

Week 10 Study Guide - 1st John 5:1-5

Scripture

5 Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the Father loves whoever has been born of him. 2 By this we know that we love the children of God, when we love God and obey his commandments. 3 For this is the love of God, that we keep his commandments. And his commandments are not burdensome. 4 For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. 5 Who is it that overcomes the world except the one who believes that Jesus is the Son of God?

Questions

Do you find God's commandments to be a burden? Why or why not?

Think of how all of the following ideas help make the commandments of God non-burdensome. Jesus' death, the Holy Spirit, and joy in the law. (Answer 1 below)

How is obeying God out of love better than obeying him out of fear?

What does it mean to overcome the world? How do we overcome the world?

Devotional

When we think of rules we often think about how rules make our life harder or more burdensome. Speeding is one of those rules that are burdensome to people. By having a speed limit it takes us longer to get to our destination. If we want to break that rule we have to watch for cops as we drive. Really though, having a speed limit is actually a good thing. Imagine how hard driving would be without speed limits. There would be more wrecks and death with no speed limit. Speed limits help everyone travel under the same guidelines. It also helps people drive at a speed which is safe for everyone. Sometimes rules may feel burdensome, but in all actuality lead to deeper and fuller life.

While some of God's commandments, or rules, seem burdensome, they are not. First, as a follower of Jesus we do not have to take any of the burden of failing the rules of God. Jesus completely and finally took the burden of those sins on the cross. You will never be punished for your sins if you have faith in Jesus because Jesus already was punished in your place. Second, the Holy Spirit will help us follow God's rules in our life. It would be very burdensome if we had to follow all of God's rules on our own, but God's Spirit lives in us and walks with us. Lastly, following God's rules actually leads to greater joy than breaking them. For example, one of God's rules says don't commit adultery. If your married think of how your life will be impacted if you cheat on your spouse. You will be full of shame, could lead to a broken relationship with your spouse, and could possible destroy your present life. Of course there is forgiveness and a

chance to reconcile with your spouse, but not first after causing deep pain. When we follow God's rules they actually increase joy in our life, not take it away.

John says that God's rules are not burdensome. This is hard to see when you think life is about fulfilling your desires, but once you have been born of God you see that God's rules are good and that you have the Holy Spirit to help you with following them. Following these rules will lead to a deeper and fuller life.

Think -What are a couple rules of Gods that you feel are burdensome to your life?

Pray - Ask God to help you see how these rules are not burdensome but actually lead to life. Also pray for the help of the Holy Spirit. Remember that even when you fail, Jesus has taken your punishment.

Do - Try to share this message with someone who you think needs to hear this.

Answers

1. **Jesus** has died for our sins so we don't have to worry about God's punishment for breaking his commandments when we trust in Jesus. **The Holy Spirit** helps give us the strength to follow God's commandments. Following God's law leads to **joy** much of the time. When you don't cheat on your spouse, murder anyone, or steal you can live life in a much better way.