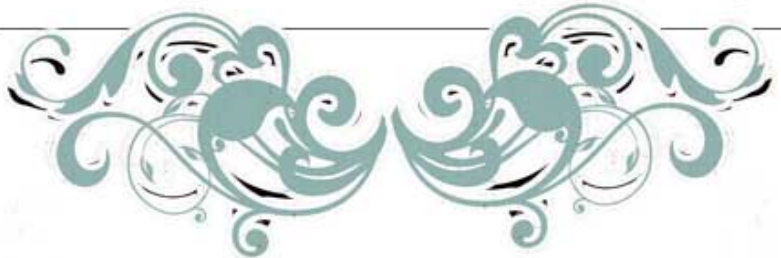




# 1 JOHN

[www.goodmorninggirls.org](http://www.goodmorninggirls.org)





**T**he method we use at GoodMorningGirls.org is a simple, slow method. The point is to fully meditate and take in each and every word in the passage for the day.

**Psalm 1:2,3 says: Blessed is the man whose “*delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.*”**

True meditation takes time to chew on the passage before moving on.

William Gurnall writes: *“Remember, it is not hasty reading- but serious meditating upon holy and heavenly truths, that make them prove sweet and profitable to the soul. It is not the bee’s touching of the flower, which gathers honey- but her abiding for a time upon the flower, which draws out the sweet. It is not he who reads most- but he who meditates most, who will prove the choicest, sweetest, wisest and strongest Christian.”* – William Gurnall, *The Christian in Complete Armour*

### **What is the SOAP Method that the Good Morning Girls use?**

Get out your Bible and begin:

1. **S**- Write out the **scripture** passage for the day.
2. **O**- Write down 1 or 2 **observations** from the passage.
3. **A**- Write down 1-2 **applications** from the passage.
4. **P**- **Pray** over what you learned from today’s passage.

**By the end of the 12 weeks, you will have written out the entire book of 1 John in your journal.** You will have meditated on every single verse in 1 John as you have written it out and pondered verse bit by bit.

Some days you feel like you are done quickly. Other days it will take a little more time to complete the day’s assignment. When you are finished with your work quickly, we encourage you to stop by GoodMorningGirls.org for extra insight or to share what you have learned.



**H**ere's another *optional* method you could incorporate with your study of 1 John. Use colored pencils and different colors and symbols to mark these key words in your Bible.

**The key words in 1 John are:**

Fellowship- green

Abide- orange

Sin- black

Know- purple

Love- red heart

Born of God- blue

Write- grey

Light- yellow

God/Father/Son/Spirit- yellow triangle (representing the trinity)



## **A** look at the author of 1 John

Do you struggle with being certain of what you believe? Has the thrill of knowing Jesus fizzled? Then the book of 1 John is for you! We are going to journey through John's firsthand account of knowing Jesus intimately.

The author John identified himself as "The Disciple Jesus Loved". He was commonly listed as one of Jesus' three closest friends- Peter, James and John. John was an outgoing, bold man. He wrote the Gospel of John, I, II, and III John and the book of Revelation. He writes simply but with clarity and strong absolutes.

John didn't just walk with God but he was a visionary leader as he led the church in Ephesus and later the churches of Asia Minor. It was his bold leadership that led to his imprisonment on the Island of Patmos where he wrote the book of Revelation. I love this man and the way he so passionately shares God's truth with us!

### **Anne Graham Lotz writes:**

*How did John know that in the 21<sup>st</sup> century, at the beginning of a new millennium,*

*Our lives would be so **busy**,*

*Our schedules would be so **crammed**,*

*Our focus would be so **divided**,*

*Our bodies would be so **tired**,*

*Our minds would be so **bombarded**,*

*Our families would be so **attacked**,*

*Our relationships would be so **strained**,*

*Our churches would be so **programmed**,*

***That we would be desperate for the simplicity and the purity, the freedom and the fulfillment, of "life in his name?"***



**T**hat is what you will find here as we journey through 1 John! **I can't wait to get started and I hope to see you at the finish line- endure, persevere, press on- and don't give up!** Let's finish well what we are beginning here. Angela and I will be here every step of the way- *cheering you on!* We are in this together- fight to rise early, to push back the stress of the day, to sit alone and drink a tall glass of God's living water! I can't wait for God to knock our socks off!

So let's get started- week 1 will be simple- but hold on for the ride because when it picks up and God enlightens our hearts with his truth, the excitement will be palpable!

Walk with the King!

-Courtney



## 1 John SOAP Reading Schedule

Week 1		Week 7	
M	1 John 1:1	M	1 John 3:11-12
T	1 John 1:2	T	1 John 3:13-15
W	1 John 1:3	W	1 John 3:16-20
TH	1 John 1:4	TH	1 John 3:21-24
F	Reflection	F	Reflection
Week 2		Week 8	
M	1 John 1:5	M	1 John 4:1
T	1 John 1:6-7	T	1 John 4:2-3
W	1 John 1:8-9	W	1 John 4:4
TH	1 John 1:10	TH	1 John 4:5-6
F	Reflection	F	Reflection
Week 3		Week 9	
M	1 John 2:1-2	M	1 John 4:7-10
T	1 John 2:3-6	T	1 John 4:11-12
W	1 John 2:7-8	W	1 John 4:13-16
TH	1 John 2:9-11	TH	1 John 4:17-21
F	Reflection	F	Reflection
Week 4		Week 10	
M	1 John 2:12	M	1 John 5:1-2
T	1 John 2:13	T	1 John 5:3-5
W	1 John 2:14	W	1 John 5:6-8
TH	1 John 2:15-17	TH	1 John 5:9-12
F	Reflection	F	Reflection
Week 5		Week 11	
M	1 John 2:18-19	M	1 John 5:13-15
T	1 John 2:20-23	T	1 John 5:16-17
W	1 John 2:24-27	W	1 John 5:18-19
TH	1 John 2:28-29	TH	1 John 5:20-21
F	Reflection	F	Reflection
Week 6		Week 12	
M	1 John 3:1-3	M	Reflect on wks 1-3
T	1 John 3:4-6	T	Reflect on wks 4-5
W	1 John 3:7-8	W	Reflect on wks 6-8
TH	1 John 3:9-10	TH	Reflect on wks 9-12
F	Reflection	F	Reflect: Big Picture
<a href="http://www.goodmorninggirls.org">www.goodmorninggirls.org</a>			



**Week 1: Monday**

**Read:** 1 John 1:1

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 1: Tuesday**

**Read:** 1 John 1:2

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 1: Wednesday**

**Read:** 1 John 1:3

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 1: Thursday**

**Read:** 1 John 1:4

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 1: Friday**

**Reflection:** 1 John 1:1-4

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 2: Monday**

**Read:** 1 John 1:5

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 2: Tuesday**

**Read:** 1 John 1:6-7

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 2: Wednesday**

**Read:** 1 John 1:8-9

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 2: Thursday**

**Read:** 1 John 1:10

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 2: Friday**

**Reflection:** 1 John 1:5-10

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 3: Monday**

**Read:** 1 John 2:1-2

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 3: Tuesday**

**Read:** 1 John 2:3-6

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 3: Wednesday**

**Read:** 1 John 2:7-8

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 3: Thursday**

**Read:** 1 John 2:9-11

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 3: Friday**

**Reflection:** 1 John 2:1-11

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 4: Monday**

**Read:** 1 John 2:12

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 4: Tuesday**

**Read:** 1 John 2:13

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 4: Wednesday**

**Read:** 1 John 2:14

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 4: Thursday**

**Read:** 1 John 2:15-17

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 4: Friday**

**Reflection:** 1 John 2:12-17

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 5: Monday**

**Read:** 1 John 2:18-19

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 5: Tuesday**

**Read:** 1 John 2:20-23

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 5: Wednesday**

**Read:** 1 John 2:24-27

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 5: Thursday**

**Read:** 1 John 2:28-29

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 5: Friday**

**Reflection:** 1 John 2:18-29

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 6: Monday**

**Read:** 1 John 3:1-3

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 6: Tuesday**

**Read:** 1 John 3:4-6

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 6: Wednesday**

**Read:** 1 John 3:7-8

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 6: Thursday**

**Read:** 1 John 3:9-10

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 6: Friday**

**Reflection:** 1 John 3:1-10

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 7: Monday**

**Read:** 1 John 3:11-12

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 7: Tuesday**

**Read:** 1 John 3:13-15

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 7: Wednesday**

**Read:** 1 John 3:16-20

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 7: Thursday**

**Read:** 1 John 3:21-24

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 7: Friday**

**Reflection:** 1 John 3:11-24

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 8: Monday**

**Read:** 1 John 4:1

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 8: Tuesday**

**Read:** 1 John 4:2-3

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 8: Wednesday**

**Read:** 1 John 4:4

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 8: Thursday**

**Read:** 1 John 4:5-6

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 8: Friday**

**Reflection:** 1 John 4:1-6

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 9: Monday**

**Read:** 1 John 4:7-10

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 9: Tuesday**

**Read:** 1 John 4:11-12

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 9: Wednesday**

**Read:** 1 John 4:13-16

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 9: Thursday**

**Read:** 1 John 4:17-21

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 9: Friday**

**Reflection:** 1 John 4:7-21

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 10: Monday**

**Read:** 1 John 5:1-2

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 10: Tuesday**

**Read:** 1 John 5:3-5

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 10: Wednesday**

**Read:** 1 John 5:6-8

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 10: Thursday**

**Read:** 1 John 5:9-12

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 10: Friday**

**Reflection:** 1 John 5:1-12

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 11: Monday**

**Read:** 1 John 5:13-15

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 11: Tuesday**

**Read:** 1 John 5:16-17

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 11: Wednesday**

**Read:** 1 John 5:18-19

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 11: Thursday**

**Read:** 1 John 5:20-21

**S-** Write out the **scripture** passage for the day.

**O-** Write down 1 or 2 **observations** from the passage.

**A-** Write down 1-2 **applications** from the passage.

**P-** **Pray** over what you learned from today's passage.



**Week 11: Friday**

**Reflection:** 1 John 5:13-21

1. One important lesson I want to remember from this week's reading would be:

2. I feel God wants me to learn:

3. I am going to put by faith into action by:



**Week 12: Monday**

**Reflect on weeks: 1-3**

The three most important points to remember are:



**Week 12: Tuesday**

**Reflect on weeks: 4-5**

The three most important points to remember are:



**Week 12: Wednesday**

**Reflect on weeks: 6-8**

The three most important points to remember are:



**Week 12: Thursday**

**Reflect on weeks: 9-12**

The three most important points to remember are:



**Week 12: Friday**

The main point of 1 John is:

I feel God wanted me to learn:

I will forever be changed by this truth: