

***Beloved: A Study of 1, 2, & 3 John***  
**Lesson Ten - Be Steadfast**  
**3 John**

**I. Gaius – Beloved fellow worker (3 John 1-8)**

A. Prayer for prosperity – body and soul

3 John 2

B. Walking in truth

Make decisions based on truth and your feelings will eventually line up.

Podcast – 1,000 Hours Outside

Interview of psychologist Dr. Jennifer Taitz specializing in DBT – Dialectical Behavioral Therapy

Podcast subject – “Stop prioritizing comfort and distraction at the expense of truly enhancing your life.”

What are the pros of going on my phone and staying up late because I had a bad day and what are the pros of maybe reading for 20 minutes. It may be a little more effortful but what are the results?

She explained why we should choose the opposite action that our feelings are dictating. If you are depressed and feeling pulled toward isolation, then make the opposite choice. Go to the party. Go out to dinner with friends. Choosing the opposite action than your feelings are dictating leads to different feelings.

“These opposite actions work as well or better than antidepressant medication.”

Don’t wait to do the thing that will make you feel better until you feel better!

“Be willing to have less instant gratification for more self-efficacy...It is a long safe investment rather than this quick high interest rate credit card” (Dr. Taitz).

How many years have we been saying through Bellevue Women that we make decisions based on truth? We act on what God says and eventually our emotions will line up.

C. Love expressed in hospitality

Christ’s disciples are to be known by our love for one another.

“Those who live out radically ordinary hospitality see their homes not as theirs at all but as God’s gift to use for the furtherance of His kingdom. They open doors; they

seek out the underprivileged. They know that the gospel comes with a house key” (Rosaria Butterfield, *The Gospel Comes with a House Key*, Kindle, Loc. 109).

D. Fellow workers

“They went out for the sake of the Name” (3 John 7).

You will find that you develop the deepest relationships with those with whom you serve.

## II. Diotrephes (3 John 9-10)

- A. Loves to be first  
Arrogant
- B. Gossip
- C. Inhospitable
- D. Forces others to comply  
Bully

## III. Demetrius - Imitate what is good (3 John 11-12)

- A. Good testimony
- B. Example to imitate

## IV. Conclusion (3 John 13-15)

- A. John’s desire to visit  
The power of being in person
- B. Peace and greetings of love

## V. Contrasts

### **Gaius**

Beloved  
Walking in truth  
Faithful  
Hospitable  
  
Loves Christ

### **Diotrephes**

Loves to be first  
Does not accept the truth  
Gossip  
Forced compliance  
Cancel Culture  
Loves the world/flesh