

“Dear Children, keep yourselves from idols.”

1 John 5:16-21

June 02, 2024

What comes before the bottom line? (vs.21)

- The entire context of 1 John should be read and re-read
- Immediate context is developing a confident prayer life

16-17 The importance and power of interceding for one another

16a Prayer for a brother is throwing a **lifeline** from God

16b Those sinning “unto death” are not believers; non-Christians

17 All sin is wrongdoing, but rejecting Christ is **deadly** *

* <https://www.thegospelcoalition.org/essay/sin-unto-death/>

18 We know that Jesus Christ keeps God’s children safe from continuing in sin and the continuing attacks of the evil one

The evil one cannot touch (grab to harm) His **sheep**
(see also John 10:28-30)

19 We know that we are children of God, different from the world

Satan’s preferred tactic in spiritual warfare is **sleep**

20 We know that Jesus is truly God, gives understanding and life
(see also Matthew 11:27)

To be in **union** with God and His Son is life giving

21 Christ-followers keep themselves from idols of all kinds

An idol can be either an image or attitude or **both**
(see also Colossians 3:5)

Idols keep demanding **sacrifices**

An idol is clingy, yet hard to **spot**

When in Rome, do as the **Christians**

On Your Own: Better With Others

1. **Read** *slowly* through both lists.
2. **Circle** the things in the first list that might indicate that you may be stuck in a potentially idolatrous rut.
3. **Then** circle the things in the second list that you want to regularly practice as someone who is alive in Christ!
4. **Read** Psalms 95 – 100. What verse(s) did you find most refreshing?

Things that tend to increase stress:

- Screen time
- Social media
- Prolonged isolation
- Bitterness
- Junk food
- Over-scheduling
- Never having enough
- Doom scrolling
- Prolonged time indoors
- Intense expectations
- Image management
- Chasing dopamine highs

Things that tend to help relieve stress:

- Nature
- Singing
- Body movement
- Touch
- Breathing exercises
- Gratitude
- Community
- Forgiving wrongs
- Prayer
- Warm sunshine
- Flexibility about life
- Confessing sins
- A good cry
- Listening
- A glass of water
- Contentment