



The Practice of Faith

Recap

See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him. Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is. And all who have this eager expectation will keep themselves pure, just as he is pure. [3:1-3](#)

Recap

What we are-**identity** vs 1
What we shall be-**promise** vs 2
What we should be-**hope** vs 3

Recap

Now you are no longer a **slave** but God's own child. And since you are his **child**, God has made you his **heir**. [Galatians 4:7](#)

Memory: How Practice Makes Permanent, Judy William MD

Neuroplasticity is the process through which thoughts, experiences, and actions transform the brain. This ability of the brain to change evolves across our entire **lifetimes**. The way it works is that each time a memory circuit activates (used, remembered, applied), electric impulses travel through it...The newly enhanced information becomes more durable, more readily retrieved, and more easily applied to new applications.

Memory: How Practice Makes Permanent, Judy William MD

Explain that because of neuroplasticity, they awaken every morning with a **new** brain. There, as yet, seems to be no limit in terms of the strength or amount of information one can hold in the neural networks constructed through neuroplasticity.

Memory: How Practice Makes Permanent, Judy William MD

Guide them to understand that their brains are constantly changing in response to their experiences and brain circuits they choose to activate. **Practice makes permanent**. Each time they review or use information while learning or practicing a skill, **the stronger and more powerful it becomes**.

We all know that practice, or repetition, is the "**mother of perfection**," but the old adage that "practice makes perfect" holds true only if that practice is perfect. The fact is that practice builds a habit, and **a habit can be helpful or harmful** when it comes to pursuing your goal. If you don't pay close attention and give proper care to each practice opportunity, then you might very well find yourself going backwards, because the habit you build is hurting your forward progress. [Alden Mills](#)

1 John 3:4-10

Everyone who makes a practice of sinning also practices lawlessness; **sin is lawlessness**. Vs 4 (ESV)

While **anomia** means "no law," the main idea is not so much "the absence of law but the **willful rejection** of the law, or the will of God, and the substitution of the will of self. It is thus the very opposite of righteousness, which is conformity to the standard or law of right."

Lawlessness is living as though your own ideas are superior to God's. **Lawlessness** says, "God may demand it but I don't prefer it." **Lawlessness** says, "God may promise it but I don't want it." **Lawlessness** replaces God's law with my contrary desires. I become a law to myself. **Lawlessness** is rebellion against the right of God to make laws and govern His creatures. [John MacArthur](#)

When we remove something, we don't exist in a vacuum.
We replace it knowingly or unknowingly

And you know that Jesus came to **take away our sins**, and there is **no sin in him**. [Vs 5](#)

The next day John saw Jesus coming toward him and said, "Look! The Lamb of God who **takes** away the sin of the world! [John 1:29](#)



To take away (**airo**) literally means to **lift** up something and to **carry** it



Remove/separate

Distance/bear it

He has **removed** our sins as far from us as the east is from the west. [Psalm 103:12](#)

You will **trample** our sins under your feet and **throw** them into the depths of the ocean! [Micah 7:19](#)

I—yes, I alone—will **blot** out your sins for my own sake and will **never** think of them again. [Isaiah 43:25](#)

He **canceled** the record of the charges against us and took it away by **nailing** it to the cross. [Colossians 2:14](#)

Sin has a **spiritual** weight. It is felt, it is struggled with and it is crushing. But worse, as we progress in **transformation** it slows down this process.

let us strip off every **weight** that slows us down, especially the **sin** that so **easily** trips us up. And let us run with endurance the race God has set before us. [Hebrews 12:1b](#)

Only a **sinless** person can accomplish this

Anyone who **continues** to live in him will not sin. But anyone who keeps on sinning does not know him or understand who he is. *Vs 6*

Anyone who **continues** to live **in** him will not sin.

But anyone who keeps on sinning does **not** know him or understand who he is.

John lays down an **impossible** statement.

When you became a Christ-follower, did you **stop** sinning?

There must be something **else** John is trying to convey

Little children, let no one deceive you. Whoever **practices righteousness is righteous**, as he is righteous. Whoever makes a **practice of sinning** is of the devil, for the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the works of the devil. *Vs 7-8 ESV*

Practice (Poieo): Used **11x** in 1 John. It is translated: to make, to do. **Make**: produce, bear, shoot forth, to acquire, to provide a thing for one's self. **Do**: to carry out, to execute, to perform

1 John 1:6; 1 John 1:10; 1 John 2:17; 1 John 2:29; 1 John 3:4; 1 John 3:7-10; 1 John 3:22; 1 John 5:10

practice is an **choice** that we keep **choosing** (in spite of external, internal conflict)

How do you practice

John hasn't brought us here without giving us context

If we **confess** our sins vs 1:9

if we **obey** his commandments 2:3

live their lives as **Jesus** did. 2:6

to love one **another** 2:7

Anyone who **loves** a fellow believer 2:10

for when you love the **world**, you do not
have the love of the Father in you. 2:15

these people **left** our churches, but they
never really belonged with us 2:19

for he calls us his **children** 3:10

makes a **practice** of sinning vs 4

also **practices** lawlessness vs 4

Whoever **practices** righteousness vs 7

Whoever makes a **practice** of sinning is of the devil vs 8

No one born of God makes a **practice** of sinning vs 9

whoever does not **practice**
righteousness is not of God vs 10

a habit (**practice**) can be helpful or harmful... Alden Mills

No one **born** of God makes a practice of sinning,
for God's seed abides in him; and he cannot keep
on sinning, because he has been **born** of God. Vs 9

Born of God... born of God - Both uses of the verb born (gennao) are in the perfect tense which signifies **past completed action** at a point in time (the moment of our new birth) **with continuing effects** of that new birth.

So now we can tell who are children of God and who are children of the devil. Anyone who **does not live righteously** and does **not love other believers** does not belong to God. [Vs 10](#)

Spiritual **paternity** test

See how very much our Father loves us, for he calls us his **children** [3:1](#)

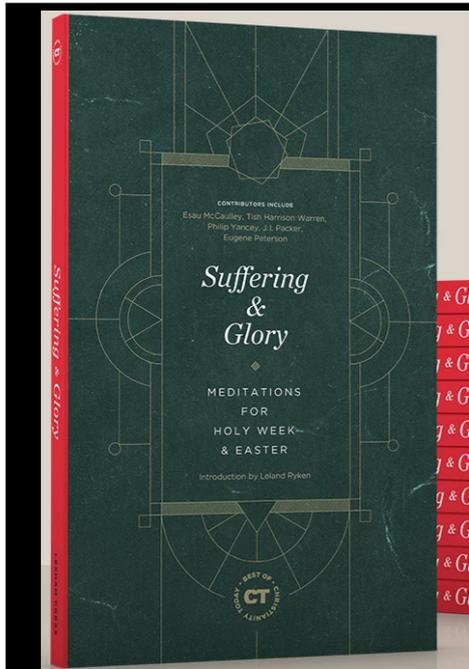
Live righteously

Practice righteous living (do the right thing)

Love other believers

Practice loving other believers
(regardless of preferences)

"I will live in them and walk among them. I will be their God, and they will be my people. Therefore, come out from among unbelievers, and separate yourselves from them, says the Lord. Don't touch their filthy things, and I will welcome you. And I will be your Father, and you will be my **sons and daughters**, says the Lord Almighty." [2 Corinthians 6:16b-18](#)



Suffering & Glory recovers some of the best Holy Week and Easter articles from half a century of Christianity Today. Guiding readers from Palm Sunday to Pentecost and including contributions from Tish Harrison Warren, J. I. Packer, Nancy Guthrie, and Eugene Peterson, *Suffering & Glory* will remind readers of the beauty of Christ's death and resurrection.



Praying for Evie

**Friday
11:30am**

text2give
226-909-0014



eTransfer
info@uccwaterloo.ca
(auto deposit)