



MESSAGE

STUDY GUIDE

GROUP MATERIAL

SONGS

# Post-Trauma: Learning To Love Again

Bible Reading: 1 John 3:11-24

## The Context of the Letter & the Condition of the Believers

### Learning to Love Again (1 Jn. 3:1, 11-18)

- A. Love one another: The message we heard from the beginning (v. 11)
  - 1. Don't follow Cain's example (v. 12) – the counterexample to loving one another
  - 2. Don't be surprised when the world hates you (v. 13)
  - 3. Loving one another proves you have passed out of death & into life (vv. 14-15)
- B. Love one another as Jesus loved us (vv. 16-17)
  - 1. He laid down his life for us
  - 2. We should lay down our lives for others
  - 3. If we have material means, we should help others in need
- C. Love one another in action & truth, not just word or speech (v. 18)

### We Should Trust God (1 Jn. 3:19-24)

- A. Whenever our heart condemns us, God is greater than our hearts (vv. 19-20)
  - 1. Whenever our heart condemns us
  - 2. God is greater than our hearts
- B. If our hearts don't condemn us, (vv. 21-22)
  - 1. We have confidence before God
  - 2. We receive whatever we ask from God because
    - 1. We keep his commands
    - 2. We do what is pleasing in his sight

3. God's Command (vv. 23-24a)
  1. Believe in the name of his Son Jesus Christ
  2. Love one another
  3. The key to mutually remaining in one another
4. Reassured by the Spirit that we remain in God (v. 24b)