

Language: English

Book: Philippians

Philippians

Chapter 1

¹ Paul and Timothy, servants of Christ Jesus, to all God's holy people in Christ Jesus who are at Philippi, with the overseers and deacons.

² May grace be to you and peace from God our Father and the Lord Jesus Christ.

³ I thank my God every time I remember you, ⁴ always, in every prayer of mine for all of you, making my prayer with joy ⁵ because of your partnership in the gospel from the first day until now. ⁶ I am confident of this very thing, that he who began a good work in you will continue to complete it until the day of Christ Jesus. ⁷ It is proper for me to feel this way about all of you because I have you in my heart. You all have been my partners in grace both in my imprisonment and in my defense and confirmation of the gospel. ⁸ For God is my witness, how I long for all of you with the compassion of Christ Jesus. ⁹ So this is my prayer: that your love may abound more and more in knowledge and all understanding ¹⁰ so that you may approve what is excellent, and so you may be sincere and blameless until the day of Christ, ¹¹ filled with the fruit of righteousness that comes through Jesus Christ to the glory and praise of God.

¹² Now I want you to know, brothers, that what has happened to me has really served to advance the gospel. ¹³ As a result, my chains in Christ came to light throughout the whole palace guard and to everyone else. ¹⁴ Most of the brothers have far more confidence in the Lord because of my chains, and they have courage to fearlessly speak the word. ¹⁵ Some indeed even proclaim Christ out of envy and strife, and also others out of good will. ¹⁶ The latter do it out of love, knowing that I am put here for the defense of the gospel. ¹⁷ But the former proclaim Christ out of selfish ambition, not sincerely. They think they will cause me distress while I am in chains. ¹⁸ What then? Only that in every way—whether from false motives or from true—Christ is proclaimed, and in this I rejoice. Yes, and I will rejoice, ¹⁹ for I know that this will result in my deliverance through your prayers and the help of the Spirit of Jesus Christ. ²⁰ It is my eager expectation and hope that I will in no way be ashamed, but with all boldness, now as always, Christ will be exalted in my body, whether by life or by death. ²¹ For to me to live is Christ and to die is gain. ²² But if I am to live in the flesh, that means fruitful labor for me. Yet which to choose? I do not know. ²³ For I am hard pressed between the two. My desire is to depart and be with Christ, which is far better, ²⁴ yet to remain in the flesh is more necessary for your sake. ²⁵ Being convinced of this, I know that I will remain and continue with you all, for your progress and joy in the faith, ²⁶ so that in me

you may have increasing reasons to boast in Christ Jesus when I come to you again. ²⁷ Only conduct yourselves in a manner worthy of the gospel of Christ, so that whether I come to see you or am absent, I may hear about you, that you are standing firm in one spirit, with one mind striving together for the faith of the gospel. ²⁸ Do not be frightened in any respect by those who are your opponents. This is a sign to them of their destruction, but of your salvation—and this from God. ²⁹ For it has been freely given to you for the sake of Christ not only to believe in him, but also to suffer for his sake, ³⁰ having the same conflict which you saw in me, and now you hear in me.

Philippians 1 General Notes

Structure and formatting

Paul includes a prayer in the beginning of this letter. At that time, religious leaders sometimes began informal letters with a prayer.

Special concepts in this chapter

The day of Christ

This probably refers to the day when Christ returns. Paul often connected the return of Christ with motivating godly living. (See: godly)

Other possible translation difficulties in this chapter

Paradox

A paradox is a true statement that appears to describe something impossible. This statement in verse 21 is a paradox: "to die is gain." In verse 23 Paul explains why this is true. (Philippians 1:21)

Philippians 1:1

General Information:

Paul and Timothy wrote this letter to the church at Philippi. Because Paul writes later in the letter saying "I," it is generally assumed that he is the author and that Timothy, who is with him, writes as Paul speaks. All instances of "you" and "your" in the letter refer to the believers in the Philippian church and are plural. The word "our" probably refers to all believers in Christ, including Paul, Timothy, and the Philippian believers.

Paul and Timothy ... and deacons

If your language has a particular way of introducing the authors of a letter, use it here.

Paul and Timothy, servants of Christ Jesus

"Paul and Timothy, who are servants of Christ Jesus"

all God's holy people in Christ Jesus

This refers to those whom God chose

to belong to him by being united to Christ. Alternate translation: "all God's people in Christ Jesus" or "all those who belong to God because they are united with Christ"

the overseers and deacons

"the leaders of the church"

Philippians 1:2

General Information:

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Philippians 1:3

every time I remember you

Here "remember you" means when Paul thinks about the Philippians while he is praying. Alternate translation: "every time I think of you"

Philippians 1:4

General Information:

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Philippians 1:5

because of your partnership in the gospel

Paul is expressing thanks to God that the Philippians have joined him in teaching people the gospel. He may have been referring to them praying for him and sending money so that he could travel and tell others. Alternate translation: "because you are helping me proclaim the gospel"

Philippians 1:6

I am confident

"I am sure"

he who began ... you

"God, who began ... you,"

Philippians 1:7

It is proper for me

"It is right for me" or "It is good for me"

I have you in my heart

Here "heart" is a metonym for a person's emotions. This idiom expresses strong affection. Alternate translation: "I love you very much"

have been my partners in grace

"have been partakers of grace with me" or "have shared in grace with me"

Philippians 1:8

God is my witness,

"God knows" or "God understands"

with the compassion of Christ Jesus

The abstract noun "compassion" can be translated with the verb "love." Alternate translation: "and I love you as Christ Jesus dearly loves us all"

Philippians 1:9

Connecting Statement:

Paul prays for the believers in Philippi and talks about the joy there is in suffering for the Lord.

may abound

Paul speaks of love as if it were objects that people could obtain more of. Alternate translation: "may increase"

in knowledge and all understanding

Here "understanding" refers to understanding about God. This can be stated clearly. Alternate translation: "as you learn and understand more

about what pleases God"

Philippians 1:10

approve

This refers to examining things and taking only those that are good. Alternate translation: "test and choose"

what is excellent

"what is most pleasing to God"

sincere and blameless

The words "sincere" and "blameless" mean basically the same thing. Paul combines them to emphasize moral purity. Alternate translation: "completely blameless"

Philippians 1:11

filled with the fruit of righteousness that comes through Jesus Christ

Being filled with something is a metaphor that represents being characterized by it or by habitually doing it. Possible meanings of "fruit of righteousness" are that 1) it is a metaphor that represents righteous behavior. Alternate translation: "habitually doing what is righteous because Jesus Christ enables you" or 2) it is a metaphor that represents good deeds as a result of being righteous. Alternate translation: "habitually doing good works because Jesus makes you righteous"

to the glory and praise of God

Possible meanings are 1) "Then other people will see how you honor God" or 2) "Then people will praise and give honor to God because of the good things they see you do." These alternate translations would require a new sentence.

Philippians 1:12

General Information:

Paul says that two things have happened because of "the progress of the gospel": many people inside and outside the palace have found out why he is in prison, and other Christians are no longer afraid to proclaim the

good news.

Now I want

Here the word "Now" is used to mark a new part of the letter.

brothers

Here this means fellow Christians, including both men and women, because all believers in Christ are members of one spiritual family, with God as their heavenly Father.

what has happened to me

Paul is talking about his time in prison. Alternate translation: "what I suffered because I was put into prison for preaching about Jesus"

has really served to advance the gospel

"has caused more people to hear the gospel"

Philippians 1:13

my chains in Christ came to light

"Chains in Christ" here is a metonym for being in prison for the sake of Christ. "Came to light" is a metaphor for "became known." Alternate translation: "It became known that I am in prison for the sake of Christ"

my chains in Christ came to light throughout the whole palace guard and to everyone else

This can be stated in active form.

Alternate translation: "the palace guards and many other people in Rome know that I am in chains for the sake of Christ"

my chains in Christ

Here Paul uses the preposition "in" to mean "for the sake of." Alternate translation: "my chains for the sake of Christ" or "my chains because I teach people about Christ"

my chains

Here the word "chains" is a metonym for imprisonment. Alternate translation: "my imprisonment"

palace guard

This was a group of soldiers that helped protect the Roman emperor.

Philippians 1:14

Most of the brothers have far more confidence

in the Lord

Some modern translations read, "Most of the brothers in the Lord have far more confidence."

fearlessly speak the word

"fearlessly speak God's message"

Philippians 1:15

Some indeed even proclaim Christ

"Some people preach the good news about Christ"

out of envy and strife

"because they do not want people listening to me, and they want to cause trouble"

and also others out of good will

"but other people do it because they are kind and they want to help"

Philippians 1:16

The latter

"Those who proclaim Christ out of good will"

I am put here for the defense of the gospel

This can be stated in active form.

Possible meanings are 1) "God chose me to defend the gospel" or 2) "I am in prison because I defend the gospel."

for the defense of the gospel

"to teach everyone that the message of Jesus is true"

Philippians 1:17

But the former

"But the others" or "But the ones who proclaim Christ out of envy and strife"

while I am in chains

Here the phrase "in chains" is a metonym for imprisonment. Alternate translation: "while I am imprisoned" or "while I am in prison"

Philippians 1:18

What then?

Paul uses this question to tell how he feels about the situation he wrote about in [Philippians 15-17]

Only that in every way—whether from false motives or from true—Christ is proclaimed

"As long as people preach about Christ, it does not matter if they do it for good reasons or for bad reasons"

in this I rejoice

"I am happy because people are preaching about Jesus"

I will rejoice

"I will celebrate" or "I will be glad"

Philippians 1:19

this will result in my deliverance

"because people proclaim Christ, God will deliver me"

in my deliverance

"Deliverance" here is an abstract noun that refers to one person bringing another person to a safe place. You may have to specify that it is God whom Paul expects to deliver him. Alternate translation: "in my being brought to a safe place" or "in God bringing me to a safe place"

through your prayers and the help of the Spirit of Jesus Christ

"because you are praying and the Spirit of Jesus Christ is helping me"

Spirit of Jesus Christ

"Holy Spirit"

Philippians 1:20

It is my eager expectation and hope

Here the word "expectation" and the phrase "hope" mean basically the same thing. Paul uses them together to emphasize how strong his expectation is. Alternate translation: "I eagerly and confidently hope"

with all boldness

You may need to state explicitly the missing clause in this elliptical sentence, that Paul will act boldly. You may also need to translate the abstract noun "boldness" as a clause. Alternate translation: "because I act with all boldness" or "after I have acted boldly"

Christ will be exalted in my body

The phrase "in my body" is a metonym for what happens to Paul's body. This includes what he does if he lives and what others may do to him, even if they kill him. This can be stated in active form. Possible meanings are 1)

"I will honor Christ no matter what happens to my body" or 2) "people will praise Christ no matter what I do or what others do to me"

whether by life or by death

"whether I live or die" or "if I go on living or if I die"

Philippians 1:21

For to me

These words are emphatic. They indicate that this is Paul's personal experience.

to live is Christ

Here pleasing and serving Christ is spoken of as Paul's only purpose for living. Alternate translation: "to go on living is an opportunity to please Christ"

to die is gain

Here death is spoken of as "gain." Possible meanings for "gain" are 1) Paul's death will help spread the message of the gospel or 2) Paul will be in a better situation.

Philippians 1:22

But if I am to live in the flesh

The word "flesh" here is a metonym for the body, and "living in the flesh" is a metonym for being alive. Alternate translation: "But if I am to remain alive in my body" or "But if I continue to live"

that means fruitful labor for me

The words "fruitful labor" here refer to work that has good results. Alternate translation: "that means I will be able to do work that produces good results"

Yet which to choose?

"But which should I choose?"

Philippians 1:23

For I am hard pressed between the two

Paul speaks of how hard it is for him to choose between living and dying as if two heavy objects, like rocks or logs, were pushing on him from opposite sides at the same time. Your language might prefer the objects to pull rather

than push. Alternate translation: "I am under tension. I do not know if I should choose to live or to die"

My desire is to depart and be with Christ

Paul uses a euphemism here to show that he is not afraid of dying.

Alternate translation: "I would like to die because I would go to be with Christ"

Philippians 1:24

General Information:

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Philippians 1:25

Being convinced of this

"Since I am sure that it is better for you that I stay alive"

I know that I will remain

"I know that I will continue to live" or "I know that I will keep on living"

Philippians 1:26

so that in me

"so that because of me" or "so that because of what I do"

Philippians 1:27

that you are standing firm in one spirit, with one mind striving together for the faith of the gospel

The phrases "standing firm in one spirit" and "with one mind striving together" share similar meanings and emphasize the importance of unity.

with one mind striving together

"striving together with one mind."

Agreeing with one another is spoken

of as having one mind. Alternate translation: "agreeing with one another and striving together"

striving together

"working hard together"

for the faith of the gospel

Possible meanings are 1) "to spread the faith that is based on the gospel" or 2) "to believe and live as the gospel teaches us"

Philippians 1:28

Do not be frightened in any respect

This is a command to the Philippian believers. If your language has a plural command form, use it here.

This is a sign to them of their destruction, but of your salvation—and this from God

"Your courage will show them that God will destroy them. It will also show you that God will save you"

and this from God

"and this is from God." Possible meanings are the word "this" refers to 1) the believers' courage or 2) the sign or 3) destruction and salvation.

Philippians 1:29

General Information:

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Philippians 1:30

having the same conflict which you saw in me, and now you hear in me

"suffering in the same way that you saw me suffer, and that you hear I am still suffering"

Chapter 2

¹ If there is any encouragement in Christ, if there is any comfort provided by love, if there is any fellowship in the Spirit, if there are any tender mercies and compassions, ² then make my joy full by being of the same mind, having the same love, being united in spirit, and having one purpose. ³ Do nothing out of ambition or empty conceit. Instead with humility consider others better than yourselves. ⁴ Let each of you look out not only for his own interests, but also for the interests of others. ⁵ Have this mind in yourselves which also was in Christ Jesus,

6 who, though he existed in the form of God,
did not consider his equality with God as something to hold on to.

7 Rather, he emptied himself,
taking the form of a servant,
and he was born in the likeness of men.

And being found in the form of a man,

8 he humbled himself
and became obedient to the point of death,
even death on a cross!

9 Therefore also God highly exalted him
and gave him the name that is above every name,

10 so that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,

11 and every tongue confess that Jesus Christ is Lord,
to the glory of God the Father.

12 So then, my beloved, as you always obey, not only in my presence but now much more in my absence, work out your own salvation with fear and

trembling. **13** For it is God who is working in you both to will and to work for his good pleasure. **14** Do all things without complaining or arguing **15** so that you may become blameless and pure, children of God without blemish in the middle of a crooked and depraved generation, in which you shine as lights in the world. **16** Hold on to the word of life so that on the day of Christ I may boast that I did not run in vain or labor in vain. **17** But even if I am being poured out as an offering on the sacrifice and service of your faith, I am glad and rejoice with you all. **18** In the same manner you also should be glad and rejoice with me.

19 But I hope in the Lord Jesus to send Timothy to you soon, so that I may also be encouraged when I know the things about you. **20** For I have no one else like him, who is truly concerned for you. **21** For they all seek their own interests, not the things of Jesus Christ. **22** But you know his proven worth, because as a son with his father, so he served with me in the gospel. **23** So I hope to send him as soon as I see how things will go with me. **24** But I am confident in the Lord that I myself will also come soon. **25** But I think it is necessary to send Epaphroditus back to you. He is my brother and fellow worker and fellow soldier, and your messenger and servant for my needs. **26** For he was very distressed, and he longed to be with you all, because you heard that he was sick. **27** For indeed he was so sick that he almost died. But God had mercy on him, and not on him only, but also on me, so that I might not have sorrow upon sorrow. **28** So it is all the more eagerly that I am sending him, so that when you see him again you may rejoice, and I can have less

sorrow. ²⁹ Therefore, welcome him in the Lord with all joy. Honor people like him. ³⁰ For it was for the work of Christ that he came near death. He risked his life so that he could bring to completion what was lacking in your service to me.

Philippians 2 General Notes

Structure and formatting

Some translations, like the ULB, set apart the lines of verses 6-11. These verses describe the example of Christ. They teach important truths about the person of Jesus.

Special concepts in this chapter

Practical instructions

In this chapter Paul gives many practical instructions to the church in Philippi.

Other possible translation difficulties in this chapter

"If there is any"

This appears to be a type of statement that expresses something that may or may not be true. However, in this chapter it expresses something that is true. The translator may also translate this phrase as "Since there is."

Philippians 2:1

Connecting Statement:

Paul advises the believers to have unity and humility and reminds them of Christ's example.

If there is any encouragement in Christ

"If Christ has encouraged you" or "If you are encouraged because of Christ"

if there is any comfort provided by love

The phrase "by love" probably refers to Christ's love for the Philippians.

Alternate translation: "if his love has given you any comfort" or "if his love for you has comforted you in any way"

if there is any fellowship in the Spirit

"if you have fellowship with the Spirit"

if there are any tender mercies and

compassions

"if you have experienced many of God's acts of tender mercy and compassion"

Philippians 2:2

make my joy full

Paul speaks here of joy as if it were a container that can be filled. Alternate translation: "cause me to rejoice greatly"

Philippians 2:3

Do nothing out of ambition or empty conceit

"Do not serve yourselves or think of yourselves as better than others"

ambition

"selfish ambition"

Philippians 2:4

Let each of you look out not only for his own interests, but also for the interests of others

"Do not care only about what you need and desire, but also about what others need and desire"

Philippians 2:5

Have this mind in yourselves which also was in Christ Jesus

"Have the same attitude that Christ Jesus had" or "Think about one another the way Christ Jesus thought of people"

Philippians 2:6

he existed in the form of God

"everything that is true of God was true of him"

did not consider his equality with God as something to hold on to

Here "equality" refers to "equal status" or "equal honor." Holding onto equality with God represents demanding that he continue to be honored as God is honored. Christ did not do that. Though he did not cease

to be God, he ceased to act as God.
Alternate translation: "did not think that he had to have the same status as God"

Philippians 2:7

he emptied himself

Paul speaks of Christ as if he were a container in order to say that Christ refused to act with his divine powers during his ministry on earth.

he was born in the likeness of men

"he was born a human being" or "he became a human being"

Philippians 2:8

became obedient to the point of death

Paul speaks of death here in a figurative way. The translator can understand "to the point of death" either as a metaphor of location

death, even death on a cross

"death, that is, death on a cross" or "death—more specifically, death on a cross"

Philippians 2:9

the name that is above every name

Here "name" is a metonym that refers to rank or honor. Alternate translation: "the rank that is above any other rank" or "the honor that is above any other honor"

above every name

The name is more important, more to be praised than any other name.

Philippians 2:10

at the name of Jesus every knee should bow

Here "knee" is a synecdoche for the whole person. Bowing, or kneeling, is a symbolic act of worship. Alternate translation: "at the name of Jesus everyone will bow to worship him")

under the earth

Possible meanings are 1) the place where people go when they die or 2) the place where demons dwell.

Philippians 2:11

every tongue

Here "tongue" refers to the whole person. Alternate translation: "every

person" or "every being"

to the glory of God the Father

Here the word "to" expresses result: "with the result that they will praise God the Father"

Philippians 2:12

Connecting Statement:

Paul encourages the Philippian believers and shows them how to live the Christian life before others and reminds them of his example.

my beloved

"my dear fellow believers"

in my presence

"when I am there with you"

in my absence

"when I am not there with you"

work out your own salvation

To "work out" one's salvation means to work in a way that is appropriate to one's salvation or to work in a way that shows one's salvation. The abstract noun "salvation" can be expressed with a phrase about God saving people. Alternate translation: "work in a way that is appropriate because you have been saved" or "work hard to do the good things that show that God has saved you"

salvation with fear and trembling

Paul uses the words "fear" and "trembling" together to show the attitude of reverence that people should have for God. Alternate translation: "salvation, trembling with fear" or "salvation with deep reverence"

Philippians 2:13

both to will and to work for his good pleasure

"so that you will want to do what pleases him and will be able to do what pleases him"

Philippians 2:14

General Information:

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Philippians 2:15

blameless and pure

The words "blameless" and "pure" are very similar in meaning and are used together to strengthen the idea. Alternate translation: "completely innocent"

in the middle of a crooked and depraved generation

The words "crooked" and "depraved" are used together to emphasize that the people are very sinful. Alternate translation: "among very sinful people"

in which you shine as lights in the world

Shining as lights in the world represents living in a good and righteous way so that people in the world can see that God is good and true. Alternate translation: "among whom your righteous lives are like lights in the world"

Philippians 2:16

Hold on to the word of life

"Hold on to" here means "firmly believe." Alternate translation: "Continue to firmly believe the word of life"

the word of life

"the message that brings life" or "the message that shows how to live the way God wants you to"

on the day of Christ

This refers to when Jesus comes back to set up his kingdom and rule over the earth. Alternate translation: "when Christ returns"

I did not run in vain or labor in vain

The phrases "run in vain" and "labor in vain" here mean the same thing. Paul uses them together to emphasize how hard he has worked to help people believe in Christ. Alternate translation: "I did not work so hard for nothing"

run

The scriptures often use the image of walking to represent conducting one's life. Running is living life intensely.

Philippians 2:17

But even if I am being poured out as an offering on the sacrifice and service of your faith, I am glad and rejoice with you all

Paul speaks of his death as if he were a drink offering which is poured upon the animal sacrifice to honor God.

What Paul means is that he would gladly die for the Philippians if that would make them more pleasing to God. Alternate translation: "But, even if the Romans kill me and it is as if my blood pours out as an offering, I will be glad and rejoice with you all if my death will make your faith and obedience more pleasing to God"

Philippians 2:18

General Information:

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Philippians 2:19

Connecting Statement:

Paul tells the Philippian believers about his plan to send Timothy soon and that they should treat Epaphroditus as special.

But I hope in the Lord Jesus to send Timothy to you soon

Paul wanted to send Timothy to them, but he would do so only if the Lord Jesus wanted him to do that. Alternate translation: "But I plan to send Timothy to you soon, as long as that is what the Lord Jesus wants me to" or "But if it is the will of the Lord Jesus, I expect to send Timothy to you soon"

Philippians 2:20

For I have no one else like him, who

"No one else here loves you as much as he does: he"

Philippians 2:21

For they all

Here the word "they" refers to a group of people Paul does not feel he can trust to send to Philippi. Paul is expressing his displeasure with those who should have been able to go but are not going because Paul does not trust them to fulfill their mission.

Philippians 2:22

as a son with his father, so he served with me
Fathers and sons love each other and work together. Timothy was not really Paul's son, but he worked with Paul as a son works with his father.

in the gospel

Here "the gospel" stands for the activity of telling people about Jesus. Alternate translation: "in telling people about the gospel"

Philippians 2:23

I hope to send him as soon as I see how things will go with me

Paul wanted to send Timothy soon, but he would wait until he saw how things would go with himself. He would send Timothy immediately after that. Alternate translation: "I hope to send him immediately after I see how things will go with me"

I hope to send him

"I plan to send him" or "I expect to send him"

I see how things will go with me

"I find out what happens concerning me" or "I learn what will happen to me"

Philippians 2:24

I am confident in the Lord that I myself will also come soon

"I am sure, if it is the Lord's will, that I will also come soon"

Philippians 2:25

Epaphroditus

This is the name of a man sent by the Philippian church to minister to Paul in prison.

fellow worker and fellow soldier

Here Paul is speaking of Epaphroditus as if he were a soldier. He means that Epaphroditus is trained and is dedicated to serving God, no matter

how great the hardship he must suffer. Alternate translation: "fellow believer who works and struggles along with us"

your messenger and servant for my needs

"who brings your messages to me and helps me when I am in need"

Philippians 2:26

he was very distressed, and he longed to be with you all

"he was very worried and wanted to be with you all"

Philippians 2:27

sorrow upon sorrow

The cause of the sorrow can be made explicit. Alternate translation: "the sorrow of losing him added to the sorrow I already have from being in prison"

Philippians 2:28

I can have less sorrow

"I will not be as sad as I have been"

Philippians 2:29

welcome him

The word "him" refers to Epaphroditus. Alternate translation: "gladly receive Epaphroditus"

in the Lord with all joy

"as a fellow believer in the Lord with all joy" or "with the great joy we have because the Lord Jesus loves us"

Philippians 2:30

he came near death

"he almost died." Paul speaks of dying as if death were a place that people could go to.

so that he could bring to completion what was lacking in your service to me

The meanings of the abstract nouns "completion" and "service" can be expressed as verbs. Alternate translation: "so that he could complete what you could not do in serving me"

Chapter 3

¹ Finally, my brothers, rejoice in the Lord. For me to write these same things again to you is no trouble for me, and it keeps you safe. ² Watch out for the

dogs. Watch out for those evil workers. Watch out for the mutilation. ³ For it is we who are the circumcision—the ones who worship by the Spirit of God, and take pride in Christ Jesus, and have no confidence in the flesh. ⁴ Even so, I myself could have confidence in the flesh. If anyone thinks he has confidence in the flesh, I could have even more. ⁵ I was circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; with regard to the law, a Pharisee. ⁶ As for zeal, I persecuted the church; as for righteousness under the law, I was blameless. ⁷ But whatever things were a profit for me, I have considered them as loss because of Christ. ⁸ In fact, now I count all things to be loss because of the surpassing value of the knowledge of Christ Jesus my Lord. For him I have given up all things—and I consider them rubbish—so that I may gain Christ ⁹ and be found in him, not having a righteousness of my own from the law, but that which is through faith in Christ—the righteousness from God that is by faith. ¹⁰ So now I want to know him and the power of his resurrection and the fellowship of his sufferings, becoming like him in his death, ¹¹ so somehow I may experience the resurrection from the dead. ¹² Not that I have already obtained these things, or am already perfect, but I press on to take hold of that for which I was taken hold of by Christ Jesus. ¹³ Brothers, I do not think that I myself have yet taken hold of it. But one thing I do: Forgetting what is behind and straining forward to what is ahead, ¹⁴ I press on toward the goal with a view to the prize of the upward call of God in Christ Jesus. ¹⁵ All of us who are mature, let us think this way; and if you think differently about anything, God will also reveal that to you. ¹⁶ Nevertheless, let us live up to what we have already attained. ¹⁷ Be imitators of me, brothers. Closely watch those who are walking by the example that you have in us. ¹⁸ Many are walking—those about whom I have often told you, and now I am telling you with tears—as enemies of the cross of Christ. ¹⁹ Their end is destruction. For their god is their stomach, and their glory is in their shame. They think about earthly things. ²⁰ But our citizenship is in heaven, from where we also wait for a Savior, the Lord Jesus Christ. ²¹ He will transform our lowly bodies into bodies formed like his glorious body, formed by the might of his power to subject all things to himself.

Philippians 3 General Notes

Structure and formatting

In verses 4-8, Paul lists how he qualifies for being considered a righteous Jew. In every way, Paul was an exemplary Jew. But he contrasts this with the greatness of knowing Jesus. (See: righteous)

Special concepts in this chapter

Dogs

The people of the ancient Near East used dogs as an image to refer to people in a negative way. Not all cultures use the term "dogs" in this way.

Resurrected Bodies

We know very little about what people will be like in heaven. Paul teaches here that Christians will have some kind of glorious body and will be free from sin. (See: heaven and sin)

Important figures of speech in this chapter

Prize

Paul uses an extended illustration to describe the Christian life. The goal of the Christian life is attempting to grow to be like Christ until a person dies. We can never achieve this goal perfectly, but we must strive for it.

Philippians 3:1

Connecting Statement:

In order to warn his fellow believers about Jews who would try to get them to follow the old laws, Paul gives his own testimony about when he persecuted believers.

Finally, my brothers

"Now moving along, my brothers" or "Concerning other matters, my brothers"

brothers

See how you translated this in Philippians 1:12.

rejoice in the Lord

"be happy because of all the Lord has done"

For me to write these same things again to you is no trouble for me

"It is no trouble for me to write these things again to you"

and it keeps you safe

Here "it" refers to Paul's writing the same things twice. Alternate translation: "doing this keeps you safe because these teachings will protect you from those who teach what is not true"

Philippians 3:2

General Information:

Paul begins to warn the Philippians against people who say that Christians have to obey the Jewish ceremonial law. Obedience to this law is symbolized by the synecdoche of circumcision.

Watch out for

"Beware of" or "Be on guard against"
the dogs ... those evil workers ... the

mutilation

These are three different ways of describing the same group of false teachers. Paul is using strong expressions to show how he feels about these Jewish teachers who claim to be Christians.

dogs

The word "dogs" was used by the Jews to refer to those who were not Jews. They were considered unclean. Paul speaks of the false teachers as though they were dogs, to insult them. If you have a different animal in your culture that is considered unclean or whose name is used as an insult, you could use this animal instead.

the mutilation

This exaggeration plays on the idea of circumcision. Paul speaks of those who wanted to trim off the foreskin as if they were totally mutilating the body. The action of mutilation is a metonym for the people who would perform the action. Alternate translation: "those who mutilate the body"

Philippians 3:3

General Information:

Paul continues warning the Philippians against people who say that Christians have to obey the Jewish ceremonial law. Obedience to this law is symbolized by the synecdoche of circumcision.

For it is we who are

Paul uses "we" to refer to himself and all true believers in Christ, including the Philippian believers.

the circumcision

Paul uses this phrase to refer to believers in Christ who are not physically circumcised but are spiritually circumcised, which means they have received the Holy Spirit through faith. Alternate translation: "the truly circumcised ones" or "truly God's people"

have no confidence in the flesh

Here "flesh" is a metonym for anything concerning one's body, such as his ancestry, whether or not he has been circumcised, and what he does. To have no confidence in the flesh means to understand that those things cannot make a person right with God. Alternate translation: "do not trust in anything about ourselves to make us right with God"

Philippians 3:4

Even so, I myself could have confidence in the flesh. If anyone thinks he has confidence in the flesh, I could have even more

Here Paul describes a situation that could be true but is not. Here "flesh" is a metonym for anything concerning one's body, such as one's ancestry, whether or not one has been circumcised, and what one does. To have confidence in the flesh means to believe that those things can make a person right with God. See how you translated a similar phrase in 3:3. Alternate translation: "However, I could trust in something about myself to make me right with God. If anyone thinks he can trust in anything about himself, I could trust in myself even more"

I myself

Paul uses "myself" for emphasis. Alternate translation: "certainly I"

Philippians 3:5

I was circumcised

This can be stated in active form. Alternate translation: "A priest circumcised me"

on the eighth day

"seven days after I was born"

a Hebrew of Hebrews

Possible meanings are 1) "a Hebrew son with Hebrew parents" or 2) "the purest Hebrew."

with regard to the law, a Pharisee

The Pharisees were committed to obeying all of the law. Being a Pharisee showed that Paul was committed to obeying all of the law. Alternate translation: "as a Pharisee, I was committed to obeying all of the law"

Philippians 3:6

As for zeal, I persecuted the church

Paul's zeal was his enthusiasm for honoring God. He believed that by persecuting the church he proved how zealous he was for God. Alternate translation: "I had so much zeal for God that I persecuted the church" or "Because I wanted so much to honor God, I persecuted the church"

I persecuted the church

"I attacked Christians"

as for righteousness under the law, I was blameless

"Righteousness under the law" refers to being righteous by obeying the law. Paul obeyed the law so carefully that he believed that no one could find any part of it that he disobeyed. Alternate translation: "I was so righteous by obeying the law that I was blameless"

Philippians 3:7

whatever things were a profit for me

Paul is referring here to the praise he received for being an eager Pharisee. He speaks of this praise as if he had viewed it in the past as a businessman's profit. Alternate translation: "anything that other Jews praised me for"

profit ... loss

These are common business terms. If many people in your culture do not understand formal business terms,

you could translate these terms as "things that made my life better" and "things that made my life worse."

I have considered them as loss

Paul speaks of that praise as if he were now viewing it as a business loss instead of a profit. In other words, Paul says that all his religious acts of righteousness are worthless before Christ.

Philippians 3:8

In fact

"Really" or "Truly"

now I count

The word "now" emphasizes how Paul has changed since he quit being a Pharisee and became a believer in Christ. Alternate translation: "now that I have trusted in Christ, I count"

I count all things to be loss

Paul is continuing the business metaphor from [Philippians 3:7]

because of the surpassing value of the knowledge of Christ Jesus my Lord

"because knowing Christ Jesus my Lord is worth so much more"

so that I may gain Christ

"so that I may have only Christ"

Philippians 3:9

be found in him

The phrase "be found" is an idiom that emphasizes the idea of "be." Alternate translation: "be truly united with Christ"

not having a righteousness of my own from the law

Paul knows that he cannot become righteous by obeying the law.

but that which is through faith in Christ

The word "that" refers to righteousness. Paul knows that he can become righteous only by believing in Christ. Alternate translation: "but having the righteousness that comes by believing in Christ"

Philippians 3:10

the power of his resurrection

"his power that gives us life"

the fellowship of his sufferings

"what it is like to suffer as he suffered" or "what it is like to participate in suffering with him"

becoming like him in his death

Possible meanings are 1) Paul wants to be like Christ by dying as Christ died or 2) Paul wants his desire to sin to become as dead as Jesus was before he was raised.

Philippians 3:11

so somehow I may experience the resurrection from the dead

The word "somehow" means Paul does not know what is going to happen to him in this life, but whatever happens, it will result in eternal life. Alternate translation: "so that no matter what happens to me now, I will come back to life after I die"

Philippians 3:12

Connecting Statement:

Paul urges the believers at Philippi to follow his present example because of heaven and the new bodies that wait for believers. He speaks of how he works as hard as he can to be like Christ, knowing that God will allow him to live forever in heaven, as if he were a runner racing for the finish line.

obtained these things

These include knowing Christ, knowing the power of his resurrection, sharing in Christ's suffering, and being united with Christ in his death and resurrection (Philippians 3:8-11).

or am already perfect

"so I am not yet perfect" or "so I am not yet mature"

but I press on

"but I keep trying"

to take hold of that for which I was taken hold of by Christ Jesus

Receiving spiritual things from Christ is spoken of as if Paul could grasp them with his hands, and Jesus choosing Paul to belong to him is

spoken of as if Jesus grasped Paul with his hands. This can be stated in an active form. Alternate translation: "to receive these things for which Jesus claimed me as his own"

Philippians 3:13

Brothers

See how you translated this in Philippians 1:12.

I myself have yet taken hold of it

Receiving spiritual things from Christ is spoken of as if Paul could grasp them with his hands. Alternate translation: "all these things belong to me yet"

Forgetting what is behind and straining forward to what is ahead,

Like a runner in a race is no longer concerned about the part of the race that is completed but only focuses on what is ahead, Paul speaks of setting aside his religious works of righteousness and only focusing on the race of life that Christ has set before him to complete. Alternate translation: "I do not care what I have done in the past; I only work as hard as I can on what is ahead."

Philippians 3:14

I press on toward the goal with a view to the prize of the upward call of God in Christ Jesus
Paul speaks of the way he does all he can to serve Christ and live in obedience to him as if he were a racer running as fast as he can to win a race. Alternate translation: "I do all I can to be like Christ, like a runner racing to the finish line, so that I may belong to him, and God may call me to himself after I die"

the upward call

Possible meanings are that Paul speaks of living eternally with God as if God were to call Paul to ascend 1) to heaven as Jesus did or 2) the steps to the podium where winners of races received prizes, as a metaphor for meeting God face to face and

receiving eternal life.

Philippians 3:15

All of us who are mature, let us think this way
Paul wants his fellow believers to have the same desires he listed in Philippians 3:8-11. Alternate translation: "I encourage all of us believers who are strong in the faith to think the same way"

God will also reveal that to you

"God will also make it clear to you" or "God will make sure you know it"

Philippians 3:16

General Information:

Paul uses "we" to include the Philippian believers.

Nevertheless, let us live up to what we have already attained.

"However, let us keep living by the same standard we have achieved."

Nevertheless

"No matter what else is true"

Philippians 3:17

Be imitators of me

"Do what I do" or "Live as I live"

brothers

See how you translated this in Philippians 1:12.

those who are walking by the example that you have in us

"those who already are living as we live" or "those who already are doing what we do"

Philippians 3:18

Many are walking ... as enemies of the cross of Christ

These words are Paul's main thought for this verse.

Many are walking

A person's behavior is spoken of as if that person were walking along a path. Alternate translation: "Many are living" or "Many are conducting their lives"

those about whom I have often told you, and now I am telling you with tears

Paul interrupts his main thought with these words that describe the "many."

You can move them to the beginning or end of the verse if you need to.

I have often told you

"I have told you many times"

am telling you with tears

"am telling you with great sadness"

as enemies of the cross of Christ

Here "the cross of Christ" refers to Christ's suffering and death. The enemies are those who say they believe in Jesus but are not willing to suffer or die like Jesus did. Alternate translation: "in a way that shows they are actually against Jesus, who was willing to suffer and die on a cross"

Philippians 3:19

Their end is destruction

"Someday God will destroy them." The last thing that happens to them is that God will destroy them.

their god is their stomach

Here "stomach" refers to a person's desires for physical pleasure. Calling it their god means that they want these pleasures more than they want to obey God. Alternate translation: "they desire food and other physical pleasures more than they desire to obey God"

their glory is in their shame

Here "shame" stands for the actions that the people should be ashamed

about but are not. Alternate translation: "they are proud of the things that should cause them shame"

They think about earthly things

Here "earthly" refers to everything that gives physical pleasure and does not honor God. Alternate translation: "All they think about is what will please themselves rather than what will please God"

Philippians 3:20

General Information:

By Paul's use of "our" and "we" here, he includes himself and the believers in Philippi.

our citizenship is in heaven

Possible meanings are 1) "we are citizens of heaven" or 2) "our homeland is heaven" or 3) "our true home is heaven."

Philippians 3:21

He will transform our lowly bodies

"He will change our weak, earthly bodies"

into bodies formed like his glorious body

"into bodies like his glorious body"

body, formed by the might of his power to subject all things to himself

This can be stated in active form. Alternate translation: "body. He will change our bodies with the same power he uses to control all things"

Chapter 4

¹ Therefore, my beloved brothers whom I long for, my joy and crown, in this way stand firm in the Lord, beloved friends.

² I am pleading with Euodia, and I am pleading with Syntyche, be of the same mind in the Lord. ³ Yes, I ask you, my true companion, to help these women who labored with me in spreading the gospel, along with Clement and the rest of my fellow workers, whose names are in the Book of Life.

⁴ Rejoice in the Lord always. Again I will say, rejoice. ⁵ Let your gentleness be known to all people. The Lord is near. ⁶ Do not be anxious about anything. Instead, in everything by prayer and earnest appeal with thanksgiving, let your requests be known to God, ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

⁸ Finally, brothers, whatever things are true, whatever things are honorable,

whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is anything excellent, if there is anything to be praised, think about these things. ⁹ The things that you have learned and received and heard and seen in me, do these things, and the God of peace will be with you.

¹⁰ I greatly rejoice in the Lord because now at last you have renewed your concern for me. You had indeed been concerned for me before, but there was no opportunity for you to help. ¹¹ I am not saying this because I am in need.

For I have learned to be content in all circumstances. ¹² I know what it is to be poor, and I also know what it is to have plenty. In every way and in all things I have learned the secret of how to be well fed or to be hungry, and how to have an abundance or to be in need. ¹³ I can do all things through him who strengthens me. ¹⁴ However, you did well to share with me in my difficulties.

¹⁵ You Philippians know that in the beginning of the gospel, when I left Macedonia, no church supported me in the matter of giving and receiving except you alone. ¹⁶ Even when I was in Thessalonica, you sent help for my needs more than once. ¹⁷ It is not that I seek the gift. Instead, I seek the fruit

that increases to your credit. ¹⁸ I have received everything in full, and even more. I have been well supplied now that I have received from Epaphroditus the things you sent. They are a sweet-smelling aroma, a sacrifice acceptable and pleasing to God. ¹⁹ My God will meet all your needs according to his riches in glory in Christ Jesus. ²⁰ Now to our God and Father be the glory forever and ever. Amen.

²¹ Greet all God's holy people in Christ Jesus. The brothers who are with me greet you. ²² All God's holy people who are here greet you, especially those of Caesar's household.

²³ The grace of the Lord Jesus Christ be with your spirit. ^[1]

Footnotes

4:23 ^[1]Some ancient and important Greek copies add,

Philippians 4 General Notes

Special concepts in this chapter

"My joy and my crown"

Paul had helped the Philippians become spiritually mature. As a result, Paul rejoiced and God honored him and his work. He considered discipling other Christians and encouraging them to grow spiritually as important to Christian living. (See: spirit and disciple)

Other possible translation difficulties in this chapter

Euodia and Syntyche

Apparently these two women disagreed with each other. Paul was encouraging them to agree.

Philippians 4:1

Connecting Statement:

Paul continues with some specific instructions to the believers in Philippi on unity and then gives instructions to help them live for the Lord.

Therefore, my beloved brothers whom I long for

"So, my fellow believers whom I love and greatly desire to see"

brothers

See how you translated this in Philippians 1:12.

my joy and crown

Paul uses the word "joy" to mean that the Philippian church is the cause of his happiness. A "crown" was made of leaves, and a man wore it on his head as a sign of honor after he won an important game. Here the word "crown" means the Philippian church brought honor to Paul before God. Alternate translation: "You give me joy because you have believed in Jesus, and you are my reward and honor for my work"

in this way stand firm in the Lord, beloved friends

"continue living for the Lord in the way that I have taught you, dear friends"

Philippians 4:2

I am pleading with Euodia, and I am pleading with Syntyche

These are women who were believers and helped Paul in the church at Philippi. Alternate translation: "I beg Euodia, and I beg Syntyche"

be of the same mind in the Lord

The phrase "be of the same mind" means to have the same attitude or opinion. Alternate translation: "agree with each other because you both believe in the same Lord"

Philippians 4:3

General Information:

When Paul says, "my true companion," the word "you" is singular. Paul does

not say the name of the person. He calls him that to show he worked with Paul to spread the gospel.

Yes, I ask you, my true companion

Here "you" refers to the "true fellow worker" and is singular.

true companion

This metaphor is from farming, where two animals would be bound to the same yoke, and so they work together. Alternate translation: "fellow worker"

along with Clement

Clement was a man who was a believer and worker in the church at Philippi.

whose names are in the Book of Life

"whose names God has written in the Book of Life"

Philippians 4:4

Rejoice in the Lord

"Be happy because of all the Lord has done." See how you translated this in Philippians 3:1.

Philippians 4:5

The Lord is near

Possible meanings are 1) The Lord Jesus is near to the believers in spirit or 2) the day the Lord Jesus will return to the earth is near.

Philippians 4:6

in everything by prayer and earnest appeal with thanksgiving, let your requests be known to God

"whatever happens to you, ask God for everything you need with prayer and thanks"

Philippians 4:7

the peace of God

"the peace that God gives"

which surpasses all understanding

"which is more than we can understand"

will guard your hearts and your thoughts in Christ

This presents God's peace as a soldier who protects our hearts and thoughts from worrying. Here "hearts" is a metonym for a person's emotions.

Alternate translation: "will be like a soldier and guard your emotions and thoughts in Christ" or "will protect you in Christ and will keep you from worrying about the troubles of this life"

your thoughts

The word translated "thoughts" can also be translated "minds," referring to the part of the person that thinks.

Philippians 4:8

Finally

As Paul ends his letter, he gives a summary of how believers should live to have peace with God.

brothers

See how you translated this in Philippians 1:12.

whatever things are lovely

"whatever things are pleasing"

whatever things are of good report

"whatever thing people admire" or

"whatever things people respect"

if there is anything excellent

"if they are morally good"

if there is anything to be praised

"and if they are things that people praise"

Philippians 4:9

that you have learned and received and heard and seen in me

"that I have taught and shown you"

Philippians 4:10

Connecting Statement:

Paul begins to thank the Philippians for a gift that they have sent him.

Philippians 4:11

Connecting Statement:

Paul begins to explain that he is thanking them for this gift simply because he is grateful, not because he needs them to give him anything more.

to be content

"to be satisfied" or "to be happy"

in all circumstances

"no matter what my situation is"

Philippians 4:12

I know what it is to be poor ... to have plenty
Paul knows how to live happily having either no possessions or many possessions.

how to be well fed or to be hungry, and how to have an abundance or to be in need

These two phrases mean basically the same thing. Paul uses them to emphasize that he has learned how to be content in any situation.

Philippians 4:13

I can do all things through him who strengthens me

"I can do all things because Christ gives me strength"

Philippians 4:14

in my difficulties

Paul speaks of his hardships as if they were a place that he is in. Alternate translation: "when things became difficult"

Philippians 4:15

the beginning of the gospel

Paul uses the word "gospel" here to mean his preaching of the gospel.

Alternate translation: "as I began to preach the gospel"

no church supported me in the matter of giving and receiving except you alone

This double negative emphasizes that the Philippians were unique. Alternate translation: "the only church that supported me in the matter of giving and receiving was you" or "you were the only church that sent me money or helped me"

Philippians 4:16

General Information:

This page has intentionally been left blank.

Philippians 4:17

Connecting Statement:

Paul continues explaining that he is thanking the Philippians for their gift to him simply because he is grateful, not because he needs them to give him anything more (see Philippians 3:11).

It is not that I seek the gift

Paul is explaining that his reason for writing about gifts is not that he hopes that they will give him more gifts.

Alternate translation: "My reason for writing this is not that I want you to give me more"

I seek the fruit that increases to your credit

Paul explains his reason for writing about gifts. Here "fruit that increases to you credit" is a metaphor for either 1) more good deeds that can be recorded for the Philippians. Alternate translation: "Rather I want God to recognize the increasing good deeds that you do" or 2) more blessings for the good things that the Philippians do. Alternate translation: "Rather I want God to bless you more because of the good deeds that you do"

Philippians 4:18

Connecting Statement:

Paul finishes thanking the Philippians for their gift (see Philippians 3:11) and assures them that God will take care of them.

I have received everything in full

Possible meanings are 1) Paul has received everything that the Philippians sent or 2) Paul is using humor to continue the business metaphor from Philippians 3:8 and saying that this part of the letter is a receipt for commercial goods that Epaphroditus delivered.

even more

"even more than necessary"

They are a sweet-smelling aroma, a sacrifice acceptable and pleasing to God

Paul speaks of the gift from the Philippian church as if it were a sacrifice offered to God on an altar. Paul implies that the church's gift is very pleasing to God, like the sacrifices that the priests burned,

which had a smell that pleased God. Alternate translation: "I assure you these gifts are very pleasing to God, like an acceptable sacrifice"

Philippians 4:19

will meet all your needs

This phrase translates the same word that is translated "have been well supplied" in verse 18. It is an idiom meaning "will provide everything you need"

according to his riches in glory in Christ Jesus
"from his glorious riches that he gives through Christ Jesus"

Philippians 4:20

Now to our God

The word "Now" marks the closing prayer and the end of this section of the letter.

Philippians 4:21

The brothers

This refers to those people who were either ministering with or to Paul.

brothers

See how you translated this in Philippians 1:12.

all God's holy people

Some versions translate this as "every holy person" or "every saint."

Philippians 4:22

All God's holy people

Some versions translate this as "All the believers" or "All of the saints."

especially those of Caesar's household

This refers to servants who worked in Caesar's palace. "especially the fellow believers who work in the palace of Caesar"

Philippians 4:23

with your spirit

Paul refers to the believers by using the word "spirit," which is the part of a person that can relate to God. Alternate translation: "with you"

Book: 1 John

1 John

Chapter 1

¹ That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched, concerning the Word of life— ² the life was made known, and we have seen and testify and proclaim to you the eternal life, which was with the Father, and which has been made known to us. ³ That which we have seen and heard we declare also to you, so you also will have fellowship with us. Our fellowship is with the Father and with his Son, Jesus Christ. ⁴ Also, we are writing these things to you so that our joy will be complete. ^[1]

⁵ This is the message that we have heard from him and are proclaiming to you: God is light, and in him there is no darkness at all. ⁶ If we say that we have fellowship with him and walk in darkness, we are lying and are not practicing the truth. ⁷ But if we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from every sin. ⁸ If we say that we have no sin, we are deceiving ourselves, and the truth is not in us. ⁹ But if we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness. ¹⁰ If we say that we have not sinned, we make him out to be a liar, and his word is not in us.

Footnotes

1:4 ^[1]Some important ancient Greek copies read,

1 John 1 General Notes

Structure and formatting

This is a letter that John wrote to Christians.

Special concepts in this chapter

Christians and sin

In this chapter John teaches that all Christians are still sinners. But God continues to forgive a Christian's sins. (See: sin and faith and forgive)

Important figures of speech in this chapter

Metaphors

In this chapter John writes that God is light. Light is a metaphor for understanding and righteousness. (See: and righteous)

John also writes about people walking in the light or in the darkness. Walking is a metaphor for behaving or living. People who walk in the light understand what is righteous and do it. People who walk in the darkness may not understand what is righteous, and they do what is sinful.

1 John 1:1

General Information:

The apostle John wrote this letter to believers. All instances of "you," "your," and "yours" include all believers and are plural. Here the

words "we" and "us" refer to John and those who had been with Jesus. In verses 1-2 many pronouns like "that," "which," and "it" are used. They refer to "the Word of life" and "the eternal life." But, since these are names for

Jesus, you can use pronouns that refer to a person like "who," "whom" or "he."

which we have heard

"which we have heard him teach"

which we have seen with our eyes, which we have looked at

This is repeated for emphasis.

Alternate translation: "which we ourselves have seen"

the Word of life

This refers to Jesus Christ. Alternate translation: "the one who gives life" or "the one who causes people to live forever"

life

The word "life" throughout this letter refers to more than physical life. Here "life" refers to being alive spiritually.

1 John 1:2

the life was made known

This can be stated in active form.

Alternate translation: "God made the eternal life known to us" or "God made us able to know him, who is eternal life"

we have seen and testify

"we have seen it and testify about it" or "we have seen him and testify about him"

the eternal life, which was with the Father, and which has been made known to us

Here, "the eternal life" refers to the one who gives that life, Jesus.

Alternate translation: "the one who enables us to live forever, who was with God the Father, and who has been made known to us"

and which has been made known to us

This was when he lived on earth. This can be stated in active form. Alternate translation: "and which the Father has made known to us" or "and who came to live among us"

1 John 1:3

General Information:

Here the words "we," "us," and "our" refer to John and those who had been

with Jesus.

That which we have seen and heard we declare also to you

"We say to you also what we have seen and heard"

have fellowship with us. Our fellowship is with the Father

"be our close friends. We are friends with God the Father"

Our fellowship

It is not clear if John is including or excluding his readers. You may translate this either way.

Father ... Son

These are important titles that describe the relationship between God and Jesus.

1 John 1:4

so that our joy will be complete

"to make our joy complete" or "to make ourselves completely happy"

1 John 1:5

General Information:

Here the words "we" and "us" refer to all believers, including the people to whom John was writing. Unless otherwise stated, that is the meaning for the remainder of this book.

Connecting Statement:

From here into the next chapter, John writes about fellowship—close relationships with God and other believers.

God is light

This is a metaphor that means that God is perfectly pure and holy.

Cultures that associate goodness with light may be able to keep the idea of light without explaining the metaphor. Alternate translation: "God is purely righteous like pure light"

in him there is no darkness at all

This is a metaphor that means that God never sins and is not evil in any way. Cultures that associate evil with darkness may be able to keep the idea of darkness without explaining the metaphor. Alternate translation: "in

him there is nothing that is evil"

1 John 1:6

walk in darkness

Here "walk" is a metaphor for how a person lives or behaves. Here "darkness" is a metaphor for "evil." Alternate translation: "do what is evil"

1 John 1:7

walk in the light as he is in the light

Here "walk" is a metaphor for how a person lives or behaves. Here "light" is a metaphor for "good" or "right." Alternate translation: "do what is good as God is perfectly good" or "do what is right as God is perfectly right"

the blood of Jesus

This refers to the death of Jesus.

Son

This is an important title for Jesus, the Son of God.

1 John 1:8

have no sin

"never sin"

are deceiving

"are tricking" or "lying to"

the truth is not in us

The truth is spoken of as if it were an object that could be inside believers.

Alternate translation: "we do not

believe what God says is true"

1 John 1:9

he is faithful

"God is faithful"

to forgive us our sins and cleanse us from all unrighteousness

These two phrases mean basically the same thing. John uses them to emphasize that God will surely forgive our sins. Alternate translation: "and will completely forgive us for what we have done wrong"

1 John 1:10

we make him out to be a liar

It is implied that a person who claims to be without sin would be calling God a liar since he said that everyone is a sinner. Alternate translation: "it is the same as calling God a liar, because he said we have all sinned"

his word is not in us

"Word" here is a metonym for "message." Obeying and honoring God's word is spoken of as if his word were inside the believers. Alternate translation: "we do not understand God's word and do not obey what he says"

Chapter 2

¹ Children, I am writing these things to you so that you will not sin. But if anyone sins, we have an advocate with the Father, Jesus Christ, the one who is righteous. ² He is the atoning sacrifice for our sins, and not for ours only, but also for the whole world. ³ We know that we have come to know him, if we keep his commandments. ⁴ The one who says "I know God" but does not keep his commandments is a liar, and the truth is not in him. ⁵ But whoever keeps his word, in him truly the love of God has been perfected. By this we know that we are in him: ⁶ whoever says that he remains in God should himself also walk just as he walked.

⁷ Beloved, I am not writing a new commandment to you, but an old commandment that you have had from the beginning. The old commandment is the word that you heard. ⁸ Yet I am writing a new commandment to you, which is true in Christ and in you, because the darkness is passing away, and the true light is already shining. ⁹ The one who says that he is in the light and hates his

brother is in the darkness until now. ¹⁰ The one who loves his brother remains in the light and there is no occasion for stumbling in him. ¹¹ But the one who hates his brother is in the darkness and walks in the darkness; he does not know where he is going because the darkness has blinded his eyes.

¹² I am writing to you, children, because your sins are forgiven because of his name. ¹³ I am writing to you, fathers, because you know the one who is from the beginning. I am writing to you, young men, because you have overcome the evil one. I have written to you, children, because you know the Father.

¹⁴ I have written to you, fathers, because you know the one who is from the beginning. I have written to you, young men, because you are strong, and the word of God remains in you, and you have overcome the evil one. ¹⁵ Do not love the world or the things that are in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶ For everything that is in the world—the lust of the flesh, the lust of the eyes, and the arrogance of life—is not from the Father but is from the world. ¹⁷ The world and its desire are passing away. But whoever does the will of God will remain forever.

¹⁸ Children, it is the last hour. Just as you heard that the antichrist is coming, now many antichrists have come. By this we know that it is the last hour. ¹⁹ They went out from us, but they were not from us. For if they had been from us they would have remained with us. But when they went out, that showed they were not from us. ²⁰ But you have an anointing from the Holy One, and you all know. ²¹ I did not write to you because you do not know the truth, but because you know it and because no lie is from the truth. ²² Who is the liar but the one who denies that Jesus is the Christ? That person is the antichrist, since he denies the Father and the Son. ²³ No one who denies the Son has the Father. Whoever confesses the Son also has the Father. ²⁴ As for you, let what you have heard from the beginning remain in you. If what you heard from the beginning remains in you, you will also remain in the Son and in the Father. ²⁵ This is the promise he gave to us—eternal life. ²⁶ I have written these things to you about those who would lead you astray. ²⁷ As for you, the anointing that you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you everything and is true and is not a lie, and just as it has taught you, remain in him.

²⁸ Now, children, remain in him so that when he appears we will have boldness and not be ashamed before him at his coming. ²⁹ If you know that he is righteous, you know that everyone who does what is right has been born from him.

1 John 2 General Notes

Special concepts in this chapter

Antichrist

In this chapter John writes about both a specific antichrist and many

antichrists. The word "antichrist" means "opposed to Christ." The antichrist is a person who will come in the last days and imitate Jesus's work, but he will do it for evil. Before this person comes, there will be many people who work against Christ; they too are called "antichrists." (See: antichrist and lastday and evil)

Important figures of speech in this chapter

Metaphor

There are several groups of similar metaphors that are used throughout this chapter.

Being in God is a metaphor for having fellowship with God, and God's word and truth being in people is a metaphor for people knowing and obeying God's word.

Walking is a metaphor for behaving, not knowing where one is going is a metaphor for not knowing how to behave, and stumbling is a metaphor for sinning.

The light is a metaphor for knowing and doing what is right, and darkness and blindness are metaphors for not knowing what is right and doing what is wrong.

Leading people astray is a metaphor for teaching people things that are not true.

1 John 2:1

General Information:

Here the word "we" refers to John and all believers.

Connecting Statement:

John continues to write about fellowship and shows that it is possible because Jesus goes between believers and the Father.

Children

John was an elderly man and their leader. He used this expression to show his love for them. Alternate translation: "You who are as dear to me as my own children"

I am writing these things

"I am writing this letter"

But if anyone sins

"But when anyone sins." This is something that is likely to happen.

we have an advocate with the Father, Jesus Christ, the one who is righteous

The word "advocate" here refers to Jesus. Alternate translation: "we have Jesus Christ, the one who is righteous, who speaks to the Father and asks him to forgive us"

1 John 2:2

He is the atoning sacrifice for our sins

"God is no longer angry with us because Jesus sacrificed his own life for our sins"

1 John 2:3

We know that we have come to know him

"We know that we know him" or "We know that we have a good relationship with him"

if we keep his commandments

"if we obey what he commands"

1 John 2:4

The one who says

"Anyone who says" or "The person who says"

I know God

"I have a good relationship with God"

does not keep

"does not obey" or "disobeys"

his commandments

"what God tells him to do"

the truth is not in him

The truth is spoken of as if it were an object that could be inside the believers. Alternate translation: "he does not believe what God says is true"

1 John 2:5

keeps his word

To keep someone's word here is an idiom for to obey. Alternate translation: "does what God tells him to do"

in him truly the love of God has been perfected

This can be stated in active form. Possible meanings are 1) "the love of God" refers to a person loving God, and "perfected" represents completely or fully. Alternate translation: "it is that person who loves God completely" or 2) "the love of God" refers to God loving people, and "perfected" represents completing its purpose. Alternate translation: "God's love has achieved its purpose in that person's life"

By this we know that we are in him

The phrase "we are in him" means that the believer has fellowship with God. Alternate translation: "When we obey what God says, we can be certain that we have fellowship with him" or "By this we know that are joined to God"

1 John 2:6

remains in God

To remain in God means to continue to have fellowship with God. Alternate translation: "continues to have fellowship with God" or "stays joined to God"

should himself also walk just as he walked

Conducting one's life is spoken of as if it were walking on a path. Alternate translation: "must live as he lived" or "should also obey God just as Jesus Christ did"

1 John 2:7

Connecting Statement:

John gives believers basic principles of fellowship—obedience and love.

Beloved, I am

"You people whom I love, I am" or "Dear friends, I am"

I am not writing a new commandment to you,

but an old commandment that you have had

"I write to you to love one other, which is not a new thing to do but an old commandment that you have heard." John refers to Jesus's command to love one another.

from the beginning

Here, "beginning" refers to when they decided to follow Christ. Alternate translation: "from when you first believed in Christ"

The old commandment is the word that you heard

"The old commandment is the message that you heard"

1 John 2:8

Yet I am writing a new commandment to you

"But in one way the commandment I write to you is a new commandment"

which is true in Christ and in you

"which is true, as shown in Christ's deeds and your deeds"

the darkness is passing away, and the true light is already shining

Here "darkness" is a metaphor for "evil," and "light" is a metaphor for "good." Alternate translation: "you are ceasing to do evil and you are doing more and more good"

1 John 2:9

General Information:

Here the word "brother" refers to a fellow Christian.

The one who says

"Anyone who says" or "Someone who claims." This does not refer to a specific person.

he is in the light

Here to be "in the light" is a metaphor for doing what is right. Alternate translation: "he does what is right"

is in the darkness

Here to be "in the darkness" is a metaphor for doing what is evil. Alternate translation: "does what is evil"

1 John 2:10

there is no occasion for stumbling in him

"nothing will cause him to stumble."
The word "stumbling" is a metaphor that means to fail spiritually or morally. Alternate translation: "nothing will cause him to sin" or "he will not fail to do what is pleasing to God"

1 John 2:11

is in the darkness and walks in the darkness
Here "walk" is a metaphor for how a person lives or behaves. Here to be "in the darkness" and "walks in the darkness" mean the same thing. This brings attention to how evil it is to hate a fellow believer. Alternate translation: "does what is evil"

he does not know where he is going
This is a metaphor for the believer who is not living as a Christian should be living. Alternate translation: "he does not know what he should do"

the darkness has blinded his eyes
"the darkness has made him unable to see." Darkness is a metaphor for sin or evil. Alternate translation: "sin has made it impossible for him to understand the truth"

1 John 2:12

General Information:

John explains why he is writing his letter either to different age groups or to believers with differences in maturity. Try to use similar wording for these sentences, as they are written poetically.

you, children

John was an elderly man and their leader. He used this expression to show his love for them. See how you translated this in [1 John 2:1]

your sins are forgiven

This can be stated in active form. Alternate translation: "God forgives your sins"

because of his name

"his name" refers to Christ and who he is. Alternate translation: "because of what Christ has done for you"

1 John 2:13

I am writing to you, fathers

The word "fathers" here is possibly a metaphor referring to mature believers. Alternate translation: "I am writing to you, mature believers"

you know

"you have a relationship with"

the one who is from the beginning

"the one who has always lived" or "the one who has always existed." It refers either to "Jesus" or to "God the Father."

young men

This possibly refers to those who are no longer new believers but are growing in spiritual maturity. Alternate translation: "young believers"

overcome

The writer is speaking of the believers' refusal to follow Satan and of their frustrating his plans as if it were a matter of conquering him.

1 John 2:14

you are strong

Here "strong" refers not to believers' physical strength, but to their faithfulness to Christ.

the word of God remains in you

"Word of God" here is a metonym for the message from God. The writer refers to the believers' increased faithfulness to Christ and knowledge of him as if he were speaking of God's word existing in them. Alternate translation: "God's message continues to teach you" or "you know the word of God"

1 John 2:15

Do not love the world or

In 2:15-17 the word "world" refers to all the things people want to do that do not honor God. Alternate translation: "Do not behave like the people in the world who do not honor God, and do not love"

the things that are in the world

"the things that those who dishonor God want"

If anyone loves the world, the love of the Father is not in him

A person cannot love this world and all that dishonors God and love the Father at the same time.

the love of the Father is not in him

"he does not love the Father"

1 John 2:16

the lust of the flesh

"the strong desire to have sinful physical pleasure"

the lust of the eyes

"the strong desire to have things that we see"

is not from the Father

"does not come from the Father" or "is not how the Father teaches us to live"

1 John 2:17

are passing away

"pass away" or "will one day not be here"

1 John 2:18

Connecting Statement:

John warns about those who are against Christ.

Children

John was an elderly man and their leader. He used this expression to show his love for them. See how you translated this in [1 John 2:1]

it is the last hour

The phrase "the last hour" refers to the time just before Jesus returns. Alternate translation: "Jesus will return soon"

many antichrists have come

"there are many people who are against Christ"

have come. By this we know

"have come, and because of this we know" or "have come, and because many antichrists have come, we know"

1 John 2:19

They went out from us

"They left us"

but they were not from us

"but they did not really belong to us anyway" or "but they were not really part of our group in the first place."

The reason they were not really part of the group is that they were not believers in Jesus.

For if they had been from us they would have remained with us

"We know this because they would not have left us if they really had been believers"

1 John 2:20

General Information:

In the Old Testament the word "anointing" referred to pouring oil on a person to set him apart to serve God.

But you have an anointing from the Holy One

John speaks of the Holy Spirit as if he were "an anointing" that the people have received from Jesus. The abstract noun "anointing" can be translated with a verbal phrase. Alternate translation: "But the Holy One has anointed you" or "But Jesus Christ, the Holy One, has given you his Spirit"

the Holy One

This refers to Jesus. Alternate translation: "Jesus, the Holy One"

you all know

Your language might allow you to use the abstract noun "knowledge" here. If your language requires you to state what it is that the readers know, be as general as possible. Alternate translation: "you all have knowledge" or "you all know what is true"

1 John 2:21

the truth ... no lie is from the truth

The abstract noun "truth" can be translated as an adjective. Alternate translation: "what is true ... no lie comes from what is true"

1 John 2:22

Who is the liar but the one who denies that Jesus is the Christ?

"Who is the liar? Anyone who denies that Jesus is the Christ." John used a

question to emphasize who liars are. Alternate translation: "The one who denies that Jesus is the Christ is the liar"

denies that Jesus is the Christ

"refuses to say that Jesus is the Christ" or "says that Jesus is not the Messiah"

denies the Father and the Son

"refuses to say the truth about the Father and the Son" or "rejects the Father and the Son."

Father ... Son

These are important titles that describe the relationship between God and Jesus.

1 John 2:23

has the Father

"belongs to the Father"

confesses the Son

"speaks the truth about the Son"

has the Father

"belongs to the Father"

1 John 2:24

General Information:

Here the word "you" is plural and refers to the people to whom John wrote, as well as all believers. The word "he" is emphatic and refers to Christ.

Connecting Statement:

John reminds believers to continue in what they have first heard.

As for you

This marks John's telling them how they should live as followers of Jesus instead of how those against Christ live.

let what you have heard from the beginning remain in you

"remember and believe what you have heard from the beginning." How they heard it, what they heard, and what "the beginning" means can be made explicit: Alternate translation:

"continue to trust what we have taught you about Jesus just as you have trusted since you first became

believers"

what you have heard from the beginning

"what we taught you about Jesus when you first became believers"

If what you heard from the beginning remains in you

The word "remains" is talking about relationship, not salvation. Alternate translation: "If you continue to trust what we first taught you"

also remain in the Son and in the Father

To "remain in" means to continue to have fellowship with. See how you translated a similar phrase to "remain in" in [1 John 2:6]

1 John 2:25

This is the promise he gave to us—eternal life.

"This is what he promised to give us—eternal life" or "He has promised to cause us to live forever"

life

The word "life" throughout this letter refers to more than physical life. Here "life" refers to being alive spiritually. See how you translated this in [1 John 1:1]

1 John 2:26

those who would lead you astray

Here "lead you astray" is a metaphor for persuading someone to believe something that is not true. Alternate translation: "those who want to deceive you" or "those who want to make you believe lies about Jesus Christ"

1 John 2:27

Connecting Statement:

Starting in verse 29, John introduces the idea of being born into God's family. The previous verses show that believers continue to sin; this part shows that believers also have the new nature, which cannot sin. It continues to show how believers can recognize each other.

As for you

This marks John's telling them something else about how they should

live as followers of Jesus instead of following those who are against Christ.

the anointing that you received from him remains in you

John speaks of the Holy Spirit as if he were "the anointing" that the people have received from Jesus and remains in them. The abstract noun "anointing" can be translated with a verbal phrase. See how you translated "anointing" in [1 John 2:20]

as his anointing teaches you everything

Here the word "everything" is a generalization. Alternate translation: "because his anointing teaches you everything that you need to know" or "because his Spirit teaches you everything that you need to know"

1 John 2:28

Now

This word is used here to mark a new part of the letter.

Now, children

John was an elderly man and their leader. He used this expression to show his love for them. See how you translated this in [1 John 2:1]

he appears

"we see him"

boldness

having no fear

not be ashamed before him

"not be ashamed in his presence"

at his coming

"when he comes again"

1 John 2:29

has been born from him

"has been born of God" or "is God's child"

Chapter 3

¹ See what kind of love the Father has given to us, that we should be called children of God, and this is what we are. For this reason, the world does not know us, because it did not know him. ^[1]² Beloved, we are now children of God, and it has not yet been revealed what we will be. We know that when Christ appears, we will be like him, for we will see him just as he is. ³ Everyone who has this hope in him purifies himself just as he is pure. ⁴ Everyone who sins is committing acts of lawlessness, for sin is lawlessness. ⁵ You know that Christ was revealed in order to take away sins, and in him there is no sin. ⁶ No one who remains in him will keep on sinning. No one who continues to sin has seen him or known him. ⁷ Children, do not let anyone lead you astray. The one who does righteousness is righteous, just as Christ is righteous. ⁸ The one who commits sin is from the devil, for the devil has sinned from the beginning. For this reason the Son of God was revealed, so that he would destroy the devil's works. ⁹ Whoever has been born from God does not continue to sin, because God's seed remains in him. He cannot continue to sin because he has been born of God. ¹⁰ In this the children of God and children of the devil are revealed: Whoever does not do what is righteous is not from God, neither is the one who does not love his brother. ¹¹ For this is the message that you have heard from the beginning: We should love one another. ¹² We should not be like Cain, who was from the evil one and murdered his brother. Why did he kill him? Because his works were evil and his brother's righteous.

¹³ Do not be amazed, my brothers, if the world hates you. ¹⁴ We know that we

have passed out of death into life, because we love the brothers. Anyone who does not love remains in death. ¹⁵ Anyone who hates his brother is a murderer. You know that no murderer has eternal life residing in him. ¹⁶ By this we know love, because Christ laid down his life for us. We also ought to lay down our lives for the brothers. ¹⁷ But whoever has the world's goods, sees his brother in need, and shuts up his heart of compassion from him, how does the love of God remain in him? ¹⁸ My children, let us not love in word or in tongue, but in actions and truth. ¹⁹ It is by this we know that we are from the truth, and we assure our hearts before him. ²⁰ For if our hearts condemn us, God is greater than our hearts, and he knows all things. ²¹ Beloved, if our hearts do not condemn us, we have confidence toward God. ²² Whatever we ask we will receive from him, because we keep his commandments and do the things that are pleasing before him. ²³ This is his commandment: that we should believe in the name of his Son Jesus Christ and love one another, just as he gave us this commandment. ²⁴ The one who keeps God's commandments remains in him, and God remains in him. By this we know that he remains in us, by the Spirit whom he gave to us.

Footnotes

3:1 ^[1]Some important and ancient Greek copies leave out,

1 John 3 General Notes

Special concepts in this chapter

Children of God

God created all people, but people can only become children of God by believing in Jesus. (See: believe)

Cain

Cain was a son of the first man, Adam, and the first woman, Eve. He was jealous of his brother and murdered him. Readers may not know who Cain was if they have not read Genesis. It may help them if you explain this to them.

Other possible translation difficulties in this chapter

"To know"

The verb "to know" is used in two different ways in this chapter. Sometimes it is used about knowing a fact, as in 3:2, 3:5, and 3:19. Sometimes it means to experience and understand someone or something, as in 3:1, 3:6, 3:16, and 3:20. Some languages have different words for these different meanings.

"He who keeps God's commandments remains in him, and God remains in him"

Many scholars believe this is about remaining in God's will and is not about being saved. (See: eternity and save)

1 John 3:1

Connecting Statement:

In this part John tells the believers about their new nature, which cannot sin.

See what kind of love the Father has given to us

"Think about how our Father loves us so much"

we should be called children of God

"the Father called us his children"

children of God

Here this means people who belong to God through faith in Jesus.

For this reason, the world does not know us, because it did not know him

Possible meanings are 1) "Because we are the children of God and because the world did not know God, it does not know us" or 2) "Because the world did not know God, it does not know us."

the world does not know us, because it did not know him

Here "the world" refers to people who do not honor God. What the world did not know can be made explicit:

Alternate translation: "those who do not honor God do not know that we belong to God, because they did not know God"

1 John 3:2

Beloved, we are

"You people whom I love, we are" or "Dear friends, we are." See how you translated this in 1 John 2:7.

it has not yet been revealed

This can be stated in active form:

Alternate translation: "God has not yet revealed"

revealed

This can mean here either "told," "demonstrated," or "shown."

1 John 3:3

Everyone who has this hope in him

The word "him" refers to Christ.

Having hope in Christ means expecting that because of Christ, what is hoped for will happen. Alternate translation: "Everyone who has this hope because of Christ" or "Everyone who trusts Christ to fulfill this hope"

who has this hope in him

The phrase "this hope" refers to the hope of being like Christ, as mentioned in the previous verse. Here to have hope is to confidently expect something good. Alternate translation:

"who confidently expects in Christ to become like Christ" or "who confidently waits for Christ to cause him to become like Christ"

purifies himself just as he is pure

"keeps himself pure because Christ is pure"

1 John 3:4

General Information:

This page has intentionally been left blank.

1 John 3:5

Christ was revealed

This can be stated in active form.

Alternate translation: "Christ appeared" or "the Father revealed Christ"

1 John 3:6

remains in him

To remain in someone means to continue to have fellowship with him. See how you translated "remains in God" in [1 John 2:6]

No one ... has seen him or known him

John uses the words "seen" and "known" to say that the person who sins has never met Christ in a spiritual sense. A person behaving according to his sinful nature cannot know Christ. Alternate translation: "No one ... has ever truly believed in him"

1 John 3:7

Children, do not let

John was an elderly man and their leader. He used this expression to show his love for them. See how you translated this in [1 John 2:1]

do not let anyone lead you astray

Here "lead you astray" is a metaphor for persuading someone to believe something that is not true. Alternate translation: "do not let anyone fool you" or "do not let anyone deceive you"

The one who does righteousness is righteous, just as Christ is righteous

"He who does what is right is pleasing to God just as Christ is pleasing to

God."

1 John 3:8

is from the devil

"belongs to the devil" or "is like the devil"

from the beginning

This refers to the very earliest time of creation before humans first sinned.

Alternate translation: "since the earliest time of creation"

the Son of God was revealed

This can be stated in active form.

Alternate translation: "God revealed his Son"

Son of God

This is an important title for Jesus that describes his relationship to God.

1 John 3:9

Connecting Statement:

For now John ends this section on the new birth and the new nature which cannot sin.

Whoever has been born from God

This can be stated in active form.

Alternate translation: "Whoever God has made his child"

God's seed

This speaks of the Holy Spirit, whom God gives to believers and who makes them able to resist sin and do what pleases God as if he were a physical seed that is planted in the earth and grows. Alternate translation: "the Holy Spirit"

he has been born of God

This can be stated in active form.

Alternate translation: "God has given him new spiritual life" or "he is a child of God"

1 John 3:10

In this the children of God and children of the devil are revealed

This can be stated in active form.

Alternate translation: "This is how we know who the children of God are and who the children of the devil are"

Whoever does not do what is righteous is not from God, neither is the one who does not love

his brother

"whoever does not do what is righteous is not from God; whoever does not love his brother is also not from God" or "those who are from God do what is right, and those who are from God love their brothers"

his brother

Here "brother" means fellow Christians.

1 John 3:11

General Information:

This page has intentionally been left blank.

1 John 3:12

General Information:

Cain and Abel were the first sons of Adam and Eve, the first man and woman.

We should not be like Cain

"We should not do as Cain did"

brother

This refers to Cain's younger brother Abel.

Why did he kill him? Because

John uses a question to teach his audience. This can be translated as a statement. Alternate translation: "He killed him because"

his works were evil and his brother's righteous

The words "works were" are also understood in the second phrase.

Alternate translation: "Cain's works were evil and his brother's works were righteous" or "Cain did evil things and his brother did what was right"

1 John 3:13

my brothers

"my fellow believers." John's readers were both male and female.

if the world hates you

Here the word "world" refers to the people who do not honor God.

Alternate translation: "if those who do not honor God hate you who do honor God"

1 John 3:14

we have passed out of death into life

The conditions of living and of being dead are spoken of as if they were physical locations that a person could leave from and go to. The abstract nouns "life" and "death" can be translated with verbal phrases. Alternate translation: "we are no longer spiritually dead but are spiritually alive"

life

The word "life" throughout this letter refers to more than physical life. Here "life" refers to being alive spiritually. See how you translated this in [1 John 1:1]

remains in death

"is still spiritually dead"

1 John 3:15

Anyone who hates his brother is a murderer

John speaks of a person who hates another believer as if he were a murderer. Since people commit murder because they hate other people, God considers anyone who hates to be as guilty as someone who kills a person. Alternate translation: "Whoever hates another believer is as guilty as someone who kills a person"

no murderer has eternal life residing in him

"Eternal life" does refer to believers living forever after they have died, but it is also the power that God gives believers in this life to help them to stop sinning and to do what please him. Here eternal life is spoken of as if it were a person that could live in someone. Alternate translation: "a murderer does not have the power of spiritual life"

1 John 3:16

Christ laid down his life for us

This expression means "Christ willingly gave his life for us" or "Christ willingly died for us"

1 John 3:17

the world's goods

material possessions like money, food, or clothing

sees his brother in need

"realizes a fellow believer needs help"

shuts up his heart of compassion from him

Here "heart" is a metonym for "thoughts" or "emotions." Here "shuts up his heart of compassion" is a metaphor for no longer showing someone compassion. Alternate translation: "does not show him compassion" or "does not willingly help him"

how does the love of God remain in him?

John uses a question to teach his audience. Alternate translation: "God's love is not in him"

1 John 3:18

My children

John was an elderly man and their leader. He used this expression to show his love for them. See how you translated this in [1 John 2:1]

let us not love in word or in tongue, but in actions and truth

The phrases "in word" and "in tongue" both refer to what a person says. Alternate translation: "do not just say that you love people, but show that you truly love people by helping them"

in actions and truth

The words "let us love" are understood here. Alternate translation: "let us love in actions and truth"

1 John 3:19

Connecting Statement:

Here John probably means that believers' ability to love God and each other sincerely (1 John 3:18) is a sign that their new life has indeed originated from the truth about Christ.

we are from the truth

People living according to the truth is spoken of as they were "from the truth." Alternate translation: "we are living according the way Jesus taught us" or "we belong to him who is true"

we assure our hearts

The word "heart" here refers to

feelings. Alternate translation: "we do not feel guilty"

1 John 3:20

if our hearts condemn us

Here "hearts" is a metonym for people's thoughts or consciences.

Here "hearts condemn us" is a metaphor for feeling guilty. Alternate translation: "if we know that we have sinned and as a result feel guilty"

God is greater than our hearts

Here "hearts" is metonym for people's thoughts or consciences. For God to be "greater than our hearts" means that God knows more than a person. Therefore he can judge things better than a person can. The effect of this truth is probably that God is more merciful than our consciences would suppose. Alternate translation: "God knows more than we do"

1 John 3:21

Beloved, if

"You people whom I love, if" or "Dear friends, if." See how you translated this in 1 John 2:7.

1 John 3:22

do the things that are pleasing before him

Here "before him" represents God's opinion or what he thinks about something. Alternate translation: "do the things that are pleasing to him" or "do what pleases him"

1 John 3:23

This is his commandment: that we should believe ... just as he gave us this commandment

The abstract noun "commandment" can be stated as "command." Alternate translation: "This is what God commands us to do: Believe ... just as he commanded us to do"

Son

This is an important title for Jesus, the Son of God.

1 John 3:24

remains in him, and God remains in him

To remain in someone means to continue to have fellowship with him. See how you translated "remains in God" in [1 John 2:6]

he remains in us

To remain in someone means to continue to have fellowship with him. Alternate translation: "God continues to have fellowship with us"

Chapter 4

¹ Beloved, do not believe every spirit. Instead, test the spirits to see whether they are from God, because many false prophets have gone out into the world.

² By this you will know the Spirit of God—every spirit that confesses that Jesus Christ has come in the flesh is from God, ³ and every spirit that does not confess Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming, and now is already in the world. ^[1]⁴ You are from God, children, and have overcome them, because the one who is in you is greater than the one who is in the world. ⁵ They are from the world; therefore what they say is from the world, and the world listens to them. ⁶ We are from God. Anyone who knows God listens to us. He who is not from God does not listen to us. By this we know the spirit of truth and the spirit of error.

⁷ Beloved, let us love one another, for love is from God, and everyone who loves is born from God and knows God. ⁸ The person who does not love does not know God, for God is love. ⁹ Because of this the love of God was revealed among us, that God has sent his only Son into the world so that we would live

because of him. ¹⁰ In this is love, not that we loved God, but that he loved us, and that he sent his Son to be the atoning sacrifice for our sins. ¹¹ Beloved, if God so loved us, we also should love one another. ¹² No one has ever seen God. If we love one another, God remains in us, and his love is perfected in us. ¹³ By this we know that we remain in him and he in us, because he has given us some of his Spirit. ¹⁴ Also, we have seen and testify that the Father has sent the Son to be the Savior of the world. ¹⁵ Whoever confesses that Jesus is the Son of God, God remains in him and he in God. ¹⁶ Also, we have known and believed the love that God has for us. God is love, and the one who remains in this love remains in God, and God remains in him. ¹⁷ Because of this, this love has been made perfect among us, so that we will have confidence on the day of judgment, because as he is, just so are we in this world. ¹⁸ There is no fear in love. Instead, perfect love throws out fear, because fear has to do with punishment. But the one who fears has not been made perfect in love. ¹⁹ We love because God first loved us. ²⁰ If anyone says, "I love God" but hates his brother, he is a liar. For the one who does not love his brother, whom he has seen, cannot love God, whom he has not seen. ²¹ Also, this is the commandment we have from him: Whoever loves God must also love his own brother.

Footnotes

4:3 ^[1]Some important and ancient Greek copies read,

1 John 4 General Notes

Special concepts in this chapter

Spirit

This word "spirit" is used in different ways in this chapter. Sometimes the word "spirit" refers to spiritual beings. Sometimes it refers to the character of something. For example "the spirit of the antichrist," "the spirit of truth," and "the spirit of error" refer to what is typical of the antichrist, truth, and error. "The Spirit" (written with a capital "S") and "the Spirit of God" refer to God. (See: antichrist)

Other possible translation difficulties in this chapter

Loving God

If people love God, they should show it in the way they live and the way they treat other people. Doing this may assure us that God has saved us and that we belong to him, but loving others does not save us. (See: save)

1 John 4:1

General Information:

John gives a warning against false teachers who teach against Christ's having had a human body and teachers who talk the way those who love the world talk.

Beloved, do not believe

"You people whom I love, do not believe" or "Dear friends, do not believe." See how you translated this in 1 John 2:7.

do not believe every spirit

Here, the word "spirit" refers to a

spiritual power or being that gives a person a message or prophecy.

Alternate translation: "do not trust every prophet who claims to have a message from a spirit"

test the spirits

Here, the word "spirits" refers to a spiritual power or being that gives a person a message or prophecy.

Alternate translation: "think carefully about what the prophet says"

1 John 4:2

has come in the flesh

Here "flesh" represents the human body. Alternate translation: "has come as a human being" or "has come in a physical body"

1 John 4:3

This is the spirit of the antichrist, which you have heard is coming, and now is already in the world

"These are prophets opposed to Christ, whom you have heard are coming, and now are already in the world"

1 John 4:4

God, children

John was an elderly man and their leader. He used this expression to show his love for them. See how you translated this in [1 John 2:1]

have overcome them

"have not believed the false teachers"

the one who is in you is

"God, who is in you, is"

the one who is in the world

Here "the one" refers to the devil.

Here "the world" represents the people of the world. Alternate translation: "the devil who is in the people of the world"

1 John 4:5

They are from the world

"They" refers to the false teachers.

"From the world" is in contrast to being from God. "The world" represents all things that oppose God. Alternate translation: "They are of the

world"

therefore what they say is from the world

Here "from the world" is in contrast to being from God. Here "the world" represents all things that oppose God. Alternate translation: "therefore what the false teachers say is of the world"

and the world listens to them

The words "the world" are a metonym for people who do not obey God.

Alternate translation: "so the people who do not obey God listen to them"

1 John 4:6

General Information:

This page has intentionally been left blank.

1 John 4:7

General Information:

John continues to teach about the new nature. He teaches his readers about God's love and loving one another.

Beloved, let us love

"You people whom I love, let us love" or "Dear friends, let us love." See how you translated "Beloved" in 1 John 2:7.

let us love one another

"believers are to love other believers"

and everyone who loves is born from God and knows God

"and because those who love their fellow believers have become God's children and know him"

for love is from God

"because God causes us to love each other"

born from God

This is a metaphor which means someone has a relationship to God like a child to his father.

1 John 4:8

The person who does not love does not know God, for God is love

The phrase "God is love" a metaphor which means "the character of God is love." Alternate translation: "Those who do not love their fellow believers do not know God, because the character of God is to love people"

1 John 4:9

Because of this ... among us, that God has sent his only Son

"Because of this ... among us: God has sent his only Son." The phrase "Because of this" refers to the phrase "that God has sent his only Son."

the love of God was revealed among us

The noun "love" can be translated as a verb. This phrase can be made active. Alternate translation: "God showed that he loves us"

so that we would live because of him

"to enable us to live eternally because of what Jesus did"

1 John 4:10

In this is love, not that

"The true demonstration of love was not that" or "This is true love: not that he sent his Son to be the atoning sacrifice for our sins

By dying on the cross as a sacrifice, Christ satisfied God's wrath against our sin. The phrase "atoning sacrifice" can be translated with a verbal phrase. Alternate translation: "he sent his Son to be the sacrifice that satisfied his wrath against our sins"

1 John 4:11

Beloved, if

"You people whom I love, if" or "Dear friends, if." See how you translated this in 1 John 2:7.

if God so loved us

"since God loved us in this way"

we also should love one another

"believers are to love other believers"

1 John 4:12

God remains in us

To remain in someone means to continue to have fellowship with him. See how you translated "remains in God" in [1 John 2:6]

his love is perfected in us

"God's love is complete in us"

1 John 4:13

we remain in him and he in us

To remain in someone means to

continue to have fellowship with him. See how you translated "remains in God" in [1 John 2:6]

and he in us

The word "remains" is understood from the previous phrase. Alternate translation: "and he remains in us"

By this we know ... us, because he has given

Your translation may be clearer if you omit either "by this" or "because."

Alternate translation: "We know ... us because he gave" or "By this we know ... us: he gave"

because he has given us some of his Spirit

"because he gave us his Spirit" or "because he has put his Holy Spirit in us." This phrase, however, does not imply that God has less of his Spirit after he has given us some.

1 John 4:14

Also, we have seen and testify that the Father has sent the Son to be the Savior of the world

"And we apostles have seen the Son of God and tell everyone that God the Father has sent his Son to save people on this earth"

Father ... Son

These are important titles that describe the relationship between God and Jesus.

1 John 4:15

Whoever confesses that Jesus is the Son of God

"Anyone who says the truth about Jesus, that he is the Son of God"

Son of God

This is an important title for Jesus that describes his relationship to God.

God remains in him and he in God

To remain in someone means to continue to have fellowship with him. See how you translated "remains in God" in [1 John 2:6]

and he in God

The word "remains" is understood from the previous phrase. Alternate translation: "and he remains in God" (See: Ellipsis)

1 John 4:16

God is love

This is a metaphor which means "the character of God is love." See how you translated this in [1 John 4:8]

the one who remains in this love

"those who continue to love others"

remains in God, and God remains in him

To remain in someone means to continue to have fellowship with him. See how you translated "remains in God" in [1 John 2:6]

1 John 4:17

Because of this, this love has been made perfect among us, so that we will have confidence

This can be stated in active form.

Possible meanings are 1) "Because of this" refers back to [1 John 4:16]

this love has been made perfect among us

This can be stated in active form.

Alternate translation: "God has made his love for us complete"

because as he is, just so are we in this world

"because the relationship that Jesus has with God is the same relationship we have with God in this world"

1 John 4:18

Instead, perfect love throws out fear

Here "love" is described as a person with the power to remove fear. God's love is perfect. Alternate translation:

"Instead, when our love is complete, we are no longer afraid"

because fear has to do with punishment

"because we would be afraid only if we thought that he would punish us"

But the one who fears has not been made perfect in love

This can be stated in active form.

Alternate translation: "But when a person is afraid that God will punish him, his love is not complete"

1 John 4:19

General Information:

This page has intentionally been left blank.

1 John 4:20

hates his brother

"hates a fellow believer"

the one who does not love his brother, whom he has seen, cannot love God, whom he has not seen

If two negative statements in a row are confusing, this can be translated differently. Alternate translation: "the one who hates his brother, whom he has seen, cannot love God, whom he has not seen"

1 John 4:21

General Information:

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Chapter 5

¹ Whoever believes that Jesus is the Christ is born from God, and whoever loves a father also loves the child born from him. ² This is how we know that we love the children of God: when we love God and obey his commandments. ³ For this is love for God: that we keep his commandments. And his commandments are not burdensome. ⁴ For everyone who is born from God overcomes the world. And this is the victory that has overcome the world, even our faith. ⁵ Who is the one who overcomes the world? The one who believes that Jesus is the Son of God. ⁶ This is the one who came by water and blood: Jesus Christ. He came not only by water, but also by water and blood. The Spirit is the one who testifies, because the Spirit is the truth. ⁷ For there are three that testify: ⁸ the Spirit, the water, and the blood. These three are in

agreement. ^[1]⁹ If we receive the testimony of men, the testimony of God is greater. For this is the testimony of God that he has testified concerning his Son. ¹⁰ Anyone who believes in the Son of God has the testimony in himself. Anyone who does not believe God has made him out to be a liar, because he has not believed the testimony that God has given concerning his Son. ¹¹ And the testimony is this: God gave us eternal life, and this life is in his Son. ¹² The one who has the Son has life. The one who does not have the Son of God does not have life.

¹³ I have written to you these things so that you will know that you have eternal life—to you who believe in the name of the Son of God. ¹⁴ Also, this is the confidence we have before him, that if we ask anything according to his will, he hears us. ¹⁵ Also, if we know that he hears us—whatever we ask of him—we know that we have whatever we have asked of him. ¹⁶ If anyone sees his brother commit a sin that does not result in death, he must pray, and God will give him life. I refer to those whose sin does not result in death. There is a sin that results in death; I am not saying that he should pray about that. ¹⁷ All unrighteousness is sin, but there is sin that does not result in death.

¹⁸ We know that whoever has been born from God does not sin. But the one who was born from God keeps him safe, and the evil one cannot harm him. ¹⁹ We know that we are from God, and we know that the whole world lies in the power of the evil one. ²⁰ But we know that the Son of God has come and has given us understanding so that we may know him who is true. Also, we are in him who is true, in his Son Jesus Christ. This one is the true God and eternal life. ²¹ Children, keep yourselves from idols.

Footnotes

5:8 ^[1]Some important and ancient Greek copies read,

1 John 5 General Notes

Special concepts in this chapter

Children born from God

When people believe in Jesus, God makes them his children and gives them eternal life. (See: believe)

Christian living

People who believe in Jesus should obey God's commands and love his children.

Other possible translation difficulties in this chapter

A sin that results in death

This seems to refer to behaviors that will result in a person experiencing spiritual death, that is, to be separated from God forever. (See: death)

"the whole world lies in the power of the evil one"

The phrase "the evil one" refers to Satan. God has allowed him to rule the world, but ultimately God is in control over everything. God keeps his children safe from the evil one. (See: satan)

1 John 5:1

General Information:

John continues to teach his readers about God's love and the love believers are to have because they have this new nature from God.

is born from God

"is a child of God"

1 John 5:2

This is how we know that we love the children of God: when we love God and obey his commandments.

"When we love God and do what he commands, then we know that we love his children"

1 John 5:3

For this is love for God: that we keep his commandments

"Because when we do what he commands, that is true love for God"

his commandments are not burdensome

"what he commands is not difficult"

burdensome

"heavy" or "crushing" or "difficult"

1 John 5:4

everyone who is born from God overcomes
"all children of God overcome"

overcomes the world

"has victory over the world,"

"succeeds against the world," or

"refuses to do the evil things unbelievers do"

the world

This passage uses "the world" to refer to all the sinful people and the evil systems in the world. Alternate translation: "everything in the world that is against God"

And this is the victory that has overcome the world, even our faith

"And this is what gives us the power to resist whatever would lead us to sin against God: our faith" or "And it is our faith that gives us the power to resist whatever would lead us to sin against God"

1 John 5:5

Who is the one who overcomes the world?

John used this question to introduce something he wanted to teach.

Alternate translation: "I will tell you who overcomes the world:"

The one who believes that Jesus is the Son of God

This does not refer to a specific person but to anyone who believes this.

Alternate translation: "Anyone who believes that Jesus is the Son of God"

Son of God

This is an important title for Jesus that describes his relationship to God.

1 John 5:6

Connecting Statement:

John teaches about Jesus Christ and what God said about him.

This is the one who came by water and blood: Jesus Christ

"Jesus Christ is the one who came by water and blood." Here "water" is probably a metonym for the baptism of Jesus, and "blood" stands for Jesus's death on the cross. Alternate translation: "God showed that Jesus Christ is his son at Jesus's baptism and his death on the cross"

He came not only by water, but also by water and blood

Here "water" is probably a metonym for the baptism of Jesus, and "blood" stands for Jesus's death on the cross.

Alternate translation: "God did not show us Jesus was his son just through his baptism, but through his baptism and his death on the cross"

1 John 5:7

General Information:

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1 John 5:8

General Information:

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1 John 5:9

If we receive the testimony of men

The idiom to "receive the testimony" means to believe what another person

testifies concerning something that he has seen. The abstract noun "testimony" can be translated with a verbal phrase. Alternate translation: "If we believe what men testify" or "If we believe what men say about what they have seen"

the testimony of God is greater
the testimony of God is more important and more reliable

Son

This is an important title for Jesus, the Son of God.

1 John 5:10

Anyone who believes in the Son of God has the testimony in himself

"Whoever believes in Jesus knows for sure Jesus is the Son of God"

has made him out to be a liar

"has called God a liar"

because he has not believed the testimony that God has given concerning his Son
"because he has not believed that God has told the truth about his Son"

1 John 5:11

And the testimony is this

"This is what God says"

life

The word "life" throughout this letter refers to more than physical life. Here "life" refers to being alive spiritually. See how you translated this in [1 John 1:1]

this life is in his Son

"this life is through his Son" or "we will live forever if we are joined with his Son" or "we will live forever if we are united with his Son"

Son

This is an important title for Jesus, the Son of God.

1 John 5:12

The one who has the Son has life. The one who does not have the Son of God does not have life

Being in a close relationship to the Son is spoken of as having the Son. Alternate translation: "He who

believes in the Son of God has eternal life. He who does not believe in the Son of God does not have eternal life"

1 John 5:13

General Information:

This begins the end of John's letter. He tells his readers the last purpose for his letter and gives them some final teachings.

these things

"this letter"

to you who believe in the name of the Son of God

Here "name" is a metonym for the Son of God. Alternate translation: "to you who trust in the Son of God"

Son of God

This is an important title for Jesus that describes his relationship to God.

1 John 5:14

this is the confidence we have before him, that

The abstract noun "confidence" can be stated as "confident." Alternate translation: "we are confident in God's presence because we know that"

if we ask anything according to his will

"if we ask for the things that God desires"

1 John 5:15

we know that we have whatever we have asked of him

"we know that we will receive that for which we have asked God"

1 John 5:16

his brother

"a fellow believer"

life

The word "life" throughout this letter refers to more than physical life. Here "life" refers to being alive spiritually. See how you translated this in [1 John 1:1]

death

This refers to eternal death, that is, eternity spent away from God's presence.

1 John 5:17

General Information:

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1 John 5:18

Connecting Statement:

John closes his letter, reviewing what he has said about the new nature of believers, which cannot sin, and he reminds them to keep themselves from idols (5:21).

the evil one cannot harm him

The phrase "the evil one" refers to Satan, the devil.

1 John 5:19

the whole world lies in the power of the evil one

Lying in someone's power represents being controlled or ruled by him.

Alternate translation: "the whole world is controlled by the evil one"

the whole world lies in the power

Here "world" represents all the people who rebel against God. Alternate translation: "all the people of the world are under the power"

1 John 5:20

Son of God

This is an important title for Jesus that describes his relationship to God.

has given us understanding

"has enabled us to understand the truth"

we are in him who is true

Being "in" someone represents having a close relationship with him, that is being united to him or belonging to him. The phrase "him who is true" refers to the true God, and the phrase "in his Son Jesus Christ" explains how we are in him who is true. Alternate translation: "we are united to him who is true by being united to his Son Jesus Christ"

him who is true

"the true one" or "the real God"

This one is the true God

Possible meanings are 1) "This one" refers to Jesus Christ, or 2) "This one" refers to the one true God.

and eternal life

He is called "eternal life" because he gives us eternal life. Alternate translation: "and the one who gives eternal life"

1 John 5:21

Children

John was an elderly man and their leader. He used this expression to show his love for them. See how you translated this in [1 John 2:1]

keep yourselves from idols

"stay away from idols" or "do not worship idols"
