



# SPIRITUAL WELLNESS KIT

TAKING TIME IN  
3 JOHN

## Day 1

**READ:** 3 John 1:1 – 4

Have you ever gone a long time without seeing a friend and then, when somebody mentions them, you get really excited? This happened to me the other day. I was having a conversation and somebody mentioned a friend I haven't seen since 3<sup>rd</sup> grade. She told me that my friend had just gotten married and was about to become a doctor! I was instantly so proud of my friend and all that she had accomplished with her life since I last saw her.

I imagine this is sort of how John feels writing this letter. He begins by addressing his friend, Gaius, and the fact that he is so proud of the fact that Gaius has a well-known reputation for his faithfulness to the Gospel! John doesn't have to worry about this friend, he knows that Gaius is dedicated to his faith and he loves the fact that other people can see that, too.

What would your reputation be? If somebody was writing a letter to you, and started it off by saying, "everybody has been telling me about how you \_\_\_\_\_," what would they be saying about you? Would they be talking about your awesome soccer skills? Would they be taking about your win at the science fair? Would they be talking about your faithfulness to God? Chances are, you probably felt a little bit shy reading that 3<sup>rd</sup> option. Why is it that we are so excited to be known for our athletic skills or our academic achievements, but why do we feel timid about being known for our faith?

This passage says that John has no greater joy than when he hears about his friends being dedicated to their faith. This is true for God, too! We have to shake off that initial feeling of shyness about our faith and remember that, when we live our faith out loud for the world to see, it brings God incredible joy!

**WRITE:** Take time to write about why you are a Christian. What is it about the Gospel that brings you joy? What makes you feel the most encouraged, comforted, excited, etc.? Are there still times when you feel undeserving? Are there times when you wonder if your faith is real? Write about those, too. Be honest with yourself and really take a deep reflection of what your faith means to you.

**DO:** Write a letter to somebody who makes you proud to know them. Who is your Gaius and why? Tell them why you are thankful for them and why you are proud to have them in your life! Then...actually send it!

**PRAY:** Pray for God to take away any shyness you have about your faith. Ask God to give you opportunities to be proud of the Gospel and ask Him to help you be brave enough to talk about it. Ask for forgiveness for the times when you have let your faith take a back seat. Pray that God would make you brave and proud of the faith you have in Him!

**VERSE HIGHLIGHT:** "I have no greater joy than to hear that my children are walking in the truth." – 3 John 1:4

## Day 2

**READ:** 3 John 1:5 – 15

One time in elementary school, during Super Silent Reading Time, I had to go the bathroom and my teacher wasn't around to ask. So, I told my classmate I was going to the bathroom and asked her if she would tell our teacher when she came back. I thought I had covered my bases enough to be able to go the bathroom and not get in trouble when I got back to class. The problem was: the classmate I happened to tell really loved to get other people in trouble because it made her look better to the teacher. So, when I got back to class, I found out that my classmate didn't tell our teacher where I was and I got my recess privileges taken away for 2 days. There's something about this passage that reminded me of that story.

In verse 9, John talks about Diotrephes, "who loves to be first." I think it's so interesting that this is how this man is described. I'm sure he loved lots of other things, and I'm sure he was good at lots of other things as well, but this is how he gets acknowledged. Diotrephes and my classmate have a lot in common. You see, in their minds, they are not doing anything wrong, they are just looking out for themselves. But John tells us that this is the problem. When we get so wrapped up in ourselves and making sure that everything is going well for us, we miss out on what is happening around us. Even worse, we can miss out on what could potentially be really good things for us. John had the boldness to confront this problem, but he wanted to do it in person, because he knew that is how you address a problem in a healthy way. We are always going to have people like Diotrephes in our lives. It's how we respond to those people and how we welcome them into our lives that will reflect the God in us.

**WRITE:** Think of a time when you felt like somebody did something that hurt you or stood in the way of you achieving something. Write about this situation. Write about what actually happened, then reflect on that story in the context of this passage, and write about what you could have done differently to reflect God in that situation. If you can, and you haven't already, reach out to the person involved and smooth everything over. Be honest about how it made you feel and be willing to hear what they have to say about it, too. Let God be present in the conversation and repair it for His glory.

**DO:** Find a way to be a source of positive change in somebody's life. Think of a friend or family member who has been working towards something for a long time, then find a way to help them achieve it. This can be a little goal, or a big one, but partner with somebody to help them accomplish their dream.

**PRAY:** Pray about the people in your life who have caused hurt. Thank God for the people in your life who have made you feel love. Ask God to help you forgive those who hurt you, and to show gratitude to those who have loved you.

**VERSE HIGHLIGHT:** "Dear friend, do not imitate what is evil but what is good. Anyone who does what is good is from God. Anyone who does what is evil has not seen God." – 3 John 1:11