



March 15, 2026

1 John 3:18-24

¹⁸ Dear children, let us not love with words or speech but with actions and in truth.

¹⁹ This is how we know that we belong to the truth and how we set our hearts at rest in his presence: ²⁰ If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. ²¹ Dear friends, if our hearts do not condemn us, we have confidence before God ²² and receive from him anything we ask, because we keep his commands and do what pleases him. ²³ And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. ²⁴ The one who keeps God's commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.

TODAY'S QUESTION:

**How should we respond when our own heart condemns us?
How should disciples respond to an inner voice that is condemning, accusatory, or shaming?**

KEY IDEAS:

- 1. When you experience self-condemnation, listen to God's voice, not yours.** *Assurance is found in God's goodness, not your goodness.*
- 2. Pray with confidence—like a child approaching a loving father.**
- 3. Trust and imitate Jesus.** *We are empowered to live a sacrificial life when we are attached to the source of life.*

APPLICATION:

- What is the background song of your life? What internal narratives play on loop?
- What song might God want to sing over you?

NOTES:
