

## A SERIES OF DEVOTIONS BASED UPON JOHN'S FIRST EPISTLE

### YOUR HEART

1 John 3:19-20 "By this we shall know that we are of the truth and reassure our heart before him; for whenever our heart condemns us, God is greater than our heart, and he knows everything."

Your heart, if average, is the size of a fist. It will beat about 115,000 times each day. It will pump about 2,000 gallons of blood every 24 hours. It is vital to your physical life.

Three times in today's two verses John mentions the heart. His mention has nothing to do with the physiology or mechanics of the heart inside your chest. In the Bible the heart is the location of your reason and will (Mark 7:21.) It is also the place from which come your emotions. The heart is the central place in you where God resides and you experience His presence, love, wrath, etc. In your heart is where your faith in God lives.

At times, your heart is not your friend. The Bible says, "For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. These are what defile a person." (Matthew 15:19-20) In these instances it cannot be trusted because it distracts, refuses to believe God's word of truth and actually rejects God's word of comfort and forgiveness.

John says that God is greater than your heart. Luther wrote, "Although our sin is great, His (Christ's) redemption is greater." Your heart condemns you because of your sins, but the Gospel pours God's unfathomable love into your heart. Infused with the blood of Jesus it is cleansed. The Holy Spirit works faith in your heart to believe and trust in Jesus for God's forgiveness and promise of eternal life.

". . . whenever (your) heart condemns (you), God is greater than (your) heart. He knows everything." (verse 20) Knowing God's great love for you, Christ's saving work in your behalf, the Holy Spirit's faith giving work of making you holy, John says, is all you need so your heart is your friend.

Prayer: Let the meditation of my heart be acceptable in Your sight, O Lord, my rock and redeemer. Amen.

Thee will I love, my strength, my tower, Thee will I love, my hope, my joy,  
Thee will I love with all my power, With ardor time shall ne'er destroy.  
Thee will I love, O Light divine, So long as life is mine.

Thee will I love, my life, my Savior, Who art my best and truest friend.  
Thee will I love and praise forever, For never shall Thy kindness end.  
Thee will I love with all my heart—Thou my Redeemer art!

I thank Thee, Jesus, Sun from heaven, Whose radiance hath brought light to me;  
I thank Thee, who hast richly given All that could make me glad and free;  
I thank Thee that my soul is healed By what Thy lips revealed.

O keep me watchful, then, and humble; Permit me nevermore to stray.  
Uphold me when my feet would stumble, And keep me on the narrow way.  
Fill all my nature with Thy light, O Radiance strong and bright!

Thee will I love, my crown of gladness; Thee will I love, my God and Lord,  
Amid the darkest depths of sadness And not for hope of high reward.  
For Thine own sake, O Light divine, So long as life is mine.

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