

Bible Study Series: 1 John – Living As His Light (lesson 8)

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May 6, 2020

“Dear children, let us not love with words or speech but with actions and in truth.¹⁹ This is how we know that we belong to the truth and how we set our hearts at rest in his presence: ²⁰ If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

²¹ Dear friends, if our hearts do not condemn us, we have confidence before God ²² and receive from him anything we ask, because we keep his commands and do what pleases him. ²³ And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. ²⁴ The one who keeps God’s commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.” 1 John 3:18-24

It’s hard to overstate how important our hearts are to our physical health. Similarly, Scripture tells us our “Spiritual Hearts” are enormously important to our Spiritual Health.

Spiritual Health = My ongoing life with Jesus as my King

Just as a damaged physical heart will give off symptoms, weaknesses, problems so will our Spiritual Heart! John examines this closely and gives us encouragement and advice.

1. A Healthy Spiritual Heart will produce _____!

John states very clearly the standards for a healthy spiritual heart:

“Dear children, let us not love with words or speech but with actions and in truth.” Vs. 18

2. A Condemning Heart can be _____!

“If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.” Vs. 20

3. A Non-Condemning Heart will produce _____!

If we Love people God’s way, we can expect some amazing side benefits!

- **We can experience/feel _____ before God!**

“Dear friends, if our hearts do not condemn us, we have confidence before God” vs. 21

- **We can _____ anything we ask for!**

“and receive from him anything we ask, because we keep his commands and do what pleases him.” vs. 22

- **We can have _____ with God!**

“The one who keeps God’s commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.” vs. 24

**Imagine experiencing a connection with God that we readily speak, feel, act...Love His way!
(Love oozing out of us!!!)**

Conclusion: What is your Spiritual Heart telling you today?

All Scriptures are from the New International Version Bible. You may make comments or ask questions about this message by emailing Bro. Tony: brotony@itawambachristianchurch.org