



Part 15: Truth Aligned Feelings

1 John 3:19-20

1. Try to name the *range* of emotions you experienced in the past week.

- a. What happens when our feelings begin to take priority over God's truth?

- b. Fill in the blanks. **Spiritual Principle** – I can be _____ I am eternally _____ because God is _____ than my _____.

- c. What does John 5:24 teach about the eternal safety of believers in Jesus?

2. Read 1 John 3:18-19. What does it mean to be “of the truth?” Consider John 1:17 and John 14:6.

- a. Verse 19 refers back to v. 18 here. What is one way we can “know” that we are safe with God through Jesus?

- b. Why it is critical to understand that this is *evidence* that we are already saved, and NOT *the way* we get saved? Consider Romans 4:5.

- c. What is different about an atheist expressing love compared to a genuine Christian expressing love? What will the difference in motives and actions look like?

- d. What evidence do you see in your life from the past month of loving others for God's glory? Write it down and then praise God for it!

3. 1 John 3:19-20. What does it feel like to experience thoughts and emotions of *condemnation*?

a. What is the difference between feeling convicted of sin vs. condemned by sin?

b. How does feeling condemned by your failures to love make you a *less* loving person? Why will you love others *better* when you feel safe in God's love?

c. How does focusing on God's *greatness* through Jesus "reassure our heart" when our emotions are tangled up with condemnation?

d. How does recognizing that God knows the worst and most despicable parts of me actually "reassure" my heart before Him in light of the gospel?

e. What does Ephesians 3:18-19 emphasize about God's love for all who've embraced Jesus?

4. From our passage – what 2 ways are given to reassure your heart when you are *feeling* distant, unloved, or even condemned by God?

5. What is your main take away from this study?
