**Experiential Exercise for 1 John 1:1-4**

**January 21**

*That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life. The life appeared; we have seen it and testify to it, and we proclaim to you the eternal life, which was with the Father and has appeared to us.****We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ****. We write this to make our joy complete.* —1 John 1:1-4

**Remind the Class:**

John proclaimed that Jesus *is* life. Jesus existed before all else and He is the source and existence of all living things. This eternal being, the One who was from the beginning—came to earth as human, died and rose again—is available for relationship with us. John’s letter begins with a celebration of how he has witnessed the miraculous changes that occur when we have fellowship with the Father and his Son, Jesus Christ. The apostle couldn’t wait to tell his story because he wanted the readers to have what he had – a personal relationship with God.

**Say the following**: Let’s remember some of what it means to be in fellowship (to share a common relationship) with the Father and His Son.

* is life, you know the Source of all hope, all peace, all provision, all joy, all encouragement and all comfort.

Because you have a relationship with the One who is eternal, you know th

* Because you have a relationship with the One who is eternal, you will live with him in eternity.
* Because you have fellowship with the Father and his Son, the blessings that are shared within the Trinity are shared with you.
* Because you have a relationship with the One who e One who is in charge of all time. He’s never late or never behind. He’s never caught by surprise or off-balance. He is the same.
* Because you have a relationship with the One who is life, you know the One who is ever-present, always available, ready to move, and ready to grow you up into life and godliness.

**Ask:** Which of these truths are most meaningful to you at this time?(Doing a bit of this sharing as a group will serve as prompts to help people share with one another.)

**Say the following:** Consider how you have been an eyewitness to the life-changing power of Jesus. Just like John, let’s celebrate the miraculous changes that occur when we have fellowship with Jesus.

**Encourage the class to be doers of the Word**, not hearers only. Invite class members to **do 1 John 1:3**.

 *We proclaim to you what we have seen and heard, so that you also may have fellowship with us.*

Because you know the One who *is* life, your life now has more meaning and purpose, you now share in His joy, His peace, His hope? Because you know the One who is life, your life has changed for the better and forever!

Take time now to reflect on your own life. Answer the question, **‘What have I seen and heard from Jesus and have experienced in Jesus that has been such a difference maker for me?**

Take the next few moments and write out your answers to that question. What would you proclaim to your neighbors, co-workers, friends, family and others God brings into your paths?

**Teachers: Share your own responses first to model vulnerability, gratitude and an eagerness to proclaim!**

Ask class members to share responses with one or two other people. Encourage members following their prayer time to pray and offer praise to the Lord for His benefits. (Note: for some it might be more comfortable to pray silently)

**Close with these comments**: I wonder what our world would be like if more and more Jesus-followers shared their story of how Jesus has changed their life. I wonder how many more people would come to faith if more of Christ’s followers listened to other’s stories of hopelessness and pain, then shared their Jesus story. How many more people could be introduced to fellowship with God if we were more intentional about sharing our stories of change?