome a season of doubt, cultural pressure, or heavy spiritual tiredness.