

Lessons From the Upper Room

Gospel of John

John wrote his Gospel to affirm that Jesus was the Christ, the Son of God, and that all who believe in Him have eternal life. But in the Upper Room, Jesus spoke to His disciples and prepared them for life after He was gone. John recorded these words. They have much to teach Christians today.

Three Commands for Christians

- Love one another (just as I have loved you!)
- Don't let your heart be troubled (believe in Me!)
- Abide (remain) in Me – like branches in a vine.

Three Promises for Christians

- *I'm going away...but I will come back for you!*
- *The Holy Spirit is coming – and what He will do for you!!!*
- *In the world you will have tribulation (but take courage!)*



1. One of the most intimate scenes in all of Scripture is Jesus with His disciples in the Upper Room the night He was arrested. The love and concern He shows for His disciples, knowing that He was about to suffer and die, is an awesome evidence of His heart – both for His disciples, and by extension for all Christians. Grab a cup of coffee and read John 13-16 two or three times. Do you notice how Jesus communicates peace and assurance, and at the same time reveals the challenges and responsibilities that lie ahead for them? Imagine you are in the room: What fills you with wonder? What questions would you have had? What emotions do you feel toward Jesus?
2. It can be difficult living in these ‘last days’ (see 2 Timothy 3 for a description of what they’re like – sound familiar?), but it wasn’t a ‘walk in the park’ for the disciples after Pentecost, either! Jesus gave a number of commands to His disciples in the Upper Room; read these verses: John 13.34-35; 14.1, 15, 23-24, 27; 15.4, 9-11, 12-14, 17; 16.33. Which of these commands do you find the hardest in your life? Why?
3. We can ‘distill’ Jesus’ commands in the Upper Room down to three: Love one another, don’t be troubled, and abide in Me. How are these commands interrelated and interdependent? Do you find that as you intentionally obey one commandment, you also begin obeying other commands as well? Why might this be?
4. While obeying (or disobeying) Jesus’ commands has consequences, Jesus made several promises to His disciples in the Upper Room that would become critical for them to remember – and which we need to remember today. Read John 13-16, and highlight the promises. From our vantage point, we can see how each promise became vital for the disciples in their ministry for Christ. How do they affect your life? Does Jesus’ promise to “come again” impact your daily life? In what ways? Jesus promised the Holy Spirit, and He has come! What ministries of the Spirit Jesus prophesied do you appreciate the most? Jesus also promised we’d have tribulation: How does that promise help prepare you to live for Christ each day?