

Take Five! Catch Your Breath

May 5, 2024

I. The Heart of John's Message or John's Heart

- A. That you may have assurance of your salvation!
 - 1. I John 5:11-13
 - 2. John 6:24; 10:27-30
- B. That you have victory over sin
 - 1. I John 1:8-10
 - 2. I John 2:15, 16

II. The How to of John's Message

- A. How to know you are going to heaven
 - 1. The foundation of the message
 - a. John 3:16
 - b. I John 2:2
 - 2. A closer look at I John 5:11-13
 - a. Who gives eternal life? God the Father
 - b. Where is eternal life found? In His Son Jesus.
 - c. Who has eternal life? Those who have the Son.
 - d. Who does not have eternal life? Those who do not have the Son.
 - e. What is God's desire? That you might KNOW you have eternal life!
- B. How do you have victory over sin?
 - 1. The foundation of the message
 - a. I John 1:8, 9
 - b. I John 2:1
 - c. I John 4:4
 - 2. A closer look at I John 1;8, 9
 - a. 'IF' it is conditional (remember our focus is fellowship not sonship)
 - b. "*we confess our sins*": to agree with, to uncover, to call it what God calls it
 - c. If we confess, "*He is faithful and righteous to forgive us our sins*".
 - 3. A closer look at I John 2:1
 - a. God's desire is "*that you may not sin*"

- b. Sin is a blocker, it stands in the way of God's blessing, peace and protection. – Galatians 5:19-24
- c. Both Holy Spirit and Son are our advocates (Helper, comforter)
 - i. John 14:15-17; 16:7-15; I John 4:4
- 4. Fellowship with other believers is one of God's kindest and efficient tools for victory over sin.
 - a. Hebrews 10:23-25
- 5. You have a spiritual immune system. We saw this last week in I John 4:4
 - a. Immunity is the state or quality of being resistant to a particular infectious disease or pathogen.
 - b. Spiritually we can submit ourselves to God and resist the devil – James 4:17.
 - c. We can grow in the grace and knowledge of Christ (II Peter 3:18) and thus be healthy and disease resistant. We learned from I John 2:10 that hate damages our spiritual immune system.
 - d. Immunity is also defined as protection or exemption from something, especially obligation or penalty. The Bible does not speak of immunity in this way. It speaks of propitiation and grace.