

UNSHAKEABLE: JOHN'S SPIRITUAL CHECKUP

1 JOHN 2

MAIN TAKEAWAY

Spiritual health is not a matter of *perfection* but *direction*—we must walk with Jesus.

INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

How does evidence help provide evaluation? For example, how might videos, photos, or data reveal your skill level and how you might improve? Share an experience.

Like a doctor asking questions about basic bodily functions, how do Christians assess spiritual health?

In these verses, John provides a spiritual checkup focusing on the *vertical* (obedience to God), *horizontal* (love for others), and *internal* (heart). As Pastor Jonathan shared, this checkup has three main questions: *How's your walk? How's your heart? What's got your heart?*

UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

HAVE A VOLUNTEER READ 1 JOHN 2:1-6

***How's your walk?* How does John begin his checkup (v.1-2)? Why is this important?**

Sin is serious, but Jesus is our Advocate with the Father and the propitiation for our sins. How does this give the believer assurance of salvation?

Pastor Jonathan explained, "It's not *if* you sin—it's *when*. The question is: how will you respond?" Why should you bring your sin to God? How does God respond?

Your spiritual health is not a matter of *perfection* but *direction*. According to this passage, what does it look like to walk with Jesus?

HAVE A VOLUNTEER READ 1 JOHN 2:7-11

How's your heart? Love is a fruit of the Spirit (Galatians 5:22) and a vital sign. How does your love for others provide a spiritual checkup regarding your love for God?

If someone's heart is constantly cold and critical of others, how might that person be the problem? How can we fight against this?

Pastor Jonathan said, "The compassion Christ showed you is the same compassion you're called to show others." How has Jesus' love changed the way you treat others?

HAVE A VOLUNTEER READ 1 JOHN 2:12-17

What's got your heart? This question is less about what you're doing and more about what you're drawn to. How does John depict Christian maturity (v.12-14)? What does he warn against (v.15-17)?

What are the differences between "the world" and the will of God? How do these descriptions reveal what your heart is drawn to?

Why should your identity and joy be found in *who* you have, not *what* you have? How can you tell when enjoyment goes too far—when possessions start to possess you?

APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

Pastor Jonathan explained that John wrote this spiritual checkup not to *shame* us but to *inform* us. How does this help you desire a regular spiritual assessment?

Share your response to John's spiritual checkup: **How's your walk? How's your heart? What's got your heart?** How did this message help you assess your spiritual health? What are your next steps in walking with Jesus?

PRAYER

Give thanks for spiritual life found in Christ, who is our Advocate with the Father and the propitiation for our sins. Pray for renewed strength and perspective for your spiritual health.