

WORKOUT

JOHN 1:19-34

Believe
and
LIVE
THE GOSPEL OF JOHN

Read John 1:19-34.

PONDER

Ponder the significance of John's proclamation: Jesus is "the Lamb of God."

- Why does our sin require a sacrifice?
 - Read Genesis 2:15-17 and Genesis 3:1-13. Meditate on the gravity of our sin—rebellion against our holy Creator.
 - Read Romans 6:23 and feel the weight of the penalty for our sin: death.
 - Read Genesis 3:21-24. Praise God for His mercy that makes a way for sinful man to live.
- Consider the connection between the Old Testament sacrificial system and Christ? See Hebrews 9:15-22.

PRAY

Pray Holistically

Read John 1:29 and pray in thanksgiving for the Lamb that God has provided.

- Father, thank you! You did not leave your people without a solution to our sin problem. Where no earthly power or sacrifice was sufficient, Jesus is the Lamb of God who takes away sin.
- Acknowledge our hopelessness apart from God and our desperate need for a Savior.

Pray Personally

Read John 1:29 and respond in humble confession.

- God, open my eyes to see my sin. Reveal to me areas of my life that are not in line with your Word. Give me wisdom to see the severity of my sin. Help me to be grieved by it as I fix my eyes on my crucified and risen Savior who died in my place.
- Confess specific sins that you have committed, and ask the Lord for forgiveness. Praise Him for the promise of 1 John 1:9—if we confess our sins, He is faithful and just to forgive us and to cleanse us from all unrighteousness.

PRACTICE

Jesus is the revelation of God. When we see Him rightly, we see ourselves rightly in light of Him. Set aside time this week for prayerful self-examination, asking the Lord to reveal areas of sin and temptation in your life.

Because Jesus is the Lamb of God who takes away sin, confess.

- What sins have you committed this week? Have you lied, gossiped, lusted, been angry, been jealous? Have you ignored conviction from the Holy Spirit or been selfish with your time and resources?
- Take your sin seriously. Don't brush it off, make excuses, or seek to simply move on.

Confess your sins to God and to others.

1. Name them. Be specific, not general. Acknowledge why they are wrong. "I exaggerated when I said ___ earlier today, which is not how I want to speak as a Jesus follower. I know that God's people tell the truth."
2. Be grieved over your sin. Confession is not just telling the facts of what you have done, it is mourning your rebellion against your Creator. (Psalm 38:18)
3. Confess your sin to those you have wronged, and to those who can help you grow in maturity.
4. God's people walk in the light (1 John 1:7). Ask others to help you walk in the light by asking you regularly how your fight against this specific sin is going.