



That You May Know Series, Part 10: Healing Hearts, Curing Condemnation

“Don’t You Want Somebody to Love?” I John 3:18-24

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Intro: Who doesn’t want “somebody to love”?

‘Follow your heart.’ Vs. “The heart is deceitful above all things...” Jeremiah 17:9

Main Point: Biblical Truth and the Holy Spirit Bring Assurance and Comfort

Love for Others Brings Reassurance Vs 18-19

“¹⁸Little children, let us not love in word or talk but in deed and in truth. ¹⁹By this we shall know that we are of the truth and reassure our heart before him;”

LOVE: expressed, demonstrated by action, grounded in truth- genuine and not out of self-interest. With that love, one can know that one belongs to the truth and is truly a child of God.

The progression of a Christian: confession with the mouth and genuine belief in the heart TO salvation TO gratefulness TO obedience TO love for others BY humble action or service TO reassurance of that salvation.

God Heals a Guilty Conscience V 20

“²⁰for whenever our heart condemns us, God is greater than our heart, and he knows everything”

Remember: Confession/repentance TO forgiveness TO cleansing from all unrighteousness. I John 1:9

Omniscience over Conscience:

If the conscience is too lenient or accurate, our omniscient Father convicts through the Holy Spirit.
I John 3:16-17

If the conscience is too harsh, resulting in guilt, God knows (He is omniscient) and “There is... no condemnation for those who are in Christ Jesus.” Romans 8:1. Psalm 139:23-24

God's Answers to Prayers Bring Confidence- Vs 21-22

“²¹ Beloved, if our heart does not condemn us, we have confidence before God; ²² and whatever we ask we receive from Him, because we keep His commandments and do what pleases Him.”

God's Word and the Holy Spirit allow us to remove guilt and have confidence in our prayers. Hebrews 4:12; Romans 9:1; John 14:26.

CAUTION: God is not a genie.

When our highest desire is that God's will be done, we will pray “according to His will”. The answer may be yes, no or wait, but it is an answer that flows from a loving Father. I John 5:14-15

Believe in The Son and Love One Another- V 23

“²³ And this is His commandment, that we believe in the name of His Son Jesus Christ and love one another, just as He has commanded us.”

Summary of Assurance: Believe and Love.

Belief: to trust completely and only in Jesus and His sacrifice as the full payment for our sin.

Love: The evidence that we trust Him. John 13:34-35; Galatians 5:6

Obedience Gives Assurance by the Holy Spirit- V 24

“²⁴ Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom He has given us.”

Beyond salvation, God's gift to us is the Holy Spirit, which tells us that we abide in Him.

One who abides in God consistently keeps His commandments.

An essential part of keeping His commandments is when we consistently love Him and others.

When this happens within us, a hurting heart is healed and a condemning conscience is cured.

For Consideration:

1. Why might a believer have a 'condemning conscience'?
2. How does doubt and guilt reassure that God is working in our lives?
3. Why is it important to look to God's Word, Will and Ways instead of relying solely on our own heart (conscience)?
4. In what way does God always answer our prayers?
5. How does the Holy Spirit help us achieve assurance of salvation?