

WORKOUT

JOHN 16:16-33

Believe
and
LIVE
THE GOSPEL OF JOHN



Read all of John chapters 14-16. Study and meditate on 16:16-33.

Ponder the believer's joy.

- Remember John 15:1-11. How does abiding in Christ and our union with Him cultivate joy in the life of a believer?
- Why is it significant that the response of the believer is the opposite of the world's response? When the disciples weep and lament, the world will rejoice, but the disciples' sorrow will turn to joy (16:20).
 - What can this example teach us about our own joy?
- What is the connection between John 14:12-14, 16:23-24, and 16:26-27 in the context of the abiding Holy Spirit?

Ponder Jesus's proclamation of victory: "I have overcome the world" (16:33).

- What has Jesus overcome?
 - Also consider Romans 8:31-39, John 12:31, and 1 Corinthians 15:19-28.
- If Jesus has overcome the world, why does He also promise that "in the world you will have tribulation"?
- How does Jesus's victory bring peace to those who love Him?
 - Consider the similarities in 14:1, 14:27, and 16:33 and how these frame Jesus's teaching on the Holy Spirit and abiding.



Pray Holistically

Read John 16:22 and pray to rejoice in Jesus's finished work of salvation on the cross.

- Father, thank you for the good news of the gospel. Jesus died on the cross to pay the penalty for our sins and rose again. He has conquered death and the grave. As He told His disciples that they would rejoice in His return, may we rejoice that we can have eternal life because Jesus is alive! Help us to fully rejoice in this glorious reality.

Pray Personally

Read and pray John 16:33.

- Consider the trials and tribulations that you face in this life. Pray through each of these specifically, asking the Lord to deepen your trust in Him. He has promised us that in Him we may have peace. We can take heart; He has overcome the world.



Take heart and rejoice: Jesus has overcome the world. Aim your heart to rejoice in Him over the distress that worldly tribulation brings.

- Read John 16:31-33 and Matthew 26:31-35. Consider your life and earthly circumstances. Is there any earthly tribulation or circumstance that would cause you to lose heart, to doubt Jesus's victory (2 Corinthians 4:16-18)?
 - Reflect on your assurance. Are you like Peter, prideful and self-assured that you could never fall away? Is your hope in yourself or in Him?
 - Remember that the assurance of our abiding is not found in us. We abide in Him because He abides in us.
- Remember the antidote to the troubled heart that Jesus gives in 14:1: "Believe in God, believe also in me." We have peace when we abide in Jesus; He Himself is our peace (Ephesians 2:14).
 - Rehearse and meditate on the gospel: you were once far off but have been brought near by the blood of Christ.
 - Rejoice in the good news of your abiding life in Christ, who has overcome the world. Look for opportunities this week to have conversations that reveal your trust in the Lord beyond your earthly trials (James 1:2).