

## LEARN

Read 1 John 4:13-21 together. What main points from the passage and from the sermon stand out to you?

How can a Christian have rock solid assurance that God loves them?

What is John saying in verse 19?

## PRACTICE

What difference should this exposition of God's love (v. 13-18) for us make in our lives? What difference have you seen it make in your life?

How has fear been cast out of your heart through the love of God?

How do you personally practice "believing the love God has for us" in your walk with Christ?

## CHANGE

Do you filter the claim "God loves you" through your life experiences? How can you change so that you filter your life through the rock solid truth of his love for you in Jesus?

Are there fears in your heart that are punishing you as a Christian (physically, mentally, spiritually)? What are they? Commit to pray for one another as fears are shared, that God's perfect love would cast all fear out of our hearts.

What is your proof that you love God? Is your life showing that proof on an ongoing basis?