

1 John 3:19-24

Assurance

Title of the message today is Assurance –

A) Assurance is something that we all need and most of us Crave

B) Consider these Statistics:

Assurance need in Relationships

- 80% of couples say verbal affirmations like, “I love you” or “I appreciate you”) strengthen their relationship.

(Journal of Social and Personal Relationships)

- 65% of conflicts in relationships stem from unmet emotional needs, including the need for reassurance. (American Psychological Association)

- 85% of people in romantic relationships feel more secure when their partner regularly reassures them. (National Relationship Study)

Workplace & Professional Reassurance

- 70% of employees say they perform better when they receive regular positive feedback and assurance from their managers. (Gallup Workplace Report)

- 40% of workers say they’ve left a job due to a lack of recognition and assurance about their contributions. (Harvard Business Review)

- 82% of employees want more reassurance that their work is valued. (Forbes)

Assurance connected to Mental Health & Personal Confidence

- 60% of people with anxiety disorders seek reassurance frequently from friends or family. (National Institute of Mental Health)

- 92% of teenagers say they seek validation and reassurance on social media. (Pew Research Center)

- 75% of therapy clients say that verbal reassurance from a therapist helps them manage stress and anxiety.

(American Counseling Association)

God knowing that is our makeup – Has the Apostle John write this epistle –

A) To bring assurance to Believers – that they are truly his Children

B) Chapter 3 is all about Assurance

C) We noted in our study last week – Titled The Marks of a True Believer

1) #1 Walks in Righteousness rather than Lawlessness V.4-10

D) #2 A True Believer has Love for others 11-18 Love of Christ is in them – through the Holy Spirit

E) Today we are going to focus on point #3 A True Believer has confidence in Christ V.19-24

Note 4 things about our Confidence in Christ #1 We can have confidence to rest in God’s presence V.19-20

19 And by this we know that we are of the truth, and shall assure our hearts before Him. 20 For if our heart condemns us, God is greater than our heart, and knows all things. 21 Beloved, if our heart does not condemn us, we have confidence toward God.

So we noted last week how John describes how a True Believer is going to walk in Righteousness –

A) Practice righteousness rather than practicing lawlessness or rebellion

B) So a True believer isn’t going to live in Sin – practice sin – be in it long term

C) But here is the REALITY -we still do Sin – As long as we are living in this world – in these bodies –

1) we will struggle with our flesh

D) Times when we lose our temper – we lash out and say something harsh

1) We give into temptation – it can happen to the best of us

E) And when it does – Our heart can condemn us DAD----->

Prior to coming to Christ my dad had a bad temper – short fuse.

A)When he got mad it could be scary- even after coming to Christ – he still battled his temper for quite a while

B)My Dad drove a bread truck for a living – Guy gave him the bird-

1)Chased 10 blocks steel mill – fire - What am I doing?

C)I remember my dad came home that day – told us what happened – he felt so condemned –

1)He wondered – Am I really saved.

That is what John is referring to here – When we falter – our hearts can condemn –

A)Our conscience plagues us

B)Then you add to that the fact that the Bible refers to Satan as the Accuser of the brethren.

C)He is really good at condemning us when we fall – making us feel like a Loser.

D)Note this: The Difference between Condemnation and Conviction

1)Condemnation is.....

E)So one way our heart condemns us is when we are listening to the lies and condemnation of the enemy

1)The other way is when our Conscience plagues us – Our own heart condemns us.

Here is another interesting thing that can happen to us as we grow in Christ and study the Word

A)We discover what the standard is and we start to realize how often we fall short of the standard.

B)Example: As a pastor I can do a lot of counseling – hear some crazy stories –

C)Sometimes after a counseling sessions with a couple in Crisis I can think –

D)I can walk away from that thinking - I am a great husband

1)Denise is so fortunate to be married to me instead of that guy.

E)Sometime when Denise would get frustrated at me for something – I wanted to say – well at least she is not married to that guy! ☺ - never did but wanted to

But here is the thing that we need to remember –

A)NONE of us in this room are the standard. – Jesus is standard

B)He is perfect – he loves perfectly – he always does – what is right

C)So in comparison to Jesus – I fall WAY SHORT – we all do! None of us have arrived.

1)All Broken people who are in the process of being transformed by our loving Redeemer

D)So my Conscience can so easily condemn me –

1)because sometimes even when I am doing the right things – Wrong motives –

E)I am doing it because I know I have to – right thing

1)The Couple who came into the parking lot on a Saturday night service

So my heart can condemn me often

A)If I dwell on my failures – short comings – my wrong attitudes –

B)I can go into this rabbit hole of despair – LOSER – CAP L

C)But notice what John says here: God is greater than our hearts and knows all things.

D)Guys that is both a reassuring truth – but it is also a terrifying truth –

1)depending on where you are at in your relationship with God

See if you are playing games with God – not really sincere

A)Living a Double life – come to church – worship – quote the Bible – yet you are living in habitual sin –

B)The Fact that God knows all things is terrifying – because it means God is not fooled – Knows your heart

C)But know this if you are in that place today – God still loves you – he wants you to turn from your sin

1)But know this he knows everything – sees everything – and he is not fooled at all

But the flipside of that is this: If you are genuinely trying to walk with God and love God –

A) You want to please God.- And yet you have some failures this week – you sinned –

B) You let your flesh get the best of you.

C) He knows your heart – he knows your struggle – he knows the battle that you are in.

D) He loves you and if you have repented and asked for forgiveness –

1) He has forgiven it – Cleansed – Forgotten

E) There is no condemnation for those who are in Christ Jesus!

F) That is such a Reassuring truth to Grab a hold of today – He knows your heart!

Think about Peter: He sinned greatly – He denied that he even Knew Jesus 3X

A) On that night before Jesus would go to the Cross – telling his disciples that they would all forsake him

B) Peter was not me Lord – I am ready to go to prison for you and even die for you. – Jesus said

Oh Peter Indeed, Satan has asked for you, that he may sift you as wheat. 32 But I have prayed for you, that your faith should not fail; “I tell you, Peter, the rooster shall not crow this day before you will deny three times that you know Me.” BUT when you have returned to Me, strengthen your brethren.”

C) Jesus knew Peter’s heart – he knew he was sincere – he knew – Peter loved him –

1) but he also knew Peter’s flesh was weak.

D) HE KNEW PETER WOULD CAVE

1) When Denied Jesus 3rd time – EYES MET – the Look

E) Struggling – hard week - BE ASSURED TODAY So God knows where your heart is at

1) He sees the real you – He is greater than your heart- He knows what is really going on.

Note V.19 again And by this we know that we are of the truth, and shall assure our hearts before Him.

A) Recall When Paul is talking about Spiritual Warfare in Ephesians 6

B) He says we need to clothe ourselves in the armor of God

1) The very first piece of Armor is the Belt of truth –

C) The Truth about who Jesus is – What He has done for us

1) The Truth concerning putting our faith in Him

D) The Truth about who we are in Christ

So we combat the lies in our hearts – by putting on the truth

A) The truth -that God knows all things – God knows my heart

B) No Condemnation for those who are in Christ Jesus – Romans 8:1

C) No Guilt/ no shame – No Fear !

D) So Have you really committed yourself to Jesus? Embraced Christ?

1) God knows your heart

So that gives us a confidence in His presence.

A) I know I am accepted in the beloved.

B) That leads to #2 We can have confidence to approach God in prayer

V.21 21 Beloved, if our heart does not condemn us, we have confidence toward God.

C) Because we belong to him and we know that God knows our hearts

1) We have confidence to approach him in Prayer

16 Let us therefore come boldly (Confidently) to the throne of grace, that we may obtain mercy and find grace to help in time of need. Hebrews 4:16

When my kids were younger – they would sometimes have a friend come over and spend the night.

A) We would try and make their friends feel at home in our house

B) But often times it would be a struggle at first

1) Mr. Salvato – can I use the bathroom – can I get a drink water

C) Our house is your house – you don’t need to ask – make yourself at home. –

1) Still sometimes it was a struggle - They didn't have the assurance that they could do that

Now my kids didn't struggle with that at all

A) Raid the Frig, the pantry

B) Turn on the TV - go from room to room - This is my house I belong here

C) Remember how Chapter 3 started - Behold what manner of love the Father Children -

1) You are mine - I love you - you belong here

D) Result: Confidence in his Presence - Assurance I belong here and the Father knows my heart -

E) Confidence to approach God in Prayer - He there and he is eager to listen

1) Cast all your cares on me - I care deeply for you!

#3 We can have confidence to Know my prayers will be answered V.22

²² And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.

A) Now John is NOT implying that if you walk in obedience to the commands of God -

B) You can ask whatever you want - And God will be obligated to answer your prayers -

C) He will give you whatever you want as a reward for your obedience

That is not the idea here at all -

A) The idea here is more in line with what we read in Psalm 37:4 - Delight yourself in the Lord and he will give you the desires of your heart.

B) Here is what that means: When you know that you belong to God - welcome in his presence

1) Invited to come boldly - Cast your cares -

C) You are going to find yourself - delighting in the Lord - enjoying being around the Lord

D) As you are delighting yourself in the Lord - drawing near to the Lord

1) Making a cultivating relationship with the Lord your priority - there is going to be a change in your desires

Your desires become his desires -

A) The more time you spend with him - the more your heart and mind are being shaped -

B) The more like him you are becoming

C) That is what John means here - as we keep his commandments -

1) and do those things pleasing in his sight -

D) IT Affects how we pray and what we pray for

E) Our prayers become more aligned with his heart and mind

1) Proverbs 3:5-6

5 Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths. Proverbs 3:5-6

We think of Acknowledge as giving the Lord an FYI

A) Hey Lord - FYI - I am planning this business venture will you bless it

B) Lord FYI - I am going to ask ___ to marry me - can you help her say yes.

C) Lord FYI we planning this ministry trip or venture, would you go before us.

That is often the way we approach this idea of in all your ways Acknowledge him.

A) But that is not what this word means - the word Acknowledge is the word Yada - Ya/daeh

B) The Word means to Know - to perceive, to see, to find out and discern

C) Translation - In all your ways seek to know, to perceive, to see, to find out and discern the Lord's heart on that matter.

That sheds a whole new light on this verse. I am not simply filling the Lord in on my plans

A) I am to seek to know his heart on the situation.

B) So I am going to search the scriptures and see where Jesus dealt with a situation like this.

C) I don't want to lean on my own understanding -

1) So I need to quiet my heart from all the noise around me – hear your still small voice

D) When that happens my heart is aligning with his heart – My prayers are in line with his will –

1) Confidence he is going to answer

So Confidence in Christ – Results in

#1 Confidence in his presence –

#2 Confidence in to approach God in Prayer

#3 Confidence to know my prayers will be answered

#4 The Confidence of the Spirit filled life

²³ And this is His commandment: that we should believe on the name of His Son Jesus Christ and love one another, as He gave us commandment.

A) Jesus said that all the commandments are summed up in these two – Love the Lord your God with all your heart, soul, mind, strength.

B) One of the evidences we are loving God is the desire to keep his commandments – walk in his ways.

C) And the Number one Commandment is to Believe in his Son Jesus – Trust in rely upon – embrace

D) The 2nd commandment flows from the first – Love your neighbor as yourself

The more you get to know Jesus – the more you fall in love with him – the more you fall in love with him

A) The More you will be becoming like him!

B) Notice what John says next V.²⁴ Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.

C) The evidence that the Spirit of Jesus is living in your heart – you will be becoming more loving.

D) A monumental moment in my Dads life that had a profound impact on me – sign of his growth.

1) I came home from School one day – Public school 4th grade – going to church – I was not saved yet

E) Responded – Dirty remark – can't even say it in Church.

1) As soon as I said it – no.....

My dad didn't lose his temper – he didn't smack me

A) Calmly asked – Have you asked Jesus in your heart yet? – No – I think you should:)

B) Jesus you are so real - some

Romans 5:5 The Love of God has been poured into our hearts by the Holy Spirit –

A) The Love of God has been poured into your heart – so it can be poured out of you onto others

B) The mark of Knowing the Lord!

C) Remember what Paul said to the Corinthians ch.13 Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal.

D) You can be a gifted speaker – awesome skills as an orator – not love – Noises gong – clanging cymbal

2 And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing

A) You might have incredible spiritual gifts – and great faith to do miracles but if you are lacking love
1) YOU HAVE NOTHING

. 3 And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing.

B) You might be the most generous person in the world – helping people all the time –
1) Lacking Love – profits nothing

Love is the Key:

A) Fruit of the Spirit is Love, Joy, peace, patient, kindness, goodness, faithfulness, gentleness, and self control

B) I agree with the idea of Warren Wiersbe: The fruit of the Spirit is Love –
1) the other words listed there are characteristics of Love

Joy is love rejoicing,
Peace is love at rest,
Patience is love waiting,
Kindness is love interacting,
Goodness is love initiating,

Faithfulness is love keeping its word,
Gentleness is love empathizing,
Self-control is love resisting temptation.

So as we Delight in the Lord – draw near – learn to
walk in the Spirit who is in us –

A)His Love will flow out of us!

B)The Work of the Holy Spirit in our lives is
evidence that you belong to God

C)You are his beloved Child

You have conviction in your heart about temptation

A)Alarm is going off

B)Good sign – You belong to God

C)But be aware – Holy Spirit can be resisted –
ignored – Grieved

D)More you resist - the fainter his voice gets

E)Still hearing it loud and clear – Great sign.

So the Lord wants us to be assured that we are His
Children – He Loves us

Confidence in Christ – Results in

#1 Confidence in his presence –

#2 Confidence to approach God in Prayer

**#3 Confidence to know my prayers will be
answered**

#4 The Confidence of the Spirit filled life

Do you have that assurance today?

A)Relationship ?

B)Playing games – God knows your heart – Repent

C)Struggling – Bad week – He knows your heart

No Shame – No Guilt – No fear

A)Come boldly – find not judgment – not ridicule –
not condemnation

B)Grace and mercy to help I your time of need!