**Keep Calm & Love On**

**Part 2**

*This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.*

1 John 1:5–7 (NLT)

**How can I overcome the barriers to loving God and others?**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the darkness in me.**

*If we claim we have no sin, we are only fooling ourselves and not living in the truth.*

1 John 1:8 (NLT)

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of my sin.**

*But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.*

1 John 1:9-10 (NLT)

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grace.**

*My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world.*

1 John 2:1–2 (NLT)

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with obedience.**

*And we can be sure that we know him if we obey his commandments. If someone claims, “I know God,” but doesn’t obey God’s commandments, that person is a liar and is not living in the truth. But those who obey God’s word truly show how completely they love him. That is how we know we are living in him. Those who say they live in God should live their lives as Jesus did.*

1 John 2:3–6 (NLT)