

COS Sermon Study

“Faith Habits 101”

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Sixth Sunday of Easter (Confirmation Sunday) – May 6, 2024

Scripture Text: 1 John 5:1-8 (ESV)

Overcoming the World

¹ Everyone who believes that Jesus is the Christ has been born of God, and everyone who loves the Father loves whoever has been born of him. ² By this we know that we love the children of God, when we love God and obey his commandments. ³ For this is the love of God, that we keep his commandments. And his commandments are not burdensome. ⁴ For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. ⁵ Who is it that overcomes the world except the one who believes that Jesus is the Son of God?

Testimony Concerning the Son of God

⁶ This is he who came by water and blood—Jesus Christ; not by the water only but by the water and the blood. And the Spirit is the one who testifies, because the Spirit is the truth. ⁷ For there are three that testify: ⁸ the Spirit and the water and the blood; and these three agree.

Overcoming the World: 1 John 5:1-5

The theme of this passage is the victorious Christian life – we are OVERCOMERS in Christ (vs. 4-5). Let’s look at the characteristics of an OVERCOMER:

1) FAITH in Jesus as our Savior

Where does faith come from? Read Ephesians 2:8-10

Our faith brings changes in our life ... all throughout our life. Pastor Joel talked about the faith habits that our changed life leads to. Let’s look at the seven faith habits the confirmands have been studying:

➤ **Faith Habit #1: *Request the Spirit*** – Read Luke 11:9-13

Read together St. Augustine’s prayer for the Spirit ...

"Breathe in me, O Holy Spirit, that my thoughts may be holy.

Act in me, O Holy Spirit, that my work, too, may be holy.

Draw my heart, O Holy Spirit, that I love only what is holy.

Strengthen me, O Holy Spirit, to defend all that is holy.

Guard me, then, O Holy Spirit, that I always may be holy. Amen."

How does praying for the Spirit relate to our receiving the Holy Spirit at our baptism?

➤ **Faith Habit #2: *Read and repeat the Word of God*** – Read Psalm 119:9-16

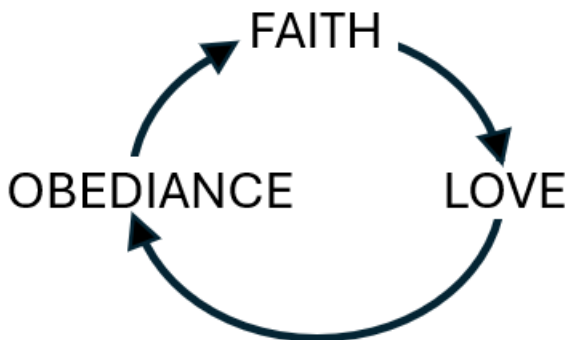
What are your Bible reading habits?

- **Faith Habit #3: Resist the ancient enemies (world, flesh, devil) –**
Read Ephesians 6:12, James 4:7, 2 Corin. 10:3-5
How do you resist temptation?
How do you “take every thought captive to obey Christ”?
- **Faith Habit #4: Remember your baptism –** Read Romans 6:3-4; John 3:5-8
What does it mean that we have been baptized into Christ’s death?
- **Faith Habit #5: Repent and be forgiven –** Read Matt. 3:8, 1 John 1:9
Pastor Joel talked about forgiveness being a daily activity – how do you go about this in your life?
- **Faith Habit #6: Receive the Lord’s Supper –** Read 1 Corin. 11:23-30
Examining ourselves before communion is an important aspect of this sacrament.
Discuss ways this can be done ... what works for you?
- **Faith Habit #7: Remain in His love –** Read 1 John 4:7
What are ways that you show Christian love to others?

2) LOVE for God and fellow believers – Read 1 John 3:16-23
Our loving acts of faith are a condition of our hearts – note verses 20-21.

3) OBEDIENCE to God’s commands
Note the word “keep” in vs. 3 of the scripture text – constant obedience is expected.
Read John 14:21; 15:10
Verse 3 of the scripture text says God’s commands are not burdensome. Why not? Read Micah 6:8, Matt. 11:30; 23:4 (note the contrast in the Matthew verses!), Galatians 5:16, Acts 20:32

FAITH, LOVE and OBEDIENCE are all linked:
The genuine proof of FAITH is LOVE.
The genuine proof of LOVE is OBEDIENCE.



We have a “virtuous circle” –
our faith leads us to love God,
which leads us to obey God more,
which leads to greater faith as we see God’s
righteous life become our way of life,
and back around the circle repeatedly as we
continue to grow in Christ. –
Read 2 Corin. 3:18

God has much more to say about the victorious Christian life as an overcomer. Please read these verses:

- Psalm 36:7-9
- John 10:10b
- 2 Corin. 9:8

Testimony Concerning the Son of God: 1 John 5:6-8

The theme of these verses is the TRINITY (vs.7).

- 1) Vs.6 testifies of Jesus' baptism by water, and His sacrificial death shedding His blood for our sins. Contrast this passage with John 19:34-35 – note the reference to both blood and water present at Jesus' death, and who gives the testimony witness.
In vs.8 of the scripture passage, who gives the testimony about Jesus?
- 2) Vs.7-8 give a clear expression of the Trinity – one God with three distinct Persons.
At Jesus' baptism, the Father and the Spirit testified to the Son – read Matt. 3:16-17.
The death of Jesus also witnessed to who He was – read Hebrews 9:14.
The Holy Spirit testified throughout Jesus' life as to His identity – read Luke 1:35; Acts 10:38

Wrap-up:

Overcoming the world seems to be a daunting challenge ... we live in a fallen world where we face all manner of trials and difficulties, with worldly influences and messaging all around us. And as Christians it seems at times that the job gets even harder.

But as we've seen in this study, God's commands are not burdensome, and we know that we are not left on our own but have the very Spirit of God with us. And all we need do is resist and Satan will flee from us. We have everything going for us, including this encouragement from Paul in his letter to the Ephesians:

Ephesians 3:16-21 (ESV)

¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

²⁰ Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen