

Spiritual Growth Guide – Walking with Jesus This Week

Based on 1 John 1:1–4

Theme of Sunday's sermon: "The Heart of the Matter"

Start with a Prayer

Dear God,
Thank You for loving us and sending Jesus so that we can know You.
Help me today to understand more of who You are.
Take away any distractions and worries,
and help me to focus on You.
I want to grow in my faith and in my friendship with You.
Amen.

Bible Reading for This Week

Take a few minutes to read this short Bible passage again:

1 John 1:1–4

(You can find it near the end of the Bible, just before Revelation.)

These verses remind us that Jesus is real—He lived, walked, and talked with people.
The writer, John, saw Jesus with his own eyes.
He wants us to know that Jesus came so we could have a real relationship with God—one filled with joy, peace, and love.

The Big Idea in the sermon/message

You were created to know God—not just know *about* Him, but to really know Him and live life with Him every day.

The good news is this:

God came close to us through Jesus.

Jesus is more than just a good teacher or historical figure—He is God in human form.

And He invites us to walk with Him, talk to Him, and build a real friendship with Him. This relationship is called **fellowship**—a word that means being close, connected, and sharing life together. That's what being a Christian is really all about.

It's not just going to church or following rules—it's about knowing Jesus and letting Him lead your life.

Questions to Think About or Talk Over With Someone

You can use these during quiet time, journaling, or chatting with a friend or small group.

1. **What does it mean to *you* to know Jesus, not just know about Him?**
2. **Have you ever felt close to God? What helped you feel that way?**

3. **Are there things (worries, habits, doubts) that make it hard for you to focus on God?**
4. **What's one simple thing you could do this week to grow in your friendship with Jesus?**
(Example: spend five minutes in prayer, read a verse each morning, talk to a Christian friend)
5. **Have you ever felt like you've drifted from God?**
The good news is—He always welcomes you back.

This Week's Invitation

Set aside time this week to re-read **1 John 1:1–4** why not read ahead for the passage for next week (further on in the letter of John)

You might read it slowly each morning or a few times during the week.

Ask God to help you understand more of who Jesus is and how much He loves you.

Closing Prayer

Lord Jesus,

Thank You that You came so we could know God.

Help me to walk with You this week.

Even when I feel distracted, tired, or far from You, remind me that You are always near.

Fill me with joy, peace, and love.

And help me grow in my faith, one step at a time.

Our Father, who art in heaven,

hallowed be Thy name.

Thy kingdom come,

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,

as we forgive our debtors.

And lead us not into temptation,

but deliver us from evil.

For Thine is the kingdom,

and the power, and the glory,

forever. Amen.