

1 John 5

Point 1: Faith in Jesus Brings Victory (vv. 1–5)

Scripture (CSB):

1 Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the Father loves the one born of him. 2 **By this we know that we love the children of God, when we love God and obey his commands.** 3 **For this is the love of God: that we obey his commands.** And his commands are not burdensome. 4 **Everyone born of God conquers the world. And the victory that conquers the world is our faith.** 5 Who is it that conquers the world? Only the one who believes that Jesus is the Son of God.

1 John 5:5 NLT **And who can win this battle against the world? Only those who believe that Jesus is the Son of God.**

Breakdown:

- Obedience and love go hand in hand: **love for God fuels love for others.**
- God's commands aren't meant to weigh us down—they reveal His will and character.
- "Conquering the world" isn't about being popular, rich, or winning arguments—**it's resisting worldly patterns, lies, and temptations.**
- Faith in Jesus is the weapon and the assurance of victory.

2025/Relatable Example: The world tries to pull us into trends, peer pressure, and online chaos. **Faith in Jesus gives us the "code to win" even when everyone else is failing the level.**

Big Idea: Believing in Jesus is the key to victory over the world's lies and temptations.

Discussion Question:

- How does your belief in Jesus help you resist pressures or lies you see around you every day?

Point 2: Confidence Comes From God's Testimony (vv. 10–12)

10 Whoever believes in the Son of God has this testimony in his heart. Whoever does not believe God has made him a liar, because he has not believed the testimony God has given about his Son. 11 And this is the testimony: God has given 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.

Breakdown:

- Jesus' life and death (water = baptism/life, blood = sacrifice) are God's ultimate testimony.
- **The Spirit confirms the truth of Jesus internally**—our hearts bear witness.
- Belief in Jesus = receiving God's testimony, having eternal life now.
- Rejecting Jesus = rejecting God's truth.

2025/Relatable Example: Think about reviews before buying something online. Some influencers hype a product, then it turns out to not be at all what it was made out to be **but God's "review" has been proven accurate through Christ. The Spirit confirms Jesus is the only source of life and victory.**

Big Idea: God's testimony about Jesus gives us confidence—both for today and eternity.

Discussion Question:

- How does knowing God's testimony about Jesus affect your confidence in daily decisions and in facing worldly pressures?

Point 3: We must Live as if we've already won (vv. 13)

Scripture (CSB):

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.**

Breakdown:

- John's purpose: to give assurance. Believers can know they have eternal life.
- **Confidence in faith changes how we live**—bold, loving, Spirit-led.
- Eternal life is both a present reality and a future hope.

2025/Relatable Example: Like having a lifetime subscription—you're already signed up. Knowing you belong to Jesus frees you from fear of missing out or trying to earn approval.

Big Idea: Confidence in salvation fuels courage, love, and obedience today.

Discussion Question:

- How does the certainty of your life in Jesus change the way you respond to peer pressure, temptation, or online trends?

Point 4: Play like a Champ: Live in Protection, Prayer, & Purity (vv. 18–21)

Scripture (CSB):

18 We know that anyone born of God does not continue to sin; the one who was born of God protects him, and the evil one cannot touch him. 19 We know that we are from God, and the whole world lies under the power of the evil one.

20 We know that the Son of God has come and has given us understanding so that we may know the true God. 21 Little children, keep yourselves from idols.

Breakdown:

- Protection from the Evil One: God actively protects and guides believers.
- Spiritual Awareness: The world operates under lies, but God gives understanding to discern truth.
- Knowing God = Life: Belief in Jesus brings clarity, confidence, and eternal life.
- Practical Purity: Idols aren't just statues—they're anything that replaces God in your heart.

Illustration / Football Analogy:

- **Your heart is like a quarterback.** God's Spirit is the offensive line protecting you. The enemy wants to hit, distract, or destroy—but God equips you to **stay protected, prayed up , & pure.**

Big Idea: God protects, guides, and empowers believers to live in truth and victory.

Discussion Questions:

- What “idols” or distractions compete for your attention and loyalty today?
- How does knowing God protects and guides you in your daily choices?
- How can you rely on Him to guard your heart and decisions against the “world’s hits”?

✓ Closing Reflection / Challenge

- Are your faith and belief in Jesus giving you victory over the world’s lies and pressures?
- Are you confident in God’s testimony and your eternal life in Him?
- Are you living with the assurance that God’s Spirit protects and guides you daily?
- Challenge: Live intentionally, resist worldly pressures, guard your heart, and let the Spirit guide every move—be bold, loving, and faithful today.