

Sermon Notes
Back To Basics (part 9)
Regular Maintenance
1 John 3:18-24 (ESV)

¹⁸Little children, let us not love in word or talk but in deed and in truth. ¹⁹By this we shall know that we are of the truth and reassure our heart before him; ²⁰for whenever our heart condemns us, God is greater than our heart, and he knows everything. ²¹Beloved, if our heart does not condemn us, we have confidence before God; ²²and whatever we ask we receive from him, because we keep his commandments and do what pleases him. ²³And 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. ²⁴Whoever 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.

3 regular habits of the Christian life that help maintain Spiritual health and wellbeing

- 1) _____ others - it reminds us of our assurance (vs. 18-20)
→ *When was the last time you did something that looked like Jesus' love?*

- 2) _____ God - it reminds us to be confident (vs. 21-22)
→ *When was the last time you did something that looked like Jesus' obedience?*

- 3) _____ the Faith - it reminds us of our position (vs. 23-24)
→ *When was the last time you did kept the faith like Jesus?*