

## What's The Verdict?

## Food for Thought for the Week of March 17, 2024

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This week, spend time reflecting on God's revelation about Jesus in **1 John 5:6-12**. John uses water and blood to convey Christ's mission. The Spirit, water, and blood collectively form an unshakeable foundation for our faith. Let's dig in.

### **1 John 5:6-12 New International Version (NIV)**

<sup>6</sup> This is the one who came by water and blood—Jesus Christ. He did not come by water only, but by water and blood. And it is the Spirit who testifies, because the Spirit is the truth. <sup>7</sup> For there are three that testify: <sup>8</sup> the<sup>[a]</sup> Spirit, the water and the blood; and the three are in agreement. <sup>9</sup> We accept human testimony, but God's testimony is greater because it is the testimony of God, which he has given about his Son. <sup>10</sup> Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son. <sup>11</sup> And this is the testimony: God has given us eternal life, and this life is in his Son. <sup>12</sup> Whoever has the Son has life; whoever does not have the Son of God does not have life.

**Read verse 6.** Water symbolizes Jesus' baptism, while blood signifies His sacrificial death. These elements together represent the entirety of Christ's saving work. What are some practical ways to daily remind yourself of this truth?

**Prayer:** Lord, help me to understand the depth of Your sacrifice, recognizing the cleansing power of the water and the atoning power of the blood. May I fully embrace the completeness of Your work on the cross.

**Read verses 7-8.** The Spirit reveals the truth about Jesus, enabling us to understand the significance of His life, death, and resurrection. Without the Spirit, these truths may be challenging to grasp. What are some moments when understanding the Bible or aspects of Jesus has been difficult for you?

**Prayer:** Holy Spirit, open my heart and mind to understand the profound truths revealed in Your testimony. May Your presence guide me into a deeper relationship with You, Jesus.

**Read verse 11.** The central message is Jesus' gift of eternal life. Believing in Him not only centers us on this truth but also anchors us to the promise of everlasting life, transforming our present and giving us hope for the future. How does thinking about eternity change the way you think about the present?

**Prayer:** Gracious God, thank You for the gift of eternal life through Your Son, Jesus Christ. May this confidence shape my perspective and anchor me in that hope. Please keep me away from the fears and anxieties of this world.

**Read verse 12.** Believing in Jesus makes us part of the story and representatives of God's grace and love. We're called to share this good news with others, inviting them into a transformative relationship with Jesus. Who is someone in your life you can tell about Jesus and what He's done for you?

**Prayer:** Lord, empower me to live out Your testimony in my daily life. May my actions, words, and attitudes reflect the truth of Your redemptive work, drawing others to the life-giving relationship found in Jesus.