

## 1 John

### Chapter 1 (1 - 2)

Something which has existed since the beginning,  
that we heard,

that we saw with our own eyes,

that we touched with our hands:

the Word, who is life

- this is our subject.

That life was made visible.

We saw it, and we are giving our testimony,

telling you of the eternal life

which was with the Father

and has been made visible to us.

Jesus, Word-made-flesh,

you are the Way, the Truth and the Life

### Chapter 1 (5 - 9)

God is light. There is no darkness in him.

If we say we are in union with God

while we are living in darkness,

we are lying, because we are not living the truth.

If we say we have no sin in us,

we are deceiving ourselves

and refusing to admit the truth.

But if we acknowledge our sins,

God will forgive us

and purify us from everything that is wrong.

Jesus, forgive my sins. Please help me avoid sin