

WORKOUT

JOHN 1:35-51

Believe
and
LIVE
THE GOSPEL OF JOHN



Read John 1:35-51.

What does it mean to follow Jesus?

- Who do Andrew and Nathanael say that Jesus is (vs 41, 49)? What does Jesus promise in response (vs 50-51)?
- Read Luke 9:23-26. How does the picture of discipleship in this passage compare to what our culture believes about following Jesus?
- Pay attention to how many times in this section someone sees Jesus, and immediately tells someone else. What is the connection between following Jesus and telling others about Him?



Pray Holistically

Pray in adoration of the Son of God, the King of kings.

- God, you have been working out a plan of redemption since before the foundation of the world. You have created us for your glory and set us apart for your name's sake. You sent your Son, Jesus, to pay the penalty for our sins. His reign over all things will never end. We give you glory!

Pray Personally

Pray that God would reveal areas of personal distraction that keep you from whole-hearted devotion in following Jesus.

- Father, I too often get distracted by the cares of this world. I forget the magnitude of what you have done for me and deceive myself into thinking my sin is small or insignificant. Help me to recognize areas where I need to repent.
- Pray in confession of specific sins, or specific aspects of life in which you can be prone to be distracted from your pursuit of Christ.



Jesus is the revelation of God. When we see Him rightly and respond in faith, we see that He is worth everything. Jesus followers will turn away from everything in this world to follow Christ.

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

To repent is to turn from sin and walk according to God's will as it is revealed in His Word.

1. Read Colossians 3:5-10, prayerfully asking the Lord to reveal what is earthly in you.
2. Consider the sin that you confessed last week. What helps can you put in place in your life to keep you from falling into temptation?
 - Does free time allow your mind to wander to idolatrous thoughts? Are you prone to impure thoughts when you watch movies or listen to music? Does a particular group of friends or coworkers make it easy to gossip or be negative?
3. Talk to your groups this week about practical ways you can remove temptations from your environment. Make a plan, and ask others to hold you accountable.
4. Colossians 3:2 says to set your mind on things above, not on things of earth. What heavenly things can you pursue in place of the temptation you are fleeing?
 - Instead of gossip with your coworkers, what will you talk about? Instead of watching immoral entertainment, what will you do with your time?