

I John – Jesus’s Body
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I John 4:1-6
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Reflection & Discussion Questions

Sometimes we can misunderstand the Bible if we don’t know the context

Read and discuss I John 4:1-6(ESV)

4 Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. 2 By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God, 3 and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you heard was coming and now is in the world already. 4 Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world. 5 They are from the world; therefore they speak from the world, and the world listens to them. 6 We are from God. Whoever knows God listens to us; whoever is not from God does not listen to us. By this we know the Spirit of truth and the spirit of error.

*Do we typically read these verses as teaching us about being cautious about spiritual things and spiritual warfare?

*Reading these verses here – what do they seem to mean for you and your life?

Greek thinkers around the time of John’s letter started appropriating parts of the gospel message and fitting into their own philosophies

Gnostics thought you could ascend to a place of spiritual fullness, IF you had the ‘secret knowledge’

Docetists thought that Jesus wouldn’t have allowed himself to be corrupted by having a physical body

*How does knowing these beliefs were gaining traction begin to shift our understanding of the passage above?

*What might the context of the times help us understand about what John is writing?

*In light of this, what do these verses mean for you and your life?

The main point of this passage is that Jesus had physical, human body

This doesn’t seem like a big deal to us, but it was a HUGE deal in John’s day.

*What would it mean if Jesus didn’t really have a physical body?

*Why is the concept of God stepping into a human body central to our belief?

God understands you on a cellular level

Our bodies matter and God intends to redeem them.

*What significance does this understanding have to us? How does it help us approach him?

*Why is it damaging to believe that our bodies are inherently wrong or bad?

*Why would God want us to enjoy our bodies? How does he redeem them?

Visual reflection (Visio Divina)* [Regular Jesus](#) by Donald Krause

Song for reflection [Son of God](#) by Chris Renzema

*Visio divina – a thoughtful and slow way of contemplating a visual prompt like a piece of art, photograph or image and inviting God to speak to you through it. First, focus on the detail that your eyes are drawn to right away – keep focus there and pay attention to what thoughts and emotions you are having. Then, look at the entire image and consider it as a whole, being aware of thoughts, questions and emotions it provokes. End in silence and prayer, considering your experience and anything you feel called to respond to.