

STRATEGIES FOR STRESSFUL TIMES

Ryland Walter | May 27-28, 2023

Week 8: What No Stress Can Separate

I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

1 John 5:13 (NIV)

1. THE _____ OF BELIEF *"I write these things..."*

• _____ vs Darkness

This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. ⁶ So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. ⁷ But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

⁸ If we claim we have no sin, we are only fooling ourselves and not living in the truth. ⁹ But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. ¹⁰ If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

1 John 1:5-10 (NLT)

• _____ vs Error

Dear friends, do not believe everyone who claims to speak by the Spirit. You must test them to see if the spirit they have comes from God. For there are many false prophets in the world. ² This is how we know if they have the Spirit of God: If a person claiming to be a prophet acknowledges that Jesus Christ came in a real body, that person has the Spirit of God. ³ But if someone claims to be a prophet and does not acknowledge the truth about Jesus, that person is not from God. Such a person has the spirit of the Antichrist, which you heard is coming into the world and indeed is already here.

⁴ But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world. ⁵ Those people belong to this world, so they speak from the world's viewpoint, and the world listens to them. ⁶ But we belong to God, and those who know God listen to us. If they do not belong to God, they do not listen to us. That is how we know if someone has the Spirit of truth or the spirit of deception.

1 John 4:1-6 (NLT)

• _____ vs Hate

God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. ¹⁰ This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. ¹¹ Dear friends, since God loved us that much, we surely ought to love each other.

1 John 4:9-11 (NLT)

2. THE _____ OF BELIEF *"to you who believe in the name of the Son of God"*

Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son. ¹¹ And this is the testimony: God has given us eternal life, and this life is in his Son. ¹² Whoever has the Son has life; whoever does not have the Son of God does not have life.

1 John 5:10-12 (NIV)

3. THE _____ OF BELIEF *"so that you may know that you have eternal life."*

• We are secure according to God's _____

Jesus: "My sheep listen to my voice; I know them, and they follow me. ²⁸ I give them eternal life, and they will never perish. No one can snatch them away from me, ²⁹ for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand."

John 10:27-29 (NLT)

Jesus: "I tell you the truth, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life."

John 5:24 (NLT)

• We are secure according to God's _____

And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth.

John 14:16-17 (NLT)

When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

Ephesians 1:13b-14 (NIV)

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I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

1 John 5:13 (NIV)

1. THE TEST OF BELIEF

“I write these things...”

• Light vs Darkness

This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. ⁶ So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. ⁷ But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

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1 John 1:5-10 (NLT)

• Truth vs Error

Dear friends, do not believe everyone who claims to speak by the Spirit. You must test them to see if the spirit they have comes from God. For there are many false prophets in the world. ² This is how we know if they have the Spirit of God: If a person claiming to be a prophet acknowledges that Jesus Christ came in a real body, that person has the Spirit of God. ³ But if someone claims to be a prophet and does not acknowledge the truth about Jesus, that person is not from God. Such a person has the spirit of the Antichrist, which you heard is coming into the world and indeed is already here.

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1 John 4:1-6 (NLT)

• Love vs Hate

God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. ¹⁰ This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. ¹¹ Dear friends, since God loved us that much, we surely ought to love each other.

1 John 4:9-11 (NLT)

2. THE TRUTH OF BELIEF

“to you who believe in the name of the Son of God”

Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son. ¹¹ And this is the testimony: God has given us eternal life, and this life is in his Son. ¹² Whoever has the Son has life; whoever does not have the Son of God does not have life.

1 John 5:10-12 (NIV)

3. THE TRUST OF BELIEF

“so that you may know that you have eternal life.”

• We are secure according to God’s power

Jesus: “My sheep listen to my voice; I know them, and they follow me. ²⁸ I give them eternal life, and they will never perish. No one can snatch them away from me, ²⁹ for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father’s hand.”

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• We are secure according to God’s Spirit

And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth.

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When you believed, you were marked in him with a seal, the promised Holy Spirit, ¹⁴ who is a deposit guaranteeing our inheritance until the redemption of those who are God’s possession—to the praise of his glory.

Ephesians 1:13b-14 (NIV)

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WHAT NO STRESS CAN SEPARATE
Talk-it-Over Notes | May 27-28, 2023

REVIEW IT

Stressful times can distract us or cause us to live in fear. A fear that God has forgotten us or won't save us when we need it most. This fear can slow us down and cause us to doubt what God calls us to believe. The Bible says when we doubt our salvation, we shouldn't go by our feelings, but that we can test our belief by looking at our lives. We can ask, are we living in the light of God? Are we testing truth against God's word? Are we showing love to others? These actions won't save you, but they do give evidence of salvation as they flow from a life that has accepted God's son. When you accept God's son, you can trust that you are saved. That nothing can snatch you from God's hand or separate you from his love. We are secure by his power and his spirit.

I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. — 1 John 5:13 (NIV)

Spend some time in the Bible: Read 1 John chapter 5

TALK ABOUT IT

1. In first John we see some tests of belief. One of them is living in the light rather than darkness. What does that word picture mean? (1 John 1:5-10)
2. Another test is truth vs error. John gives several tests to give whether someone is speaking the truth about Jesus. Do their words match what God says in the Bible? (1 John 4:6) Other tests, include their commitment to the body of believers, (2:19) Their lifestyles, (3:23-24) And the most important test of all, what they believe about Christ? (4:3) Which of those tests do you believe is most relevant today?
3. How does salvation and eternal security change the way you worship? How does the miracle of being loved by God, saved from death and given life impact the way you love God?

ACT ON IT

“Since God loved us that much, we surely ought to love each other.” Who do you need to show love to this week? How can you show them love? At Rock Brook, we'd like to help you live this out. Consider a project for SERVE Day or joining a Dream Team to serve others and show the love of God.

rockbrook.org/serve
rockbrook.org/dream-team

PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.