



**“Confident Living”**  
**Wk.9 of Light and Love - 1 John 3:19-24**  
**By Pastor Jody May**

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**1 John 3:19-24 ESV**

<sup>19</sup> **By this** we shall know that we are of the truth and reassure our heart before him; <sup>20</sup> for whenever our heart condemns us, God is greater than our heart, and he knows everything. <sup>21</sup> Beloved, if our heart does not condemn us, we **have confidence** before God; <sup>22</sup> and whatever we ask we receive from him, because we keep his commandments and do what pleases him. <sup>23</sup> And this is his commandment, that we believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. <sup>24</sup> Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom he has given us.

**REVIEW:**

**LIGHT & LOVE**

**1<sup>st</sup> – Light** – Truth that stems from Christ and is sustained in Fellowship with each other.

**2<sup>nd</sup> – Love** - Treasuring God and how we value each other.

**INTRODUCTION:**

Last week we learned that ***Sincere Love is not an Option for Sincere Christians***. It may be a hard thing for us to swallow but there isn't an alternative duty to practice as a Christian outside of that. John had three guidelines if you will on how to love one another:

- Don't be like Cain.
- Don't be surprised by haters like Cain.
- Do love like Christ, sacrificially.
  - Readiness to do anything for other people.
  - That anything should benefit others.

These things were not a suggestion but a command for the Christian. The command was given not only because it is the right, ethical, and the Godly thing to do, but the **action of love gives something back to the Christian**, it



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**improves their quality of life.** John leaves us a clue to his intentions in trying to help us by a two-word phrase – *By this...*

***16 By this* we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. (By this you know how to love)**

***19 By this* we shall know that we are of the truth and reassure our heart before him; (By this you will have assurance for living)**

***24 ... And by this* we know that he abides in us, by the Spirit whom he has given us. (By this you know He is with you)**

“*By this*”, delivers a continual listing of things in Chp. 3, abiding in Him and loving others, obeying God’s commands all tells you that the Spirit is in you (v.24). All these things give us **Confidence in Christ** for **CONFIDENT LIVING**. John spells it out for us in v. 21:

***21 Beloved, if our heart does not condemn us, we have confidence before God***

John wants us to know Confidence is there for all Christians if we will work at getting around a barrier: our own heart.

**What is Confidence? (The state of feeling sure about something)**

Confidence is like a hidden gem that you didn’t know you wanted it, UNTIL you were made aware of the value in it.

Worldly confidence:

- helps the worker to walk into their boss and ask for a raise
- helps the parent not worry if they are messing up their kid all the time
- helps people date way above their pay scale
- helps the athlete stay calm when the other team scores
- helps the student not sweat a bad quiz grade

In the same way a Heavenly or a Gospel Confidence is extremely helpful in your walk:

- helps the Christian stave off addictions
- helps the Christian throw off the chains of condemnation
- helps the Christian come to God to confess the darkest of thoughts
- helps the Christian not worry about their tomorrows



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- helps the Christian stand against the attacks of the devil

**Opening Illustration:**

Let me share with you a funny story about how Spiritual/Gospel empowered Confidence works: (Mom, her birthday, and our wedding). The bottom line is I could spend the rest of my life, every time her b-day rolled around, every time Heather and I celebrated our anniversary, every time I remember her passing, about how I forgot my own sweet mother’s b-day. But because of the Gospel:

- My mother did not need me to remember her b-day to make her feel special, that was Jesus’ job, and He already did that.
- My mother was more concerned about letting me know in a funny but non-sarcastic way that I forgot because she was more concerned about loving me as Christ did, by removing my condemnation.
- And I chose to accept the grace extended to me, by mom, because not to would mean I cared not for her views or for Gods!

All of that to say my spiritual confidence in the strength of Christ, the good news of His Salvation in my mother and in me, **helps me to live without being condemned by a past action**. I was confident that she was not mad, I was confident that God was not mad at me, and I am still confident that I love her. Spiritual confidence has now made that something to laugh about instead of something to feel condemned about. I am still assured of my standing with mom and with God!

Here’s why you all need to know this today, one day **CONDEMNATION** will come knocking at your door. You too will be faced with the realization you done messed up!

<sup>20</sup> for **whenever** our **heart condemns us**, God is greater than our heart, and he knows everything.

Notice the second word in the verse here, “*whenever*” let me break that down. What that means is not “*IF*” that happens but “*WHEN*” that happens. You may really be good at walking in the Grace of the Gospel, and you may even do really well at living a Holy life, BUT there will come a day when your heart will attack you! It is going to point out to you, that thing you just did or thought, that was



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ugly, and maybe you should doubt your Christianity because Christians don't do that.

You cannot avoid that either, nope. Because we are all born with the God given, gracious gift called a **Conscience**. The conscience is not evil, but we will allow it to produce sin in our lives if we are not careful.

**Romans 2:15 ESV**

<sup>15</sup> They (Gentiles) show that the work of the law is written on their hearts, while their **conscience** also bears witness, and their conflicting thoughts accuse or even excuse them.

The conscience of a person is to bear witness – it lets the individual know that something is amiss in your heart, your emotional center. It is your subconsciousness observing what you do, and it judges your actions. The way you notice your conscience at work, is there is an emotional pin prick that comes across your internal awareness that displays itself as worry or nagging thoughts which then can turn into a full torrent of negative emotions if we don't confront that awareness.

The conscience is built up of past on traditions/rules/passions + past experiences good or bad and it tells you that action you just took that something doesn't jive with your Core values.

Meaning, internal confrontation, self-debate, wrestling with the actions you take and the things you do is something we all must go through. And it all comes down to the same question for all of us – **“Did I do that right?”** And half the time our answer should be “NO” because 1 John 1 says’ “If we say we have no sin, we deceive ourselves, and the truth is not in us.” – (1 Jn. 1:8). But a **“NO” doesn't mean life is over, a NO doesn't mean you're not a Christian!**

Because that second half of v. 20 states that there is a power outside of you, greater than your authority to judge yourself, greater than your own ability to rightly decide if a thing was right or wrong:

<sup>20</sup> for whenever our heart condemns us, God is **greater** than our **heart**, and he **knows everything**.



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That is why Paul is so content in all things and confident of God working in him:

**Romans 8:1-4 ESV**

**Life in the Spirit**

**8** There is therefore now **no condemnation** for those who are **in Christ Jesus**.  
<sup>2</sup> For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. <sup>3</sup> For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, **he condemned sin in the flesh**, <sup>4</sup> in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

Jesus put to death the law so that you and I would stand without condemnation from it:

- He condemned the law to death when He was put to death unjustly, therefore we will not face eternal death.
- Now as we walk in the Spirit, we walk without guilt for that is where condemnation leads one, but we still live with a **robust conscience** that says let's do better next time for the one that we truly love!

God knows your heart better than you know it! He sees your true motivations and He sees the struggles you are having with your sin. And most importantly he sees His Son's Imputed Righteousness on you which is why He holds nothing against you. **And if God holds nothing against you it is wrong of you to do that then!** Your conscience as a Christian should never lead you to condemnation but it should lead you to celebration of your freedom in Christ. Again, this is a command by John that you and I do this!

<sup>23</sup> And this is his commandment, that we **believe** in the **name** of his Son Jesus Christ and love one another, just as he has commanded us.

So now, for the rest of our time together, I want to show us the blessings and applications of what it means to have confidence in your standing with God. That is what we get out of Choosing to be Confident in our everyday walks.



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**Applications:**

**1. Confidence grows our assurance in the Gospel.**

**<sup>19</sup>By this** we shall **know** that we are of the **truth** and **reassure** our heart before him;

When you and I choose to act confidently in the Gospel, choosing to accept by faith I am no longer condemned, then when I participate in Christian living, loving, and serving God and my brothers and sisters, then I am gaining reassurance of my stance with God and my savior.

If we always resist the Truth of the Gospel, then we risk developing a warped conscience. A conscience that will begin to tell us no matter what scripture tells me, I need to accept my truth over God’s truth. Lying to yourself about how God sees you and how He knows your heart better than yourself is the road that leads to the judgment seat of Christ where the most dreaded words await the self-religious, “depart from me, I never knew you.”

Simply by loving others and accepting that He loves me/you, we build confidence that we most desperately need for everyday living. Repeated acceptance of Grace builds a dependency on God, not self. Along with that dependency you can grow in different ways:

**2. Confidence grows a deeper connection with God.**

**<sup>21</sup>Beloved, if our heart does not condemn us, we have confidence before God;**

The word here in the Greek, is for boldness and courage, it is to have *Frank* speech. By practicing living confidently we will and are encouraged to be bold with God, to speak Frankly with Him.

**Hebrews 4:16 ESV**

Let us then with **confidence** draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

I don’t come to God as if I am not good enough, **no**, we come to God knowing that Jesus is good enough, and it is in His name I spill my guts to the Father. Our



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Father knows our heart. When we come without confidence in Jesus and His High Priesthood, it is because we have something to hide.

When we are open with God telling Him all the dark secrets we have, then the only way to go is up folks. Keeping secrets from God is lying to yourself. Which brings us to our third benefit of choosing to live confidently.

**3. Confidence grows a more fruitful prayer life.**

**<sup>22</sup>and whatever we ask we receive from him, because we keep his commandments and do what pleases him.**

Practicing Confidence then begins to build in the believer a sense of doing things ‘with’ and ‘for’ God. If there is no condemnation, even for failures, then everything, every day I do, can be used for God. Because of that we are never to stop, even when our hearts are blasting us with condemnation, from praying for the things in the Kingdom.

**John 16:23 ESV**

**In that day you will ask nothing of me. Truly, truly, I say to you, whatever you ask of the Father in my name, he will give it to you.**

Asking the Father in Jesus name means that which I am asking for goes to give glory to Christ. Perhaps we need to **stop worrying** about how God doesn’t want to hear my prayers because of my sin and instead remember how prayers are actually answered. When I pray for Jesus’ will to be done, to bring in the kingdom, He answers them. Having confidence in the Gospel, in what it is doing for me, is understanding God answers my needs when I am being more concerned for the needs of the church than of self!

Practicing spiritual confidence means I am not here to pray and get all my dreams delivered but I am here to pray for God’s will to be done on earth as it is in Heaven. And here’s where **trust comes into play**. I trust that whatever God does in the Kingdom is going to take my mind off my suffering, off my sin, off my desire for fleshly things and seeing the Kingdom come will melt my Kingdom of self down, are you ready to pray that!?! As I practice a confident prayer life, then it blesses me with even more.



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**4. Confidence grows our ability to be obedient.**

**24** Whoever keeps his commandments abides in God, and God in him.

Spiritual confidence actually puts the believer right where they are supposed to be, in **right communion with God**. It develops a lifestyle by which you are not only praying more but you are listening more. You’ll see the Bible not as an old book with some principles to learn for life, but it is real time communication, with a living God, speaking through a sentence on a page that God had a man write, knowing you His child would read it, with the expectation you would take it to heart and **do it!** Confidence is reading God’s Word and knowing it’s God’s revelation to you! You were born to do something with what you are reading, His Word!

This year in a couple of weeks we are about to start another 9-month journey again, **To the Word**. Let me challenge you with this family. When you read it, please slow down a little and with confidence ask yourself one question every day, **what am I supposed to do with this!?**

**2 Timothy 3:16-17 ESV**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, <sup>17</sup> that the man of God may be complete, equipped for every good work.

I don’t know about you, but confidence tells me His Word should be changing me, it’s not too late to change, I am to grow, you are to grow, we are to take the Gospel into this world, and we are to expect it to change people. When we believe that together, then we receive a last benefit from it here as it seals our relationship with God.

**5. Confidence grows our relationship with the Holy Spirit.**

**24** ... And **by this** we know that he abides in us, by the Spirit whom he has given us.

Spiritual confidence doesn’t grow the Spirit in you, but it grows your awareness of Him. It demonstrates you are already living not by your power but by the power of the Holy Spirit.





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John relates in John Chp. 3 the teachings of Jesus on the HS and how He is required for new spiritual life, how He enters into a man by His own will, and how He gives understanding for the things of God. That understanding is proven and culminates when we demonstrate Faith in Jesus.

**John 3:18 ESV**

**<sup>18</sup>Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God.**

Believing in Jesus, that He came to save us from sins, that we are to live with confidence in His sacrifice, means we are not condemned. By living with confidence, we show we have the Spirit in us, and that **we are listening to Him.**

**CONCLUSION / RESPONSE:**

Family, I know if I had to ask you personally if you lived in the confidence of grace many of us would say “maybe”, “half time”, “not like I should.” I know, me too, and again I want you to know this, just because you show confidence in the grace of Christ today doesn’t mean you won’t be challenged with temptation to disbelieve tomorrow. Again, it is not *‘if’* but *‘when’* your heart condemns you.

Let me challenge us all with this:

This week when we sin, instead of being slow to confess our sins would you perhaps go to knee immediately understanding God will not withhold His presence from you. Will you go believing He will use your failures as a page in His book of glory.

This week, when you watch the news instead of becoming depressed will you see it as a step closer to His return, that Jesus will avenge those mistreated, that God will make the wise look foolish and evil deeds will be revealed. All these are things in the scripture that we should have confidence will happen.

Be confident family not in what you do but in what He has already done for you.



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**Prayer**

**Communion**

**Benediction**

Go in the name of the Father, who laid out the plan for our future so that we may live confidently knowing where my life will take me.

Go in the name of the Son, who secured my Salvation through His sacrifice so I may live confidently knowing it was enough.

Go in the name and power of the HS, that works with our conscience to point out when I am condemning myself and again points me to Grace.