

1 John

Chapter 1 (1 - 2)

Something which has existed since the beginning,
that we heard,
that we saw with our own eyes,
that we touched with our hands:
the Word, who is life
- this is our subject.



That life was made visible.
We saw it, and we are giving our
testimony,
telling you of the eternal life
which was with the Father
and has been made visible to us.

**Jesus, Word-made-flesh,
you are the Way, the Truth and the Life**

Chapter 1 (5 - 9)

God is light. There is no darkness in him. If we
say we are in union with God while we are living
in darkness, we are lying, because we are not
living the truth. If we say we have no sin in us,
we are deceiving ourselves and refusing to admit
the truth. But if we acknowledge our sins, God
will forgive us and purify us from everything that
is wrong.

Jesus, forgive my sins. Please help me avoid sin

Chapter 2 (3 - 6)

We can be sure we know God
only by keeping his commandments

Anyone who says "I know him"
and does not keep his commandments,
is a liar, refusing to admit the truth

We can be sure we are in God
only if we are living the same kind of life
as Christ lived

Jesus, please help me live like you, live for you

Chapter 2 (9 - 16)

Anyone who claims to be in the light
but hates his brother
is still in the dark

Do not love the ungodly values of this world
generated by the sensual body,
the lustful eye
and a pride in possessions.
Such things do not come from God

Jesus, please help me avoid worldly values

Chapter 3 (1 - 3)

Think of the love
that the Father has lavished on us
by letting us be called God's children

And God's love
has even more in store for us in the future:
we shall be like him
because we shall see him as he really is

This is why we must try to live good lives.
We must try to be as good as Christ.

Jesus, please help me be more like you

Chapter 3 (16 - 21)

This has taught us love:
that Jesus gave up his life for us.
We too should give up our lives for others .
If you see someone in need
and refuse to help him, how can the love of God



be in you? Our
love must be put
into practice, not
be just words.
Anyone who

loves God must also love other people.

**Jesus, help me put my love into practice
by helping people in need**

Chapter 4 (7 - 16)



Let us love one another.
Love comes from God.
God is love.

God showed his love
for us by sending his
Son as a sacrifice to

take away our sins. Since God has loved us so
much we should love one another. God is love.
Anyone who lives in love, lives in God, and God
lives in him.

Jesus, you are love itself.

May I live in your love

Chapter 4.20 - 5.13

Anyone who says "I love God"
but hates his brother, is a liar.

A man who does not love the brother he can see
cannot love God whom he has never seen.

Who can overcome the world?

Only the person who believes
that Jesus is the Son of God.

God has given us eternal life,
and this life is in his Son.

You who believe in the Son of God
have eternal life

Jesus, I believe you are the Son of God