

Finding Rest for Your Heart

1 John 3:19-24

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19 This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence
20 whenever our hearts condemn us. For 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 obey 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 Those who obey his commands live 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. (NIV)

There are two types of condemnation that our heart brings:

1. The condemnation of past failures and sin that have been confessed and forgiven.

1 John 2:1 My little children, I am writing these things to you so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous; NASB

Matthew 26:73-75

Luke 22:61-62

John 21:15-17

Romans 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus...(NIV)

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (NIV)

We can choose to live in guilt and be imprisoned by it, or embrace God's forgiveness and find freedom in it.

1 John 3:20 ...For God is greater than our hearts, and he knows everything. (NIV)

What is written in God's Word has to take precedence over what is written in our heart.

2. The second reason for our heart to condemn us, is unrepented sin.

The result of an uncondemning heart:

1. Confidence before God

2. Answered prayer

Psalm 66:18-19, Proverbs 28:9, 1 Peter 3:7, James 5:16

1 John 3:23 And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. (NIV)

24 Those who obey his commands live 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. (NIV)