

## Putting Our Hearts At Rest

1 John 3:19-24 Pastor Bryan Walmer June 26, 2022

When our hearts condemn, we can find assurance.

Our hearts will condemn us.

There can easily be a voice that exists in our hearts that says our failures mean God doesn't love or want us.

We are often meaner to ourselves than others are to us which effects our relationship with God.

When we feel condemned, we can find assurance in four things:

1. We are fully known and fully loved by God

God's voice should have the greatest influence in our hearts.

God knows you better than you know yourself and still loves you more than anyone ever has or will. (Romans 8:1-2)

2. God welcomes us and hears our prayers.

None of our sin should keep us from Jesus.

Prayer is a way to find the assurance that God wants to give us.

3. Signs of our relationship with Jesus

What commands does God require of us? Trust in Jesus and love others. (Galatians 5:6)

If we have placed our faith in Jesus and desire to love others out of the overflow of that faith, we can be assured of our relationship with Him.

4. The gift of the Holy Spirit

God guarantees our salvation by giving us himself in the Holy Spirit.

The Holy Spirit moves our hearts towards Jesus in faith and obedience, guaranteeing we will get there in the end.