

New Birth Produces **New Behavior**

A Study of 1 John 3:4-10



Introduction

Walking Through the Introduction

Your new identity produces new behavior.



Series Connection

For weeks we've been walking through 1 John. Last week we saw we are God's kids now with a purifying hope. Today John asks: How should we live—especially with sin?

Read the Text

Read 1 John 3:4-10 aloud slowly (CSB). This is strong medicine, but it's good news.

Core Truth

New birth doesn't mean we're instantly perfect, but it does mean we cannot keep living the same old way. Your new identity produces new behavior.

Agenda

We'll see sin's true nature, two families with two lifestyles, and the hope of God's seed in us.

Theological Insight

Sin Is Rebellion and **Jesus Came to End It**

Actions contradict identity.

1

Lawlessness

Everyone who commits sin practices lawlessness; sin isn't just mistakes—it's shaking your fist at God's rule.

2

Jesus' Mission

He was revealed to take away sins and live sinless. Abiding in Him changes your life direction, ending settled lifestyles of sin.

3

Self-Reflection

Is there a sin you've stopped fighting? Name it privately right now. That's the one we'll starve later.

4

Gospel Moment

Jesus didn't come to manage your sin—He came to destroy it.

Practice vs. Struggle

The difference is whether sin gets to settle down.

John is not saying real Christians never stumble. Earlier in this same letter he said, 'If we say, "We have no sin," we are deceiving ourselves' (1 John 1:8). The difference is not whether sin ever shows up; the difference is whether sin gets to settle down. A believer may fall into sin, but a believer cannot make peace with sin. The Holy Spirit will convict, the Word will confront, and the Father will discipline because God loves His children too much to leave them comfortable in what Christ came to destroy.



Heart-Check Questions



What sin have I started explaining instead of confessing?



Where have I grown comfortable with something Jesus died to take away?



Does my pattern of life show that I am abiding in Christ or drifting from Him?



Who knows enough about my struggle to help me fight it honestly?



What one act of obedience would starve sin and feed righteousness this week?



Practical “Starve It” Plan

Name it clearly

Do not generalize it as “struggling.”
Call it what Scripture calls it.

Confess it quickly

Bring it into the light before it
grows roots in the dark.

Cut the supply line

Remove the trigger, access point,
or rhythm that keeps feeding it.

Replace it with righteousness

Sin is not only resisted; it is
displaced by obedience.

Invite accountability

Ask someone to check in with
specific questions, not vague
encouragement.

Return to the gospel daily

You are not fighting for new birth;
you are fighting from new birth.

New Birth Makes Sin **Impossible to Call Home**

Walk in conviction, feed the new life.

