

Walking in Love

A week in 1 John — what it really means to love one another.

7 days · about 10 minutes a day · for the whole family

How to use this

Pick a time you already gather — dinner, or just before bed — and keep it there. The whole thing takes about ten minutes.

1. Read the passage together. On a busy night, just read the memory verse — that counts.
2. Read the short devotion out loud.
3. Talk through the questions. Let everyone answer in their own words; there are no wrong answers.
4. Say the memory verse together, and try to remember it tomorrow.

DAY 1 The Word of Life 1 John 1:1-10

John begins his letter by declaring what he has seen, heard, and touched - the Word of Life, Jesus Christ. He writes so that we can have fellowship with God and with one another. Walking in the light means being honest about our sins and trusting in God's forgiveness.

TALK ABOUT IT

1. What does it mean to have 'fellowship' with God and with other believers?
2. Why is walking in the light connected to being honest about our sins?
3. How does confessing our sins lead to God's forgiveness and cleansing?

MEMORY VERSE · 1 JOHN 1:9

“If we confess our sins, he is faithful and righteous to forgive us the sins, and to cleanse us from all unrighteousness.”

DAY 2 Walking in the Light 1 John 2:1-14

Jesus is our advocate - He speaks to the Father in our defense when we sin. But John reminds us that if we truly know Jesus, we will obey His commands. The one who says he is in the light but hates his brother is still in darkness.

TALK ABOUT IT

1. What does it mean that Jesus is our 'advocate' with the Father?
2. How do we know if we truly know God according to this passage?
3. Why is loving our brothers and sisters connected to walking in the light?

MEMORY VERSE · 1 JOHN 2:6

“he who says he remains in him ought himself also to walk just like he walked.”

DAY 3 Do Not Love the World 1 John 2:15-29

John warns against loving the world - not the people in it, but the sinful system that opposes God. The desires of the flesh, the desires of the eyes, and the pride of life are passing away. Only those who do God's will live forever.

TALK ABOUT IT

1. What does John mean by 'the world' that we should not love?
2. What are the three categories of worldly temptation mentioned?
3. How can we guard ourselves against the 'spirit of the antichrist'?

MEMORY VERSE · 1 JOHN 2:17

“The world is passing away with its lusts, but he who does God's will remains forever.”

DAY 4 Children of God 1 John 3:1-10

See what amazing love the Father has given us - that we should be called children of God! And that is what we are! When Christ appears, we will be like Him. This hope purifies us. Those born of God do not continue in sin because God's seed remains in them.

TALK ABOUT IT

1. What does it mean to you to be called a 'child of God'?
2. How does our hope in Christ's return purify us?
3. What is the difference between struggling with sin and 'continuing in sin'?

MEMORY VERSE · 1 JOHN 3:1

“See how great a love the Father has given to us, that we should be called children of God! For this cause the world doesn't know us, because it didn't know him.”

DAY 5 Love One Another 1 John 3:11-24

Love is not just words or talk - it must be shown through actions and truth. Jesus laid down His life for us, and we ought to lay down our lives for our brothers and sisters. When we love in action, we can have confidence before God.

TALK ABOUT IT

1. How did Jesus demonstrate love for us? How can we follow His example?
2. What does it look like to love 'not with words but with actions and truth'?
3. How does loving others give us confidence before God?

MEMORY VERSE · 1 JOHN 3:18

“My little children, let's not love in word only, or with the tongue only, but in deed and truth.”

DAY 6 God Is Love 1 John 4:1-21

God is love. He showed His love by sending His Son as the atoning sacrifice for our sins. Since God loved us this much, we ought to love one another. Perfect love drives out fear. We love because He first loved us.

TALK ABOUT IT

1. How did God demonstrate His love for us according to this chapter?
2. What does 'perfect love drives out fear' mean for your life?
3. Why is it impossible to love God while hating your brother or sister?

MEMORY VERSE · 1 JOHN 4:19

“We love him, because he first loved us.”

DAY 7 Victory and Assurance 1 John 5:1-21

Everyone born of God overcomes the world - and our faith is the victory! John writes so that we may KNOW we have eternal life. God hears our prayers. The Son of God has given us understanding to know Him who is true.

TALK ABOUT IT

1. What does it mean that our 'faith is the victory that has overcome the world'?
2. Why did John write this letter? What does he want us to know?
3. What confidence does this chapter give us about prayer?

MEMORY VERSE · 1 JOHN 5:13

“These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God.”

Want this built into your week? Join the waitlist at shprd.us

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