

## Week 11 Study Guide - 1st John 5:6-12

### Scripture

6 This is he who came by water and blood—Jesus Christ; not by the water only but by the water and the blood. And the Spirit is the one who testifies, because the Spirit is the truth. 7 For there are three that testify: 8 the Spirit and the water and the blood; and these three agree. 9 If we receive the testimony of men, the testimony of God is greater, for this is the testimony of God that he has borne concerning his Son. 10 Whoever believes in the Son of God has the testimony in himself. Whoever does not believe God has made him a liar, because he has not believed in the testimony that God has borne concerning his Son. 11 And this is the testimony, that God gave us eternal life, and this life is in his Son. 12 Whoever has the Son has life; whoever does not have the Son of God does not have life.

### Questions

Have you ever had to testify in court? What for?

Who is John putting on trial here? (Answer 1 below) Who/what testifies on behalf of Jesus? (Answer 2 below)

What do you think the scripture means by the blood and water testifying on behalf of Jesus? (Answer 3 below)

What circumstances in your life have caused you to doubt who Jesus is or His gift of eternal life? How does this passage reassure you? (Question found at [thetrinitychurch.com](http://thetrinitychurch.com))

“Whoever has the Son has life” (1 John 5:12). The Gospel really is this simple. What are some ways you tend to complicate or add to the Gospel? (Question found at [thetrinitychurch.com](http://thetrinitychurch.com))

### Devotional

My father started me in weightlifting while I was in Junior High. I loved it and still do to this day. Once in High School I lifted because I enjoyed it, wanted to become a better football player, and quite honestly I thought that it would impress people. One day my girlfriend, now wife, was going to come over to my house. I wanted to lift first, so she waited in the weight room for me. As she waited I did everything I could to impress her. I was lifting as much weight as I could, grunting loudly, and sweating hard. After I was done I asked her what she thought. The first and only thing that she said was why do you guys grunt so much when you lift. She was not impressed by any of it! Matter of fact she could of cared less that I lifted!

While it may not be impressive to my wife I have a 350 pound bench press. Let's say my first day of weight lifting with my dad in Junior High he put on 350 pounds and told me to press it. I

would most likely not be able to lift the weight off the rack. If I did the weight would have crushed my chest. The weight would be too much to handle. So many people are walking around with a heavy weight on their chest. A weight they are not meant to handle. Maybe the weight is an addiction, or maybe it is the weight of wanting to be accepted. Jesus wants to take that weight from you. Many think that the Christian faith is about being a good person, or going to Heaven. Those are by products of the faith but they are not what our faith is about. It has always been and will always be about Jesus. Stop trying to carry the weight of failure, success, shame, or whatever it may be and give it to Jesus. He is more than able to handle it. John is trying to testify to that in the scripture above and it would be good of us to listen.

### **Action Steps**

Think - If you had to make a list of what the Christian faith is about what would you put first?

Pray - If it was not Jesus, ask God to give you a new mind to see Jesus as the center of our faith. No matter what you answered thank God for the greatness of Jesus.

Do - When you eat dinner with your family, take a few minutes to talk about Jesus.

### **Answer**

1. Jesus
2. The blood, water, and holy spirit.
3. The blood most likely refers to Jesus' death on the cross. The water most likely refers to Jesus' baptism.