

LOSING YOUR VERTIGO

AND REGAINING YOUR
DIVINE EQUILIBRIUM



Don't Take Your Vertigo Back - 1 John 5:6-21

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 5:6-12

- **Water – *Birth* (natural birth-water as Jesus is miraculously born)**
- **Blood – *Death* (Jesus' on the cross)**
- **Spirit - *Resurrection* (the Holy Spirit raises Jesus from dead)**

Have we received God's _____ by showing _____ of Equilibrium?

- **Sign of the Spirit (*Turning & Trusting*)**
- **Sign of Confession (*Believing & Committing*)**
- **Sign of Authenticity (*Faith & Obedience*)**

READ 1 John 5:13-17

John wants us to know we are _____ .

READ 1 John 5:18-19

John wants us to know we are _____ .

READ 1 John 5:20-21

John wants us to know that we have _____ .

Don't Take Your Vertigo Back - 1 John 5:6-21

Questions for Reflection:

It is *not possible* to be a Christian if you don't agree with Jesus virgin birth, death on a cross and bodily resurrection. Agree disagree?

Once we have become a Christian we are *eternally secure*. Agree or disagree?

The only sin that leads to DEATH is the sin of rejecting Jesus and God's salvation. Can such a person be saved? Why or why not?

How are John's "signs" evident in your own life?