

IT'S
3:16

A 7-WEEK STUDY GUIDE

4

**How
We Know
What
Love Is**

Each session will begin with an opportunity to help you connect with and get to know one another.

What is one task or experience you would attempt if you knew it would be impossible to fail at it? Why?

Play the “[Session Four: How We Know What Love Is](#)” video lesson.

What stood out to you from the video?

In the following section, you will explore Bible passages and take part in discussion to apply insights from this session. If time is a concern, please choose just a few questions to discuss in your group.

Read 1 John 3:11-20

1. How do the words of 1 John 3:16 change the way we think about God? How do they change the way we think about ourselves? How do they change the way we live and act in the world?



**This is how
we know
what love
is: Jesus
Christ laid
down his
life for us.
And we
ought to
lay down
our lives
for our
brothers
and sis-
ters.**

1 JOHN 3:16

2. From the video session, we learned that the only way we can conquer the divisions in our world is through the sacrificial love of Christ. Why is this true? What are some unhealthy methods we may use to end conflict in our world?

3. Share about a time from your life when someone showed their love for you through sacrifice. How did that act of sacrifice affect you? How has it inspired you to live a sacrificial life of love?

4. In 1 John 3:18, the author urges us to love others not “with words ... but with actions and in truth.” Why must love be shown through our actions rather than just communicated through our words? How do we make others feel when we share our love only through words and not through action?

5. What is one thing you believe God is calling you to sacrifice in order to show love to someone in your life? What would be the benefit of sacrificing that one thing? How will you make that sacrifice a reality this week?

Read John 15:1-17

6. Why must we remain connected to Jesus in order to display true love for others? What happens if we attempt to love others without staying united with Jesus? Why does remaining in Jesus naturally lead us to a life of sacrifice?

7. Why is there no greater show of love than laying down one's life for others? What does this teach us about the nature of love? Why does true love always contain an element of sacrifice?

For over a thousand years, Christians have used the Scriptures to practice a simple form of meditation called lectio divina. In Latin, the practice means “divine reading,” and millions of believers throughout history have found wisdom and comfort from this ancient practice. Each week during this series, we will guide you through a version of this meditation practice that you can use either in a group or on your own.

Begin this time by closing your eyes and spending a few moments in silence, focusing on nothing but the sound of your breath. When you find a moment of stillness, begin by inviting the Holy Spirit to guide your time of meditation.

1

Read the words of 1 John 3:16, “This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.” Read those words several times over a few minutes, paying attention to every small detail. Focus on anything that stands out.

2

Imagine that the Holy Spirit is speaking the words of this verse directly to you. Pay attention to how you feel as the Spirit speaks to you. Notice the thoughts that pass through your mind. Spend a few minutes meditating upon what the Spirit is saying to you.

3

Shift from a time of meditation to a time of prayer. Use the next few minutes to share with God what you think and feel about the word He spoke to you. Bring up any questions you might have for Him. Ask Him to lead you to understand and experience His truth.

4

In order to end this prayer meditation, simply sit in silence for a few minutes and listen to what the Spirit says to you. Notice what the Lord is teaching you through His word. When your time of silence is complete, thank the Lord for guiding you into His wisdom and love.

During each week for this series, we will provide a simple prompt and an opportunity to write and journal your thoughts. As we pursue a good life of following God, we will find a great benefit from putting our thoughts into words and thinking through how we can put our words into action. Do not overthink anything you write or try to find a “perfect” answer. Simply write what comes to mind.

Please spend at least 15 minutes writing about the question below:

What do you believe the Lord is asking you to sacrifice in order to grow closer to Him? How would sacrificing that one thing help you love the people in your life more completely?

This is a place where you can write each other's prayer requests and make notes when God answers prayer. Pray for each other's requests out loud together as a group. If you're new to group prayer, you may pray silently.

Prayer Requests

Praise Reports