



Wednesday, November 18, 2020

"SPIRITUAL WELLNESS"

How Well Do You Love?

Jesus spoke of love as the two greatest commandments: Love God and Love thy Neighbor (Matthew 22:34-40). We often think of love as an emotion, but Christian love is demonstrated in our actions. Our spiritual checkup has included How Well Do You Hope, Pray, and Feel. Considering the world and community around us – Love is in Need! Now let's examine the matter of How Well Do You Love!

I. DIFFERENT TYPES OF LOVERS

- A. Those who are loved first – only in response to love shown toward them; others must take the initiative.
- B. Those who are loved in return – only continue when it's reciprocated. Jesus observed this love among sinners. (Luke 6:32)
- C. Those who love regardless – who take initiative, and persist even when it's not reciprocated. Jesus commands this kind of love. (Luke 6:35)

II. IMPORTANCE OF PROPER LOVING

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| A. The greatest of commandments | Matthew 22:34-40, James 2:8 |
| B. The mark of true spirituality | John 13:34-35, 1 John 4:7-8 |
| C. The glue of relationships | |
| *Friendships depend on love | 1 Samuel 18:1 |
| *Families depend on love | Ephesians 5:25, 28 |
| *Churches depend on love | Philippians 2:1-2, Colossians 3:14 |

III. BECOMING BETTER LOVERS

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| A. Let God teach you | John 3:16, Romans 5:8-10 |
| B. Let Jesus teach you | John 13:34, 1 John 3:16 |
| C. Let the Holy Spirit teach you | 1 Corinthians 13:1-13 |

Love is important to our spiritual well-being. It is the evidence of spiritual regeneration and necessary for spiritual happiness. Let us make sure that our love is not carnal and self-centered, but spiritual, God-centered and other-centered. Ephesians 5:1-2 "Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet smelling aroma".