

Is It God Or Indigestion?!

2025-04-27 • PASTOR MATT ROSE



1 John 4:1-3

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

How do you tell God's voice from your own thoughts? Pastor Matt admitted he sometimes cannot tell God from indigestion. So he started where John starts: test the spirits. The first test is alignment. Does the prompting line up with what God has already said in Scripture? If it contradicts the Bible, it is not God, no matter how strong it feels. Biblical community is part of the testing too, because other people spot in seconds what you would miss for months. And God is willing to repeat himself. Most people just stop listening too early. So stay in the listening position a little longer than you planned.

To get started

- When did you last change your mind because someone else saw something you could not?

Looking back at the message

The joke in the title is real: most people cannot tell the difference. Normalise that.

- 1 Pastor Matt admitted he often cannot tell God's voice from indigestion. How easy do you find it to tell the difference?
- 2 Some is-this-God questions are genuinely hard, and some are quietly looking for a way out of obeying. How do you tell which one you are asking?
- 3 Pastor Matt's practical advice was to stay in a listening posture a little longer than you planned. What would that look like in an actual week? OPTIONAL

Looking at the passage

Read 1 John 4:1-3 aloud. Note that testing is commanded, not discouraged.

- 4 Read 1 John 4:1. What are we told to do with every spirit, and why?
- 5 Read verses 2-3. What is the test John gives?
- 6 Notice that testing is commanded. It is not treated as a lack of faith. What does that tell you about how God wants to be approached?
- 7 Read Hebrews 10:24-25. How does meeting together fit into hearing God clearly? OPTIONAL

Bringing it home

The Scripture test is the one that does the work. Return to it.

- 8 Have you ever felt strongly led toward something that did not line up with what God has already said? What did you do?
- 9 The test only works if you know the material. How much do you actually know of what God has already said?
- 10 Who in your life would you trust to test something with you and tell you the truth?
- 11 What are you trying to discern right now? OPTIONAL

The group together

This is the clearest use case for a group in the whole series.

- 12 Pastor Matt compared community to a personal trainer who spots in seconds what you would miss for months. What could this group see about you that you cannot?
- 13 What makes it hard to bring a decision to a group before you have already made it?
- 14 How can we test something together without just telling the person what to do?

BEFORE YOU FINISH

What decision would you be willing to test against Scripture and with people this week?

You might pray about

- For discernment that starts with what God has already said
- For patience to keep listening rather than quitting early
- For people willing to tell us the truth
- For those trying to make a decision right now