Journey CHURCH
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Session 6 Leader Guide

1 John 5:13–21 - Living with Confidence

BIG IDEA: God doesn't want His children guessing about their relationship with Him. Because our confidence rests in Jesus rather than ourselves, we can know we have eternal life, pray with confidence, care for other believers, and trust God above everything else.

OPEN — WHO DO YOU TRUST?

Opening Question: Think about a time when you had trouble trusting someone or something. **What made it difficult to put your confidence in them?**

Read: 1 John 5:13–15

- Our willingness to trust depends on **who or what we're trusting**.
- John wants believers to **know** they have eternal life.
- Our confidence isn't based on how strong our faith feels.
- Our confidence rests in the character and promises of God.

1. YOU CAN KNOW

Read: 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..." — 1 John 5:13

Tony describes a problem many Christians experience as **"Assurance Deficit Disorder."**

We can find ourselves wondering:

- Am I really saved?
- Does God still love me?
- Have I done enough?
- Am I good enough?

Tony reminds us that **our faith depends on God, not us.**

If our confidence depends on our performance or feelings, we'll constantly move between confidence and uncertainty.

Our assurance grows when we focus on the strength of the One we're trusting instead of the strength of our feelings.

2. PRAY WITH CONFIDENCE

Read: 1 John 5:14–15

John connects our relationship with God to our prayer life.

As we grow closer to God:

- We understand His heart more.
- Our desires begin to align with His will.
- Our prayers begin to reflect His desires.
- Seeing God work builds our confidence in Him.

Tony compares this to learning a **football playbook**. The better we know God's "playbook," the more our prayers begin to line up with His will.

Prayer isn't about convincing God to follow our plans. It's about learning to pray according to His.

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3. PRAY FOR EACH OTHER

Read: 1 John 5:16–19

John reminds us that loving other believers includes **praying for them**.

Instead of simply criticizing someone who is struggling, we can bring them before God.

We can pray:

- For freedom from sin.
- For spiritual growth.
- For strength to overcome temptation.
- For a closer relationship with God.

Sometimes the most loving thing we can do for someone is pray for them.

4. KNOW THE ONE WHO IS TRUE

Read: 1 John 5:20

John finishes his letter by bringing everything back to **Jesus**.

Jesus is the **True One**. He is completely trustworthy and promises eternal life.

The Christian life is about:

- **Knowing Him** — growing in fellowship with God.
- **Following Him** — choosing His way over the world's.
- **Trusting Him** — building our lives on what is true.
- **Living for eternity** — remembering where our ultimate hope is found.

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5. KEEP YOURSELF FROM IDOLS

Read: 1 John 5:21

John ends with a surprising warning:

“Little children, keep yourselves from idols.”

Tony describes an idol as **any person, thing, or idea we look to as our source of being.**

An idol is anything we expect to give us what only God can truly provide.

The temptation will always be to **trade God for something lesser**.

John's challenge is to know God so deeply that we recognize nothing else can take His place.

KEY TAKEAWAY

Living with confidence means:

- Trust God's promises more than your feelings.
- Know that eternal life is yours through Jesus.
- Pray according to God's will.
- Pray for and encourage other believers.
- Don't replace God with something lesser.

Our confidence isn't found in how tightly we hold onto God. It's found in the God we're holding onto.

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GROUP DISCUSSION

1. What makes someone trustworthy to you? How does that help us understand what it means to trust God?

2. Tony talks about "Assurance Deficit Disorder"—constantly wondering where we stand with God. Why do you think Christians sometimes struggle to believe they can truly know they have eternal life?

3. What's the difference between building your confidence in God on your feelings or performance and building it on who God is?

4. Tony compares prayer to learning a football playbook. How might knowing God better change the things you pray for and the way you pray?

5. John tells us to pray for believers who are struggling. Why is praying for someone often a better first response than criticizing or judging them?

6. Tony describes an idol as any person, thing, or idea we look to as our source of being. What are some things people today are tempted to expect to give them what only God can provide?

7. Looking back over 1 John, what's one area where you believe God is challenging you to grow—confessing sin, loving others, resisting the world, listening to the Holy Spirit, praying, or trusting Him—and what will you do about it this week?