

A Life that is Real
Session 1: Living an Authentic Life
1 John 1: 1-4

INTRODUCTION

This letter deals with a theme that is always applicable: the life that is real. John had discovered that satisfying reality was not found in things or thrills, but in a person—Jesus Christ, the Son of God.

UNDERSTANDING

1 JOHN 1:1-2 NLT

1. We proclaim to you the one who existed from the beginning, whom we have heard and seen. We saw him with our own eyes and touched him with our own hands. He is the Word of life. 2. This one who is life itself was revealed to us, and we have seen him. And now we testify and proclaim to you that he is the one who is eternal life. He was with the Father, and then he was revealed to us.

Why do you think John emphasized the humanity of Jesus so much? Why is the incarnation (Jesus becoming flesh) so pivotal for our relationship with God?

1 JOHN 1:3-4 NLT

3. We proclaim to you what we ourselves have actually seen and heard so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. 4. We are writing these things so that you may fully share our joy.

Why is fellowship with other believers so important? Why is it important for our fellowship with God?

Why do you think John concluded the prologue focused on joy?

MAIN POINT

The authentic Christian life is only possible through the person and work of Jesus Christ.

PRAYER

Take time in prayer to thank God for sending His Son in the flesh. Thank Him for being a Savior who knows our struggles and temptations intimately, because He has experienced them. Ask Him to fill you with joy as you walk with Him and walk with other believers.