

Chapter 2 (3 - 6)

We can be sure we know God
only by keeping his commandments

Anyone who says "I know him"
and does not keep his commandments,
is a liar, refusing to admit the truth

We can be sure we are in God
only if we are living the same kind of life
as Christ lived

Jesus, please help me live like you, live for you

Chapter 2 (9 - 16)

Anyone who claims to be in the light
but hates his brother
is still in the dark

Do not love the ungodly values of this world
generated by the sensual body,
the lustful eye
and a pride in possessions.
Such things do not come from God

Jesus, please help me avoid worldly values