

Assuring Our Hearts Before God (1 John 3:19-24)

Feb. 2, 2026

TEXT: 1 John 3:19-24

MAIN IDEA—When our hearts condemn us, remember Christ's work in our lives and trust God's knowledge of us. When our hearts are confident before God we will enjoy the blessings of that assurance.

MEMORY VERSE—Heb. 10:22

THE CHALLENGE OF A CONDEMNED HEART (1 Jn. 3:19-20a)—There are times when we are more aware of our inner motives, sinful choices, and failures in loving our brothers well. During these times our hearts may judge us as being guilty before God. John addresses how to deal with these moments.

Assurance—Being convinced that we are righteous before God in Christ alone [**2 Cor. 5:21**].

Our assurance is based on the knowledge of the Spirit's work in our lives (**V19-20a**).

Rom. 5:5; 1 Jn. 4:11-12

Our assurance is based on the knowledge that God is greater than our hearts (**See V20b**).

Rom. 8:37-39

Ps. 32:3-5; Ps. 73:25-26

THE BLESSING OF CONFIDENCE BEFORE GOD (1 Jn. 3:21-23)—John now shows the great blessings that result when our hearts are free from guilt and are confident before God. When believers recognize Spirit-empowered, loving deeds in their life, it leads to confidence about their relationship with God.

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>Access to God (V21)—Confidence is having freedom of speech before God, because of our standing with Christ. We can boldly approach our loving Heavenly Father through the Gospel (**Heb. 4:16; Heb. 10:19-22**).

>Answered Prayer (V22-23)—Confidence before God isn't some kind of blank check guaranteeing any request we ask. Our request must be in line with other conditions of answered prayer like faith (**Heb. 11:6**), obedience (**V23, Ps. 66:18**) and God's sovereign will (**Rom. 8:28**). Nevertheless, God promises to answer the prayers of the obedient believer who confidently comes before Him in prayer (**Jn. 15:7; 1 Jn. 5:14-15**).

Application—This week, take the prayers of Paul from the Epistles and pray them daily over a portion of yourself, your family, church, or specific families in the congregation.

Finally, John teaches us that as we live in obedience to Christ Jesus, we enjoy close fellowship with God through His Spirit.

John Stott (1921-2011) --*The Spirit whose presence is the test of Christ's abiding in us, manifests himself objectively in our life and conduct. It is He who inspires us to confess Jesus as the Christ come in the flesh, as John immediately proceeds to show. It is also he who empowers us to live righteously and to love the brethren. So if we would assure our hearts when they accuse and condemn us, we must look for evidence of the Spirit's working, and particularly whether He is enabling us to believe in Christ, to obey God's commandments and to love the brethren; for the condition of abiding is this comprehensive obedience (V24a), and the evidence of abiding is the gift of the Spirit (V24b).*

CONCLUSION

V23—Trust in Jesus Christ, God's Son, as your personal Lord and Savior. Love one another.

V24—Abide in God through the Spirit