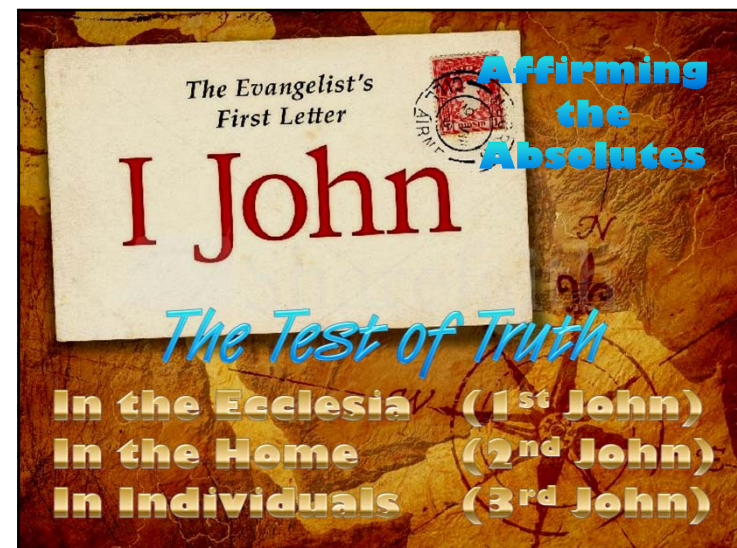
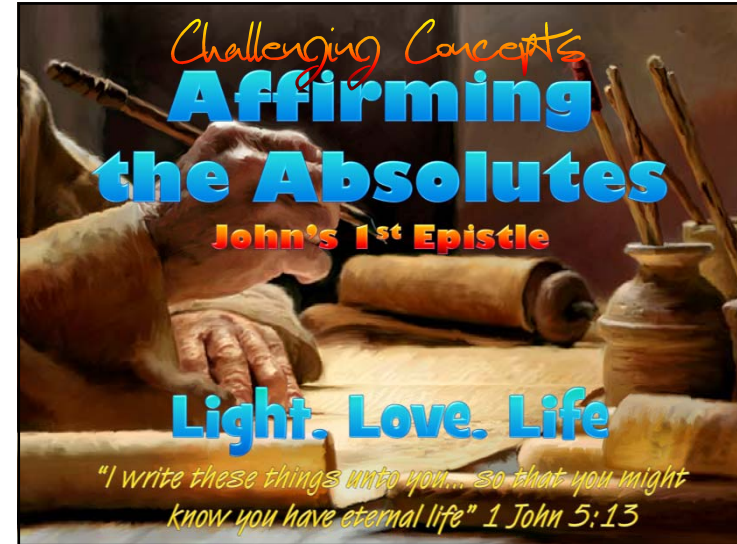




HEALTH for the 21ST CENTURY by CHRIS KRESSER

Warning: drinking bottled water could make you fat!



Bisphenol-A (BPA) is a chemical that is found in several plastics and plastic additives. It's in the water bottles folks carry to gyms and in the baby bottles moms use to feed their infants. And it's in almost all of our bodies.

A study published in 2002 by Masuno and colleagues demonstrated that relatively small amounts of BPA significantly reduced insulin sensitivity and accelerated the formation of adipocytes (fat cells). Not only did BPA trigger the conversion of pre-adipocytes to adipocytes, it also stimulated the conversion process once triggering had occurred. This "double-whammy" effect caused a 1,300% increase in fat levels, compared with a 150% increase with insulin alone.

The worldwide obesity epidemic has been primarily explained in terms of poor diet, decreases in exercise, and other lifestyle factors. However, this research raises the possibility that hormone-disrupting contaminants such as BPA may play a role in regulating weight. BPA triggers and then stimulates two of the key biological mechanisms underlying obesity. It increases the number of fat cells, and it enhances their fat storage.

<http://chriskresser.com/warning-drinking-bottled-water-could-make-you-fat>

Handshake strength 'could predict' heart attack risk 14/5/15

Shaking hands with your doctor may be a better way to assess your risk of dying prematurely than a blood pressure check, say researchers. They found that poor hand grip is a sign you are more likely to have a heart attack or stroke. It can also predict the chances of suffering major illness and even premature death.

A study published in The Lancet medical journal said the greater the loss of strength, the higher the risk. Reduced muscle power, which can be measured by grip strength, has been consistently linked with early death, disability, and illness even when there are no obvious signs of illness. The findings showed that every 5kg decline in grip strength was linked with a 17 per cent increased risk of death from cardiovascular disease or from causes other than problems with the circulation.

<http://www.dailymail.co.uk/health/article-3080776/Weak-handshake-shows-higher-risk-heart-attack-Poor-grip-signal-chances-major-illness-premature-death.html>



REASONS TO STUDY 1 JOHN

CLARITY → We live in a world of **fuzziness** where grey values are socially acceptable. John defines God's values with diamond like clarity.

CONFIDENCE → John doesn't shuffle awkwardly or **hesitate** in outlining the benefits of the truth

COMPASSION → While John's statements are confronting, his main aim is to **encourage** – "I write unto you little children... love one another"

CONNECTION → The **language** is Christ's. We need to think and speak in these terms.

COMFORT → John has some overwhelming **exhortational** verses that are profound and comforting.

The Epistle of John Affirming the Absolutes



- 1 Walk in the light**
The basis of fellowship v7
- 2 Be honest about sin**
The basis of confidence v28
- 3 Purify your mind**
The basis of true sonship v2
- 4 Appreciate God's love**
The basis of great mercy v17
- 5 Be confident of the Zoe Life**
The basis of eternal life v13

WHY DID JOHN WRITE THE EPISTLE?

John was writing as a response to errors that were prevalent at the time - 1Jn 2:18,26 *"Even now there are many antichrists," "Those that seduce you..."*

They came to be called "Gnostics"...

- 1) They claimed to have a superior knowledge (Gk. "gnosis")
- 2) They believed the material world was imperfect and evil, created by an intermediary God.

1] One branch of Gnosticism, Docetism (Dokein "to seem"), said that Jesus only "seemed" to be physical. They denied Jesus came in flesh and taught that he was just an apparition, a phantom, something mystical, an illusion and not real - he lacked a material body - cp 1Jn 1:1.

WHY DID JOHN WRITE THE EPISTLE?

John refuted Docetism...

- 1 John 1:1-3 *That which we have heard, what we have seen with our eyes, what we have looked at and touched with our hands... and the life was manifested, and we have seen ... what we have seen and heard we proclaim to you also*
- 1 John 4:2-3 *By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God; and every spirit that does not confess Jesus is not from God; this is the spirit of the antichrist, of which you have heard that it is coming, and now it is already in the world.*
- 2 John 1:7 *For many deceivers have gone out into the world, those who do not acknowledge Jesus Christ as coming in the flesh. This is the deceiver and the antichrist.*

WHY DID JOHN WRITE THE EPISTLE?

- 2) Cerinthianism – He denied Jesus' divinity and believed he was just a man. "The Christ spirit " came on Jesus at his baptism and departed before his death .

John refuted Cerinthianism...

- 1 John 1:3 *Truly our fellowship is with the Father and with His Son Jesus Christ.*
- 1 John 2:22 *Who is a liar but he that denieth that Jesus is the Christ? He is antichrist, that denieth the Father and the Son.*

WHY DID JOHN WRITE THE EPISTLE?

- 3) The practice of sin in the body doesn't affect your inner being at all – it's just an outward experience that is beneficial to a greater knowledge

John refuted Gnosticism...

- 1 John 2:17 *The world passes away, and the lust thereof: but he that doeth the will of God abides for ever.*
- 1 John 3:4 *Everyone who practices sin also practices lawlessness; and sin is lawlessness..*
- 1 John 3:8-12 *The one who practices sin is of the devil... Cain was of that wicked one and slew his brother*
- 1 John 5:16 *There is a sin unto death*

WHY DID JOHN WRITE THE EPISTLE?

- 4) Salvation and intimacy with God can only come through special personal enlightenment or intuitive knowledge. (Special visions, Angelic visitations, trips to heaven, spiritual experiences)

John refuted - it's not new intuitive knowledge

- **1 John 2:3,7** *Hereby we do know that we know him, if we keep his commandments... I write no new commandment unto you, but an old commandment which you had from the beginning*
- **1 John 2:14** *Fathers, you know Him who has been from the beginning... I have written to you, young men, because you are strong, and the word of God abides in you*
- **1 John 5:3** *This is the love of God that we keep His commandments; and his commandments are not grievous.*

Modern Gnostic practices...

- Promoting the additional need for superior knowledge, visions, communications with angels etc...

Jesse Duplantis: "I asked the angel (who took me to heaven), a kind of dumb question. I said, 'Where is the Holy Spirit'. The angel said, 'He's on earth'"



Benny Hinn: "I've walked in the supernatural world. I've seen things you would never be able to understand... I've had individuals appear to me in my room. Not only angels." (HONOLULU CRUSADE Feb. 28, 1997)



Kenneth Copeland: Jesus told Copeland "A time is coming when there will be manifestation of angels more than usual, more than there has been in the past... many of you are going to have visitations from the spirit realm... many of you will have divinely appointed visions and dreams..."

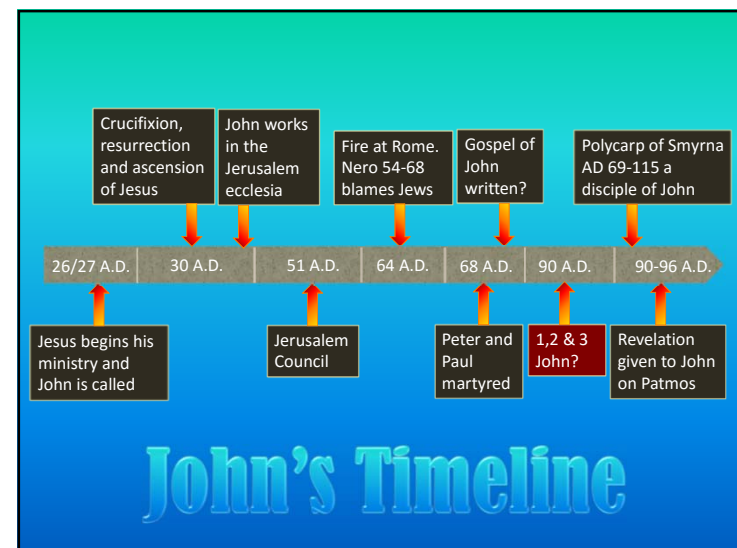
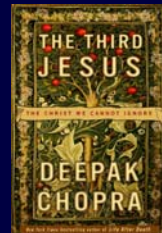
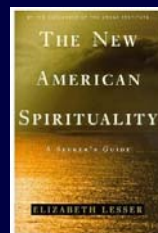
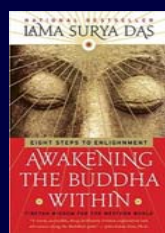
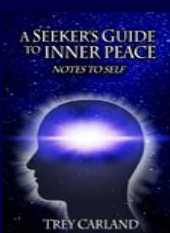


Modern Gnostic practices...

- Salvation through inner enlightenment

The New American Spirituality

"Sit quietly where you are, and close your eyes. Feel yourself breathing. Follow the breath on its journey into and out your body. Sit feeling yourself breathe for a few minutes. Place your hand over your heart and feel the warmth... Elizabeth Lesser



Snapshot of John

John was the son of Zebedee & Salome & the younger brother to James.

His home was at Bethsaida, Galilee.

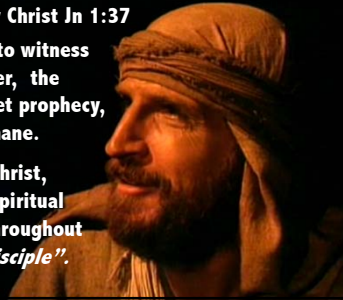
He was a fisherman in partnership with Peter & Andrew.

His family had some influence & connection – they were known to the High Priest (Jn 18:15,16)

With Andrew he was the 1st to follow Christ Jn 1:37

He was one of 3 privileged disciples to witness the resurrection of Jairus' daughter, the transfiguration, he heard the Olivet prophecy, and went with Christ into Gethsemane.

John had a unique relationship with Christ, was very quick to appreciate the spiritual dimension of life, and is known throughout his gospel as the *"the beloved disciple"*.



Snapshot of John

He is the closest to Jesus at the last supper Jn 13:22-25

He followed Jesus to trial Jn 18:5

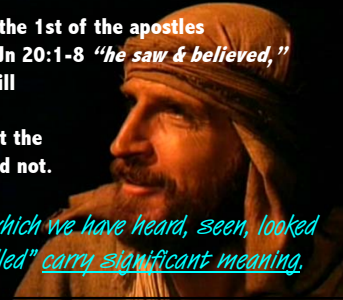
He alone of all the apostles stood beneath the cross Jn 19:26-27

Jesus' mother was entrusted into his care. (Not just natural care, she would get that from own sons, but spiritual encouragement and support)

He outran Peter to the tomb and is the 1st of the apostles to believe in Jesus' resurrection Jn 20:1-8 *"he saw & believed,"* while the other disciples were still confused and in denial.

He was the 1st to recognise Jesus at the Galilean visitation, the others did not.

So his opening words; "That which we have heard, seen, looked upon and our hands have handled" carry significant meaning.



The event that rocked John

*One of you will betray me...
He then having received the sop went immediately out, **AND IT WAS NIGHT...** Jn 13:21,30*



A NIGHT TO REMEMBER...

When Jesus had thus said, he was troubled in spirit, and testified, and said, Verily, verily, I say unto you, that one of you shall betray me. (Jn 13:21)

Jn 13:30 He then having received the sop went immediately out: **and it was night.**

"He that hates his brother is in darkness" 1:5,6, 2:8,9,11

31 Therefore, when **he was gone out,** J Now is the Son of man glorified, and God

"They went out from us" 2:19

him.

32 If God be glorified in him

in himself, and shall straight

33 **Little children,** yet a lit

shall seek me: and as I said unto the Jews, Whither I

go, ye cannot come; so now I say to you:

34 **A new commandment** I give unto yo

love one another: as I have loved you, that ye also

love one another.

35 By this shall all men know that ye are my

if ye have **love one to another.**

"My little children" Not used in any other gospel record – **only here** + 9x times in his Epistle (only other time Gal 4:19)

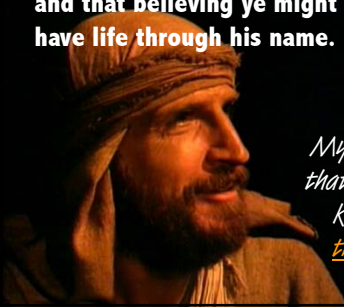
"A new commandment I write unto you" 2:7,8, 3:23

"we should love one another" 3:11, 23, 4:7-19

A SIGNIFICANT CONNECTION

John 20.31

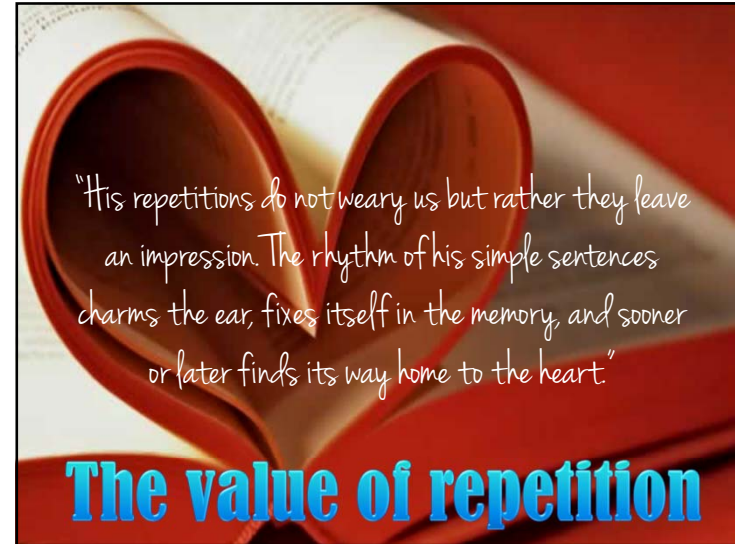
But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name.



1 John 5.13

These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God.

My purpose in writing is simply this: that you who believe in God's Son will know beyond the shadow of a doubt that you have eternal life, the reality and not the illusion. (5:13 MSG)



"His repetitions do not weary us but rather they leave an impression. The rhythm of his simple sentences charms the ear, fixes itself in the memory, and sooner or later finds its way home to the heart."

The value of repetition

"They are of the world:
Therefore speak they of the world,
And the world heareth them.

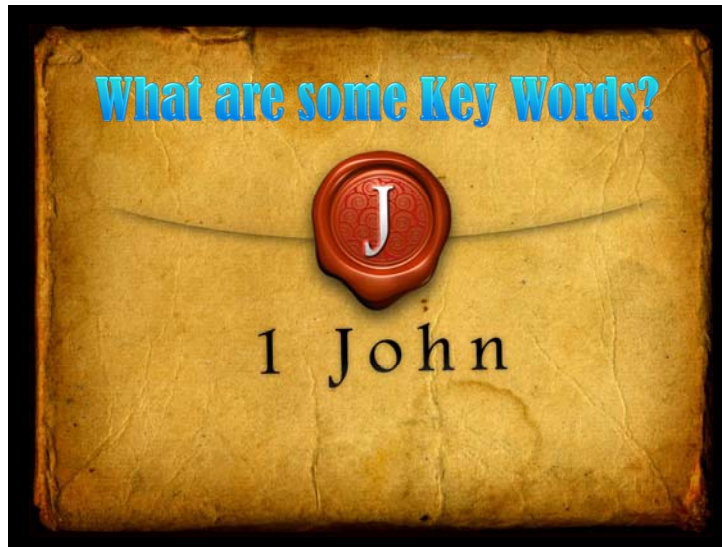
We are of God:

He that knoweth God heareth us;
He who is not of God heareth us not.
By this we know the spirit of truth,
And the spirit of error" 4:5,6

John's love of antithesis. Throughout the Epistle there's a constant movement from one position to its opposite; but the opposite is not always the exact converse of the original position. He then advances beyond it; and progression is made so that the point is dynamically highlighted.

"John is symphonic rather than logical; his writing is constructed like a piece of music, rather than a brief debate. Instead of proceeding step by step in unfolding a subject, as Paul does in Romans, John selects a theme, maintains it throughout the book and introduces a series of variations, any one of which may be a theme in itself"
Moving in and out of this thematic development is a constant presentation of antithetical proclamations, posed in pairs, such as light versus darkness, love versus hate, truth versus falsehood, righteousness versus sin.

The symphony of 1st John



Key Words

Sin - Hamartano (verb) - 10x, more than any NT book and Hamartia (noun) - 17x, proportionately more than any book. This is a major theme of the epistle. John gives a correct definition of sin: everyone has it, must confess it and work on controlling it with the help of Christ.

The beginning	1:1; 2:7, 13, 14, 24; 3:8, 11
Light	4:5, 7; 2:8, 9, 10
Darkness	1:5, 6; 2:8, 9, 11
Truth	1:6, 8; 2:4, 21; 3:18, 19; 4:6; 5:7
Sin	27x

Key Words

World, Kosmos 23x, more than any book except John's Gospel (79x). The present condition of human affairs (Vine's). The aspirations of the world are seen in absolute opposition to the things of God.

Love	Agape 28x + Agapeo 18x
Life	1:1, 2; 2:25; 3:14, 15; 5:11, 12, 13, 16, 20
Abide	2:6, 10, 14, 17, 24, 27, 28; 3:6, 9, 14, 15, 17, 24; 4:12, 13, 15, 16
World	2:2, 15, 16, 17; 3:1, 13, 17; 4:1, 3, 4, 5, 9, 14, 17

Key Theme "we know" 27x!

2:3 And hereby we do know that we know him, if we keep his commandments.

2:5 But whoso keeps his word, in him verily is the love of God perfected: hereby know we that we are in him.

2:18 Even now are there many antichrists; whereby we know that it is the last time.

2:20 But ye have an unction from the Holy One, and ye know all things.

2:21 I have not written unto you because ye know not the truth, but because ye know it, and that no lie is of the truth.

2:29 If ye know that he is righteous, ye know that every one that doeth righteousness is born of him.

3:2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him

John uses the phrase "we know/you know" repetitively to confidently oppose any vagueness about understanding Christ, his mission and purpose and to give bold assertion that the Truth is substantive, real and "knowable".

Key Theme “we know” 27x!

3:5 Ye know that he was manifested to take away our sins; and in him is no sin.
 3:14 We know that we have passed from death unto life, because we love the brethren.
 3:15 Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him.
 3:19 And hereby we know that we are of the truth, and shall assure our hearts before him.
 3:24 ... hereby we know that he abideth in us, by the Spirit which he hath given us.
 4:2 Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God:
 4:6 He that is not of God heareth not us. Hereby know we the spirit of truth, and the spirit of error.

Affirming the Absolutes

Key Theme “we know” 27x!

4:13 Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit.
 5:2 By this we know that we love the children of God, when we love God, and keep his commandments.
 5:13 These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life
 5:15 And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.
 5:18 We know that whosoever is born of God sinneth not;
 5:19 And we know that we are of God, and the whole world lieth in wickedness.
 5:20 And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true

Affirming the Absolutes

Why did John write? 7x

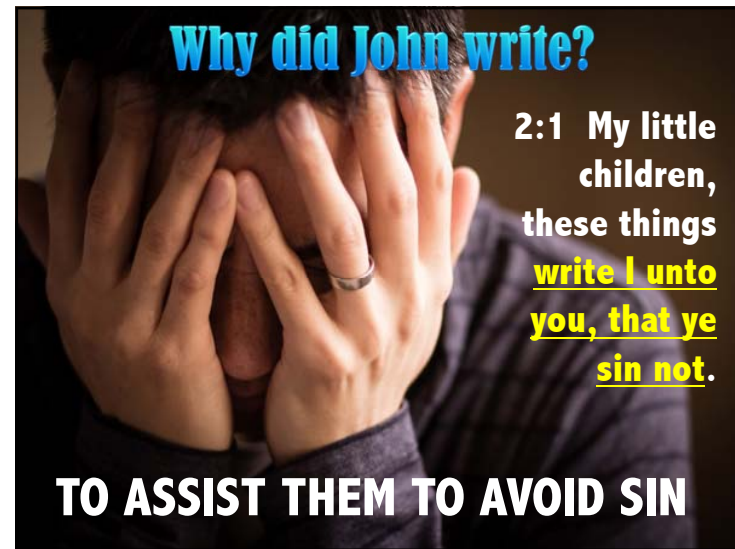
1:4 These things write we unto you, that your joy may be full.



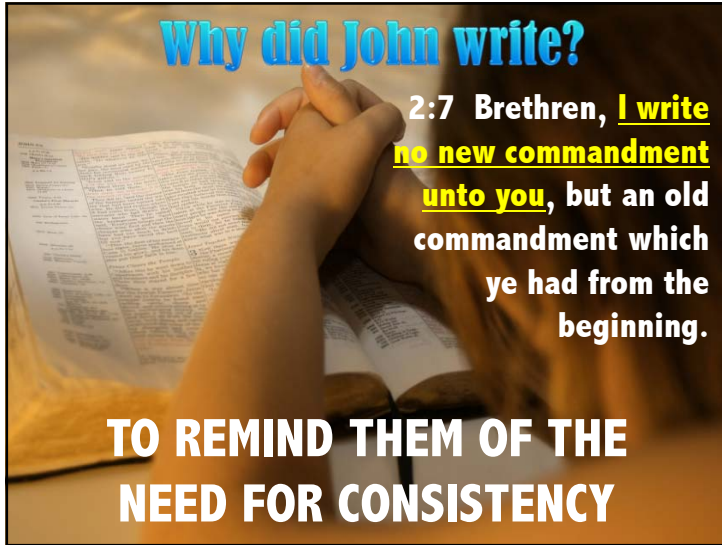
TO INCREASE THEIR JOY

Why did John write?

2:1 My little children, these things write I unto you, that ye sin not.



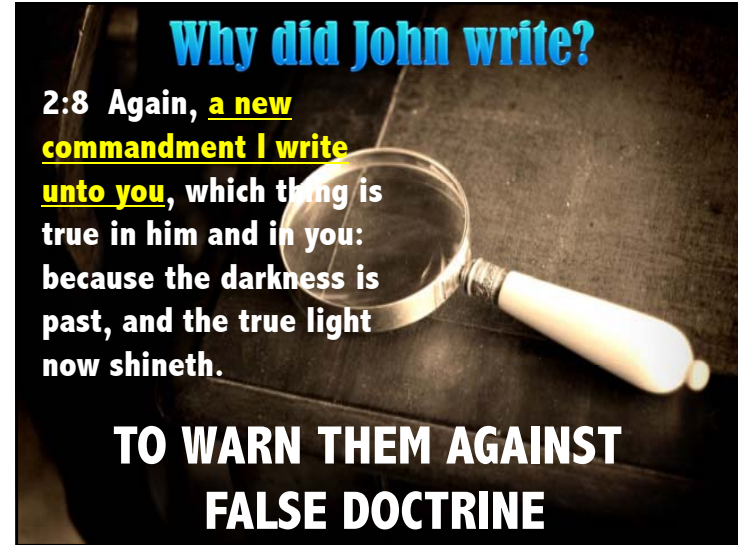
TO ASSIST THEM TO AVOID SIN



Why did John write?

2:7 Brethren, I write no new commandment unto you, but an old commandment which ye had from the beginning.

TO REMIND THEM OF THE NEED FOR CONSISTENCY



Why did John write?

2:8 Again, a new commandment I write unto you, which thing is true in him and in you: because the darkness is past, and the true light now shineth.

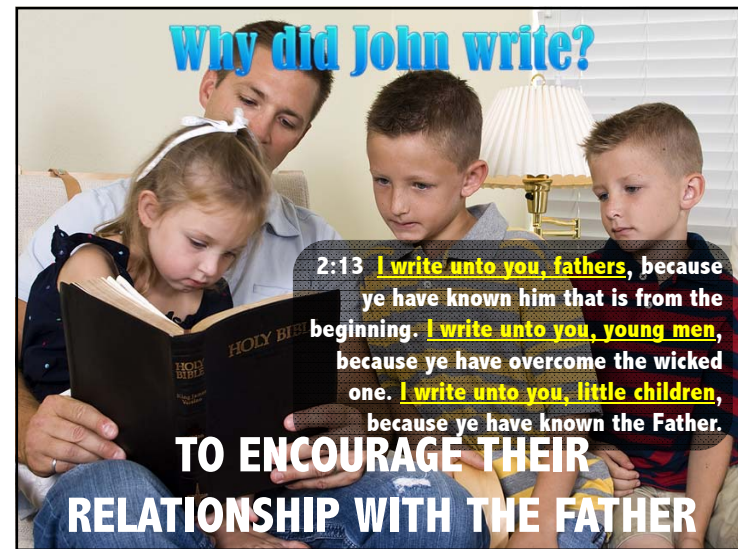
TO WARN THEM AGAINST FALSE DOCTRINE



Why did John write?

2:12 I write unto you, little children, because your sins are forgiven you for his name's sake.

TO DEFINE THE POWER OF FORGIVENESS

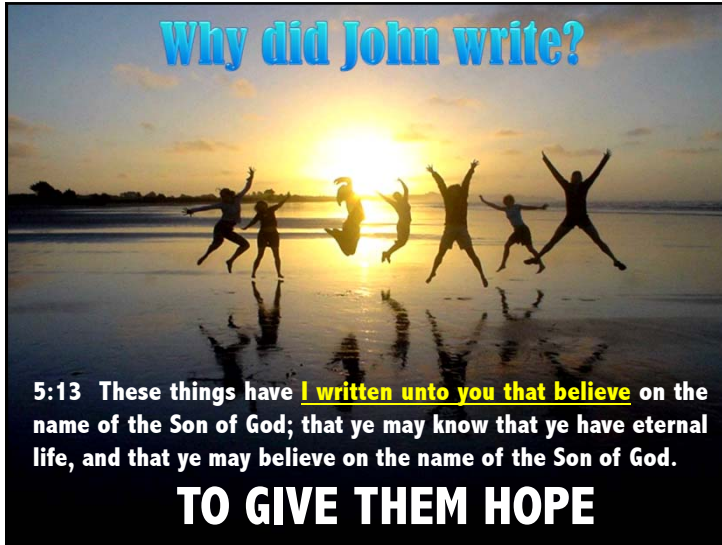


Why did John write?

2:13 I write unto you, fathers, because ye have known him that is from the beginning. I write unto you, young men, because ye have overcome the wicked one. I write unto you, little children, because ye have known the Father.

TO ENCOURAGE THEIR RELATIONSHIP WITH THE FATHER

Why did John write?



5:13 These things have I written unto you that believe on the name of the Son of God; that ye may know that ye have eternal life, and that ye may believe on the name of the Son of God.

TO GIVE THEM HOPE

7

Practical

tests

"IF WE SAY ...



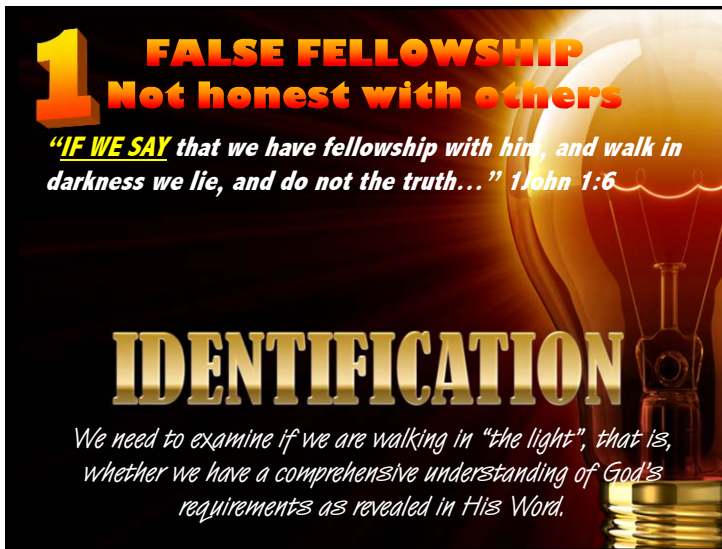
1 FALSE FELLOWSHIP

Not honest with others

"IF WE SAY that we have fellowship with him, and walk in darkness we lie, and do not the truth..." 1John 1:6

IDENTIFICATION

We need to examine if we are walking in "the light", that is, whether we have a comprehensive understanding of God's requirements as revealed in His Word.



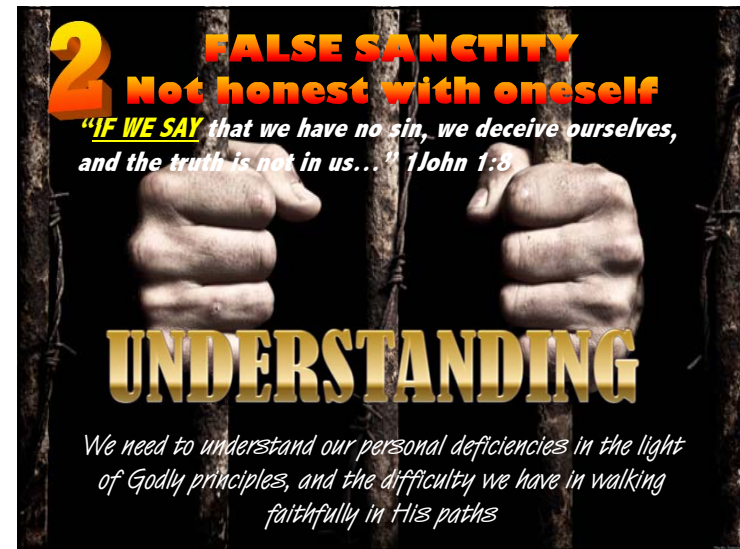
2 FALSE SANCTITY

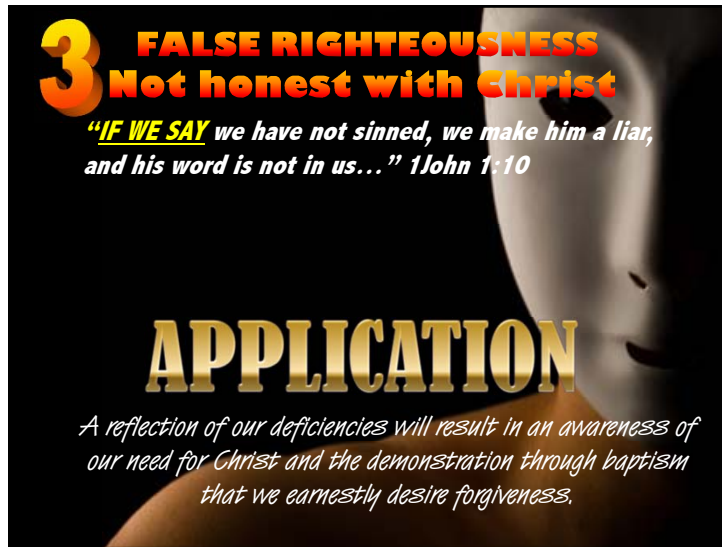
Not honest with oneself

"IF WE SAY that we have no sin, we deceive ourselves, and the truth is not in us..." 1John 1:8

UNDERSTANDING

We need to understand our personal deficiencies in the light of Godly principles, and the difficulty we have in walking faithfully in His paths





3 FALSE RIGHTEOUSNESS
Not honest with Christ
"IF WE SAY we have not sinned, we make him a liar, and his word is not in us..." 1John 1:10

APPLICATION

A reflection of our deficiencies will result in an awareness of our need for Christ and the demonstration through baptism that we earnestly desire forgiveness.



4 FALSE ALLEGIANCE
Not honest with God
"HE THAT SAITH I know him, and keepeth not his commandments, is a liar, and the truth is not in him" 2:4

DEVELOPMENT

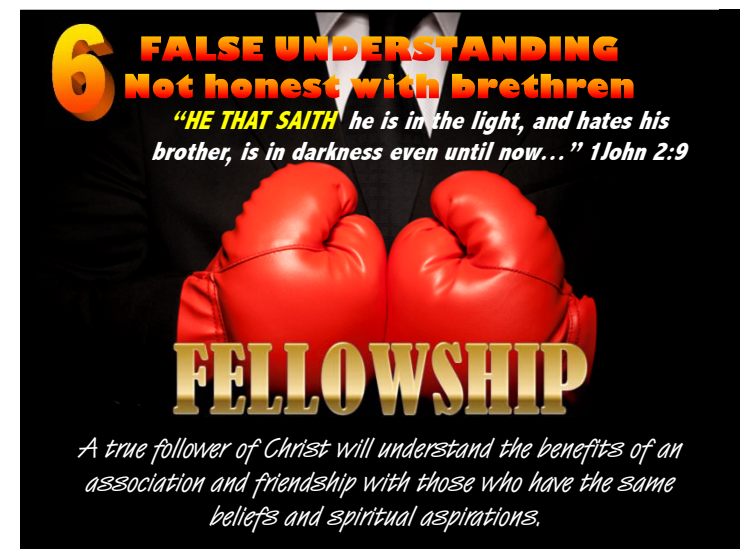
A friendship needs to be developed through reading, meditation and prayer so that we get to know God and are brought closer to Him.



5 FALSE ASSOCIATION
Not honest with the world
"HE THAT SAITH he abideth in him ought himself also so to walk, even as he walked..." 1John 2:6

CONSISTENCY

A steadfastness and persistence is required each day. We need to follow faithfully the unwavering dedication of Christ to do God's will.



6 FALSE UNDERSTANDING
Not honest with brethren
"HE THAT SAITH he is in the light, and hates his brother, is in darkness even until now..." 1John 2:9

FELLOWSHIP

A true follower of Christ will understand the benefits of an association and friendship with those who have the same beliefs and spiritual aspirations.

7 FALSE LOVE

Not honest with anybody

"IF A MAN SAY I love God, and hates his brother, he is a liar: for he that loves not his brother whom he can see, how can he love God whom he hath not seen?" 1John 4:20

VISION

The ability to see potential in others and look beyond temporary faults and disappointments. We need to have the capacity to visualise each other in the kingdom.

A True disciple

2:29 If ye know that he is righteous, ye know that every one that doeth righteousness **is born of him**.

3:9 Whosoever is born of God doth not commit sin; for his seed remains in him: and he cannot sin, because he **is born of God**.

4:7 Beloved, let us love one another: for love is of God; and every one that loveth **is born of God**, and knows God.

5:1 Whosoever believeth that Jesus is the Christ **is born of God**: and every one that loveth him that begat loveth him also that **is begotten of him**.

5:4 For whatsoever **is born of God** overcometh the world: and this is the victory that overcometh the world, even our faith.

5:18 We know that whosoever **is born of God** sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not.

- PRACTISES RIGHTEOUSNESS
- AVOIDS SIN
- MANIFESTS LOVE
- BELIEVES IN CHRIST
- OVERCOMES THE WORLD
- REMAINS CONSISTENT

True Affection

2:1 **My little children**, these things write I unto you, that ye sin not.

2:12 I write unto you, **little children**, because your sins are forgiven you for his name's sake.

2:13 I write unto you, **little children**, because ye have known the Father.

2:18 **Little children**, it is the last time

2:28 And now, **little children**, abide in him

3:7 **Little children**, let no man deceive you

3:18 **My little children**, let us not love in word, neither in tongue; but in deed and in truth.

4:4 Ye are of God, **little children**, and have overcome them.

5:21 **Little children**, keep yourselves from idols. Amen.

- BEHAVIOUR
- FORGIVENESS
- RELATIONSHIP
- PREPARATION
- CONSISTENCY
- INTEGRITY
- EXAMPLE
- ACHIEVEMENT
- PROTECTION

7 CONTRASTS

LIGHT versus **DARKNESS** 1:5-2:11

THE FATHER versus **THE WORLD** 2:12-17

CHRIST versus **THE ANTICHRIST** 2:18-28

RIGHT versus **WRONG** 2:29-3:24

TRUTH versus **ERROR** 4:1-6

LOVE versus **HYPOCRISY** 4:7-21

GODLY versus **FLESHLY** 5:1-21