

- I. The Problem: Our Hearts Condemn Us (3:18-20; Rom 2:14-16)

- II. The Solution: We Reassure Our Hearts In His Presence (3:19-24)
 - A. Trust In God Who is Greater (3:20; 1 Cor 4:1-5)

 - B. Trust in God Who Knows All Things (3:20; Jer 17:9-10; Ps 139:1-6, 23-24)

 - C. Go to Him in Prayer with Confidence (3:21-22; Gen 3:8; Matt 5:23-24; 1 John 1:9-2:2; Heb 4:15-16; 10:19-22)

 - D. Keep God’s Commandments (3:22b-23)
 1. Believe in Christ (3:23; John 6:29; Acts 17:30-31)

 2. Love One Another (3:23; 3:11; James 2:14-17; 1 Tim 3:13)

 - E. Abide in God and God in You (3:24; 2:10, 24, 27; 3:6, 9; 4:12-13, 15-16; John 14:20)

“If the heart is weighed down with the conviction of wrongdoing, the place to turn is not farther inward but outward and upward toward God.” —Robert W. Yarbrough

"Reassurance cannot come from within us, but must come from the objective truth about God and his gracious mercy that sent Jesus to the cross. And because God already knows everything we've done or failed to do, we can confess to him both our legitimate guilt for failing to love others as fully as we ought and what may be illegitimate guilt, resting in God's just and merciful judgment alone." —Karen Jobes

“John says that we can set our hearts at rest whenever they condemn us. . . . For God understands us better than our own hearts know us, and in his omniscience he knows that our often weak attempts to obey his command spring from a true allegiance to him.” —I. Howard Marshall

“When our *delight* is in the love of God, our *desires* will be in the will of God.” — Warren Weirsbe

Reflection and Application Questions (for personal reflection and family conversation):

1. What does it mean for your heart to condemn you? What is the source of this condemnation?
2. Who is your judge? What does it look like to recognize God as judge all throughout life?
3. What is the source for your confidence in prayer?