

**TITLE AND NUMBER:** 181. Set your hearts at rest

**REFERENCE AND KEY VERSE(S):** 1 John 3:19-20, 24

This is how we know that we belong to the truth and how we set our hearts at rest in his presence: if our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

The one who keeps God's commands lives in him, and he in them. And this is how we know that he lives in us: we know it by the Spirit he gave us.

**LOOKING FURTHER:** 1 John 3:19-24 ; John 14:1-27 ; John 16:13-15 ; Romans 8:1-16



### What does this Bible passage tell us?

Every day, we see people who are troubled. They may be our friends, people who live and work around us, or people we see on the TV news. In this passage, John sets out to show us how we can set our hearts at rest in the presence of God.

In chapter 14 of John's Gospel, Jesus promises us peace 'not as the world gives.' That means peace based not on our circumstances but on the presence of God's Holy Spirit.

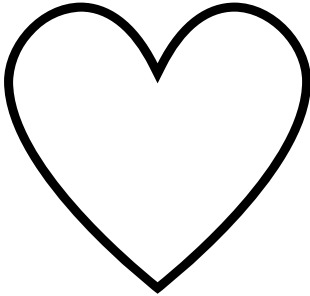
In this passage, John explains that our hearts can be at rest when we know that we live in God, and that His Holy Spirit lives in us. In John 16:13, we read that the Holy Spirit will guide us into all truth. So, a sense of guilt or failure is not necessarily a bad thing - it can be a positive sign that the Holy Spirit is living in us and therefore that we 'belong to the truth' (1 John 3: 19) - members of God's family. We can call on Jesus to ask for and receive His forgiveness and know that our peace with God is restored.

When we travel abroad, we often need to take a plug adaptor with us so that we can plug in our electrical devices. We cannot plug a British plug into a socket in America or France. In the same way, we can only know peace when we are connected to God by obeying the command 'to believe in the name of his Son, Jesus Christ, and to love one another' (1 John 3:23). When we seek to do that, we will hear the Holy Spirit assuring us that we are God's children (Romans 8:16). In that assurance, we can 'set our hearts at rest in his presence' (1 John 3: 19).

### Reflections:

- Are you troubled about anything today? Read Romans 8:1-4 and 14-16 and make a prayer of the verses that you find most encouraging.
- Is there something you have been praying about for a long time, without seeing any result? Read 1 John 3:21-22 and be encouraged to keep on praying.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

