

## At Rest in His Presence

### Description

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1 John 4:16-24

It's easy to allow our hearts to become heavy with the weight of all the ways we fall short in life. The task we left unfinished. The unkind word we let slip from our lips. The unmet expectations of a friend, coworker, or family member. Or the sin in our past that our spiritual enemy repeatedly brings back to our memory.

The Apostle John wants us to know that even when our hearts condemn us, God doesn't. Condemnation simply isn't God's style. John writes, "If our hearts condemn us, we know that God is greater than our hearts" (1 John 3:20).

We know the condemnation doesn't come from God; it comes from Satan. In fact, condemnation is one of Satan's favorite tools to discourage Christians. The next time you find yourself feeling condemned in your own heart, stop and reflect on the words of John, who reminds us in John 3:17 that, "God did not send his Son into the world to condemn the world, but to save the world through him." Set your heart at rest in His presence.

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