

# THE | FOLD

## 1 John 5

### Day 1: 1 John 5:1-5

1. Do you ever feel like God's commandments are burdensome? If so, which ones?
2. Why do you think John says that God's commandments aren't burdensome?
3. Contrast the burden of God's commandments when you're following them out of a sense of duty, compared to following them out of your love for Him.

### Day 2: 1 John 5:6-12

4. What do you think the water and the blood that John references refer to?
5. How do these elements contribute to the testimony of Jesus?

### Day 3: 1 John 5:13-17

6. What do you think are some of the sins that "don't lead to death" in verses 16 & 17?
7. Why should we heed John's warning and also stay away from sin that doesn't lead to death?

### Day 4: 1 John 5:18-21

8. The second half of verse 19 can make the world seem dark and hopeless. When do you feel your life is in a similar position?
9. How does verse 20 bring hope and peace in light of verse 19?