



Rest Assured

Al Spiegel | Student Ministries Leader & Teacher
1 John

1. John wrote 1 John so that those who believe in the name of the Son of God may know that they have eternal life.
2. Abel's death wasn't the main point of his appearance in Scripture; his faith was.
3. To determine the state of our heart, we should ask, "Is obeying God's commands a burden to me?"
4. 1 John 2:8 says that the darkness is already passing away.
5. God gives Christians new hearts so that they want to know Him better and want to obey Him.
6. If you're not sure about whether you are saved, look at how your life is changing over time. Change shows your true desires.
7. Don't ask, "Am I really worthy?" or "Did I really do enough? We need to be asking, "Is Jesus really worthy?" and "Did Jesus really do enough?"

8. The more we look to Jesus and away from ourselves, the more we will find restful, sweet assurance!

The one thing: Look to Jesus.

NEXT STEPS

- Read 1 John this week.
- Invest in a younger believer you don't know well this month.
- Read Hebrews 11:1-3 and meditate on where you are in your faith.
- Examine yourself in light of John's instructions.

NOTES FOR PERSONAL & SMALL GROUP STUDY

1 KEEPING IT REAL

Describe the picture that comes to mind when you think of confessing your sin. Why is it so difficult for you to admit your sin and to accept forgiveness?

2 LOOK AT THE BOOK

Simply list the truths you discover from 1 John 1:8-10.

3

How would you define the word "confess" in 1 John 1:9? What do you believe God is looking for from you when it comes to confession? What is the guarantee that God offers you?

4 TAKING IT FURTHER

Some may think that these verses indicate that sin is no big deal to God if forgiveness is so available. How does God's story (both Old & New Testaments) indicate how costly it is to have sin forgiven by God? Share this good news!