

“Resting Assured—Very Terrified, or What’s for Lunch?”

Text: 1 John 5:112–

The Apostle John is writing to church people he deeply loves, and as an elder statesman of the faith, he’s laser-focused on what matters most: The true necessary gospel versus false teaching. Who truly belongs to God? Who has eternal life? And how can we know?

I. Overcoming the World (vv 1-5)

A. Faith Produces New Birth

1. Being born of God is not a natural event, but a spiritual rebirth—a work initiated by God, effected by the Holy Spirit, and tied to faith in Christ.

B. Faith Results in Love and Obedience

1. If we love God, we will love His children.
2. Christlike love requires discernment.
3. Love is not just what you feel—it’s what you do.  
And in Christ, we see love at its fullest: holy just, and self-giving
4. So what does obedience look like? (v3a) “that we keep His commandments.”

C. How do we overcome the world?

1. To overcome in the biblical sense is to remain faithful, resist evil, and stand firm in Christ—trusting that His victory is yours by faith.
2. Through faith in Christ, we overcome. We’re freed to love, to obey, and to live differently.

II. The Testimony Concerning the Son of God

A. The testimony of three witnesses.

1. Water – perhaps referring to Jesus’ baptism, where the Father affirmed His identity (Matt. 3:17)
2. Blood – Referring to His atoning death on the cross. (Matthew 27:54, Hebrews 9:14,)
3. The Spirit – Who testifies inwardly and truthfully (Mark 1:12, Luke 1:35, Acts 10:37-38)

B. God’s Testimony Is Greater

1. The Father Himself has testified to the Son—through Jesus’ baptism, His crucifixion, his resurrection and ascension, and the ongoing work of the Holy Spirit.

III. Reflect and Respond

A. If you have the son, rest assured.

1. Continue your journey towards Christlikeness. Be amazed and awestruck, and adore the Triune God.
2. Confess and be convicted to repentance by your shortfalls and transgressions.
3. Gain confidence and comfort through God’s promises in Scripture.
4. Be thankful and rejoice in the gift of your saving faith.
5. Be bold but reverent to petition God to supply your needs and the needs of others.
6. Humbly love God and love one another.