

LOSING YOUR VERTIGO

AND REGAINING YOUR
DIVINE EQUILIBRIUM



1 John 2 – Receiving God’s Equilibrium Extended Notes for: Sunday, February 2, 2014

Introduction:

Sometimes our lives get out of balance and become one long season of *vertigo*: spinning round and round with no balance or measure. What we need in such times is to regain our equilibrium. This is also true of us spiritually as well! 1 John is a short letter written by one of Jesus’ closest friends to a cluster of churches who were experiencing spiritual vertigo – and John instructs them in how to get equilibrium back.

Sermon Notes:

READ 1 John 1:5

READ Gen. 1:1-3

- **Eternal life is not a *destination* but a *person*.**

READ 1 John 1:6

- **The HYPOCRITE hides their sin from others in order look respectable.**

READ 1 John 1:7

- **The follower of Jesus lives an open life because they are cleansed by the light.**

READ 1 John 1:8

- **The VICTIM justifies their by sin by making it someone else’s fault.**

READ 1 John 1:9

- **The follower of Jesus freely confesses sins/faults/failures because they are secure in Christ.**

READ 1 John 1:10

- **The DENIAR lies about their sin in order to save face.**

READ 1 John 2:1-2

- **Because Jesus is our Mercy Seat, we have nothing to hide or prove or anyone to impress.**

Questions for Reflection:

1. John doesn't want his Christian readers to sin. Is it possible for a Christian not to sin?
2. John says if we confess our sins to God, then we can be forgiven. Does this mean that God won't forgive sins that are left unconfessed? In other words, does the blood of Jesus cover even the things we neglect to confess? What are your thoughts?
3. What keeps people from acknowledging their sins/faults/failures? How do you think John would respond to those fears?