

Sermon Notes - 1 John 5:1-5

1 John 5:1-5 | **Speaker:** Toby DeHay | **Date:** March 15, 2026

Key Verse: 1 John 5:4-5

"For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?"

Main Idea

New life in Christ shows up in **love**, **obedience**, and **victory**. As we grow as disciples, we see the evidence of this new life and grow in our commitment to Him and His commands.

Short Summary

New life in Christ is not a passive state but an active transformation marked by specific "evidences" and "results." It begins with an active belief that Jesus is the Christ, a belief that results from being born of God. This new life naturally flows into a love for God that cannot be separated from a love for His children. Ultimately, this life produces a "long obedience" that is not a burden but a joyful response, leading to a faith-filled victory over the world.

Main Principles

1. New Life Begins with Belief (Evidence #1)

- **Active Identity:** Belief is our "DNA" and identity; one is not a follower of Jesus while actively or passively denying Him.
- **The Source:** Believing is the **consequence**, not the cause, of the new birth. Our continuing faith is evidence of God's work in us.
- **Jesus as Messiah:** Saving faith specifically acknowledges that Jesus is the Christ, the Savior, and the "One of One."

2. New Life Shows Up in Love (Evidence #2)

- **Inseparable Love:** You cannot love God without loving His people, and you cannot truly love His people without loving God and keeping His commands.
- **The "Check Engine" Light:** Love serves as a diagnostic for the soul. If we claim to love God but dislike a fellow believer, there is a spiritual issue to address.

- **Right Behavior:** Being born of God leads to practicing righteousness and prevents us from habitual, unrepentant sinning.

3. New Life Walks in Obedience (Result #1)

- **Not a Burden:** Loving God means living His way. For the believer, His commandments are not "oppressive" because the heart's desires have been transformed.
- **Legalism vs. Joy:** Unlike the heavy burdens of legalism, Jesus' yoke is easy. Obedience is a natural response to a changed heart, not a checklist to earn favor.
- **The Result of Love:** Obedience is the result of believing the gospel and loving God and others.

4. New Life Lives in Victory (Result #2)

- **The Power Source:** Victory over the world doesn't come from willpower or "bootstraps," but through faith in the finished work of Jesus Christ.
- **Divine Nature:** Only God's nature within us can resist the world. This new nature hates the thought of yielding to sin.
- **Progress, Not Perfection:** Overcoming is not sinless perfectionism; it is walking in newness, repenting when we fail, and growing in grace.

Notes:

Closing Application

- **Reflect:** When I look at my life, do I see the "evidence" of active belief and love for other Christians, or is my spiritual "check engine light" flashing?
- **Act:** Identify a commandment of God that has felt like a "burden" lately. Ask the Holy Spirit to transform your duty into love this week.
- **Commit:** Repent of any "habitual sin" and trust in the victory of Christ rather than your own strength to overcome the pull of the world.