

WHEN YOUR HEART CONDEMNNS YOU

1 John 3:19–24

WHEN THE ACCUSER IS INSIDE US

- Some of the most painful accusations come from inside our own hearts.
- “You should be farther along by now.”
- “God must be disappointed with you.”
- How can we take sin seriously without living under constant condemnation?

1. GOD IS GREATER THAN YOUR HEART

1 John 3:19–20

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

CONVICTION IS NOT CONDEMNATION

- **Conviction:** “This is sin. Confess it. Turn from it. Come back to God.”
- **Condemnation:** “You are hopeless. God does not want you anymore. Stay away.”
- **Conviction** points to repentance and restoration.
- **Condemnation** attacks identity and drives us away from God.

THE COURTROOM



- A judge examines the whole case and announces the verdict.
- The person may still feel condemned after leaving the courtroom.
- But feelings do not possess greater authority than the judge's verdict.
- Our hearts are not the Supreme Court of the universe.

"There is therefore now no condemnation for those who are in Christ Jesus." Romans 8:1

WHEN GOD KNOWS EVERYTHING

- God knows our thoughts, motives, failures, and secret struggles.
- His grace toward His children is not based on incomplete information.
- If there is unconfessed sin, confess it; after genuine repentance, trust God's promise.
- "My feelings have not caught up with God's promise yet, but God's promise is still true."

"Instead of running away from God in fear, we begin running toward Him in confidence."

2. APPROACH GOD WITH CONFIDENCE

1 John 3:21–22

Dear friends, if our hearts do not condemn us, we have confidence before God²² and receive from him anything we ask, because we keep his commands and do what pleases him.

CONFIDENCE IS NOT ARROGANCE

- Christian confidence is not based on spiritual performance.
- It is confidence in our relationship with God through Christ.
- A child approaches a loving father differently from a stranger.
- We come because Christ is our Savior and God is our Father.

*“Let us then with confidence draw near to the throne of grace.”
Hebrews 4:16*

TUNING THE GUITAR



- An out-of-tune guitar is adjusted to the correct pitch; the whole band does not change to match it.
- We often ask God to change our circumstances, another person, or an opportunity.
- Mature prayer adds: “Lord, while I ask You to change my circumstances, please tune my heart.”
- Prayer aligns our hearts with God’s will.

“Mature prayer allows God to transform me until I increasingly want what He wants.”

“What does a life that pleases God actually look like? Believe in Jesus Christ, love one another, and abide in God through the Spirit He has given us.”

3. ABIDE IN CHRIST

1 John 3:23–24

*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.*

FAITH REACHES UPWARD; LOVE REACHES OUTWARD

- Christianity begins with Christ: Son of God, Christ, Savior, and Lord.
- Assurance does not begin with “I am good enough,” but with trust in the One sufficient to save.
- Genuine faith produces fruit: love acts, forgives, serves, gives, sacrifices, and seeks restoration.
- John refuses to separate doctrine from discipleship.

THE BRANCH & THE VINE



- A branch can lie six inches from the vine and still be disconnected.
- Proximity cannot produce life; connection does.
- Children can grow up near Christianity without personally trusting Christ.
- Our children cannot live forever on borrowed faith.
- The church's goal is not merely attendance, but disciples who personally abide in Christ.

THE HOLY SPIRIT CONFIRMS THAT WE BELONG TO GOD

- Objective foundation: Jesus Christ and God's promises.
- Visible fruit: faith, love, and obedience.
- Internal divine witness: the presence and work of the Holy Spirit.
- The Spirit points us to Christ, convicts of sin, produces fruit, and leads us toward obedience.

"The Spirit himself bears witness with our spirit that we are children of God." Romans 8:16

WHEN YOUR HEART SPEAKS AND GOD SPEAKS

- Your heart says: “You failed.” God’s Word says: “Confess your sin and return to Me.”
- Your heart says: “You are not good enough.” The gospel says: “Christ is enough.”
- Your heart says: “God does not want you anymore.” The gospel says: “Come to the throne of grace.”

- If there is genuine sin, confess it today.
- If you are punishing yourself for forgiven sin, believe God's promise.
- If you have lived near Christianity but never trusted Christ, believe in Him.
- Do not merely live near Christ. Abide in Christ.

“When our hearts condemn us, God is greater than our hearts; when we are assured in Christ, we can approach the Father with confidence; and as we abide in Him, faith, love, obedience, and the Holy Spirit bear witness that we truly belong to God.”

Let's Pray

