

## **7—Hearts at Rest**

2/17/24

### **INTRO:**

#### **I. → 1 John 3:19-23**

*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.*

#### **II. HEART FAST AND SLOW MEDICATION**

### **BODY:**

#### **I. Free from Condemnation**

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

A. There is a sorrow that leads to repentance and freedom.

##### **1) Corinthians 7:10**

*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.*

##### **2) PAUL RISSER REPENTING OF HIS MISTAKE**

B. Once we give it to the Lord our testimony changes.

##### **1) Romans 8:1**

*Therefore, there is now no condemnation for those who are in Christ Jesus.*

##### **2) LEARNING TO TELL A NEW NARRATIVE**

## II. Full of Confidence

21 Dear friends, if our hearts do not condemn us, we have confidence before God 22 and receive from him anything we ask.

A. We do not approach the throne of God by our own merits.

1) **Ephesians 3:11-12**

*In [Christ Jesus our Lord] and through faith in him we may approach God with freedom and confidence.*

2) **THE SOLID ROCK**

*When he shall come with trumpet sound,  
O may I then in him be found:  
dressed in his righteousness alone,  
faultless to stand before the throne.*

3) **GETTING UP INTO THE CAPTAIN'S CHAIR**

B. His pleasure is not hard to obtain, He just wants our best.

1) **Hebrews 4:16**

*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

2) **MOTHER PRAYING FOR HER SICK CHILD**

## III. Fulfilling His Command

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.

A. Jesus showed us how to live a life that was marked by love.

1) **Matthew 22:37-40**

*"Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."*

2) "That which is hateful to you, do not do unto your fellow. That is the whole Torah; the rest is the explanation; go and learn."—Hillel the Elder

3) **ICEMAN AND MAVERICK**

B. Love reminds us of what will truly last in life.

1) **John 13:34-35**

*"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."*

2) **DON'T KNOW HOW TO RESPOND—START WITH LOVE**

## **OTHER SCRIPTURES:**

Philippians 3:9

Not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.

Hebrews 2:14-15

Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil—and free those who all their lives were held in slavery by their fear of death.

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.