

Community Group Discussion Guide

Living in the Light: Testing the Spirits

Scripture: 1 John 4:1–6

Theme: Learning to live in spiritual discernment through God’s Word and the Spirit of Truth.

Opening Reflection

We live in a world filled with voices, some truthful, some deceptive. In this passage, John reminds believers to “test the spirits” and to measure every message, teaching, or influence by the truth of Scripture and the person of Jesus Christ. Spiritual discernment is not optional; it is essential for walking faithfully in the light.

Read Together: 1 John 4:1–6 (NIV)

Discuss:

- What does it mean to “test the spirits”?
 - Why is it important for believers to discern spiritual truth from error?
-

Discussion Questions

1. **The Jesus Test**
How does this passage show that what a person believes about Jesus is the ultimate test of truth? Why is getting Jesus “right” central to the gospel?
2. **The Spiritual Fruit Test**
What kind of fruit does true teaching produce in a person’s life? What fruit might indicate false or unhealthy teaching?
3. **The Scripture Test**
Why must all teaching be evaluated against the Word of God? How can we, like the Bereans in Acts 17:10–12, develop the habit of examining Scripture daily?
4. **Personal Reflection**
Think of a time when you felt something was “off” spiritually—perhaps in a message, podcast, or conversation. How did you respond? What helped you discern truth in that moment?

Application

How do you live in the light and build spiritual discernment?

- Immerse your life in Scripture.
- Let God's Word overrule your feelings.
- Know the biblical Jesus.
- Stay rooted in a local church community.
- Keep a teachable, humble heart.

Which of these do you most need to grow in this week?

Prayer Focus

Pray that God would give you a heart that loves truth and rejects deception. Ask the Holy Spirit to deepen your discernment, anchor you in His Word, and give you courage to live as a light in a world full of spiritual confusion.