

THE GOSPEL OF JOHN

BIG IDEA

07/26/26

This week's message challenges us to shift our focus from ourselves to the One who is above all. Centered on John 3:30–31, “He must increase, but I must decrease,” this sermon explores the life-changing truth of Christ's preeminence—His absolute supremacy over every area of our lives. Discover how fixing your eyes on Jesus transforms your perspective, brings clarity in the midst of life's challenges, and calls you to greater humility, faith, and surrender. Whether in your marriage, work, relationships, or finances, you'll be encouraged to elevate Christ to His rightful place as Lord over all and experience the freedom and purpose that come from making much of Him and less of yourself.

CONNECT Spend 10 minutes getting to know each other as a group by answering the following question.

How old were you when you were water baptized?

DISCOVER Read John 3:30–31 out loud and answer questions focused on the details of the biblical text.

- 1. How would you define biblical humility? Why is humility foundational to Christian maturity? Why is pride considered such a destructive sin?**
- 2. Why does John use the word ‘must’ instead of ‘should’ or ‘ought’ when he says, “He must increase, but I must decrease.”?**
- 3. What role does humility play in authentic discipleship? What does this passage teach about the purpose of Christian leadership?**



REFLECT

Review the following and use this time to discuss how your thoughts and feelings are affirmed and/or challenged.

The doctrine of the preeminence of Christ teaches that Jesus Christ is supreme over all creation, all authority, all revelation, all salvation, and the Church because He is the eternal Son of God. He is not merely first in rank among equals; He is without equal, possessing absolute supremacy in His person, work, and kingdom.

Colossians 1:15-20 NLT Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation, for through him God created everything in the heavenly realms and on earth. He made the things we can see and the things we can't see—such as thrones, kingdoms, rulers, and authorities in the unseen world. Everything was created through him and for him. He existed before anything else, and he holds all creation together. Christ is also the head of the church, which is his body. He is the beginning, supreme over all who rise from the dead. So he is first in everything. For God in all his fullness was pleased to live in Christ, and through him God reconciled everything to himself. He made peace with everything in heaven and on earth by means of Christ's blood on the cross.

4. What does "preeminence" mean biblically? How is Christ's preeminence different from simply being "important"?

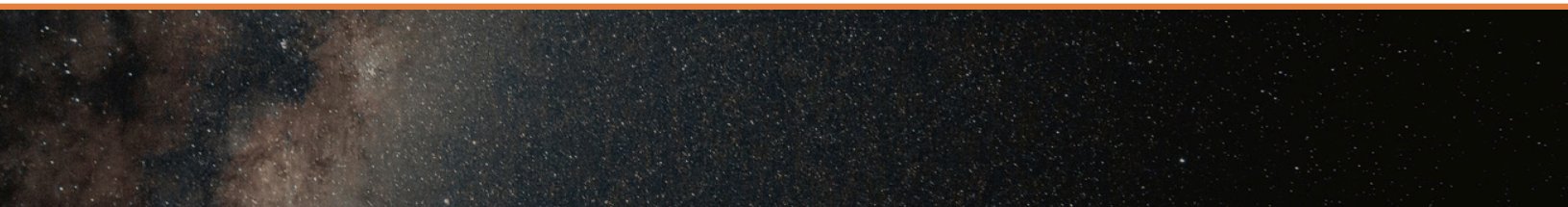
5. How does Colossians 1:15–20 expand our understanding of John 3:31? How does Christ's preeminence affect our understanding of salvation?

APPLY

Use this time to discuss how the Big Idea and scriptures impact your view of the world around you.

6. If Jesus truly is "above all," what is one practical area where you need Him to increase and you to decrease this week?

Prayer Requests:



GO DEEPER - FOCUSING ON JESUS

Primary Text: Hebrews 12:1-2

"Therefore, since we are surrounded by so great a cloud of witnesses...let us run with endurance the race that is set before us, **looking** unto Jesus, the founder and perfecter of our faith..." (ESV)

Key Greek Word: ἀφοράω (aphoraō) (Hebrews 12:2)

Definition:

- To look away from one thing in order to fix one's gaze upon another.
- To turn one's eyes from all distractions and concentrate on a single object.
- A deliberate transfer of attention.

This is not merely "looking at" Jesus. It is looking away from everything else in order to look at Jesus.

Study:

Notice there are actually two commands implied:

1. Lay aside every weight.
2. Fix your eyes on Jesus.

The second cannot happen without the first.

Meditate:

- Why does the writer tell believers to lay aside weights before talking about Jesus?
- What is the difference between a "weight" and a "sin"?
- Can good things become weights?
- What distractions compete for your attention today?

Personal Exercise:

Write down three things that regularly capture your attention more than Christ. Then write:
How can I intentionally look away from these this week?

1. _____
2. _____
3. _____

