

Reflection Guide

HS

Focus Verse

“In Jesus was life, and that life was the light of all mankind.”

John 1:4 (paraphrased)

(Read John 1:1-4 in full)

Context

The opening verses of John reveal Jesus as the source of life and light—light that enters dark places and cannot be overcome. From the very beginning, Jesus is shown not just as a messenger, but as the message: the living Word who brings healing, clarity, and hope.

Significance

Jesus didn't just come to rescue us—He came to reveal who we truly are. In Him, we see our intended design: Spirit-empowered children of God, made to walk in His light. The life of Jesus is not just something to admire—it's a life we're invited to live.

Application Question

1. In what ways does the life of Jesus challenge you today?
2. How might you step into His invitation to live differently?

Prayer

Heavenly Father, let the light of Jesus shine me today.