



## Sermon Outline:

# Living with love

**Main point:** How can we become more loving?

**Intended response:** Draw near to God, serve the suffering and work at becoming selfless

**Key verse:** 1 John 4:7-12

### Introduction:

- > Have you ever met one of those saint-like Christians who bubbles over with love for everyone? It's almost like a superpower. No matter how difficult or smelly the person, they show kindness, warmth and love!
- > How did they get like that? How can we get like that?
- > How can we become more loving?
- > In John's first letter, we find three ways.

### A/ Get to know our loving God.

- > "Love comes from God" (v7). Our capacity to love others comes from him.
- > When we are filled with God's love, it starts to splash on those around us.
- > C.S. Lewis: When we meditate on God's love, our love for others increases and our hearts become more like God's – filled with love.
- > How can we get to know his love? Focused meditation; courses like Alpha.
- > Ask God to flood our hearts with his love so that we can share it with others.

### B/ Serve the suffering.

- > God poured out his love for the suffering (v9). We are called to do the same.
- > When we serve the suffering (v12), "God lives in us."
- > John Wesley: All Christians should serve the suffering. A way to experience God's love and grace. Our hearts expand. Visit prisons and hospitals.
- > Mother Teresa: "When I wash the leper's wounds, I feel I am nursing the Lord ... a beautiful experience."
- > Talk to your corps officer about ways to serve the suffering.

### C/ Work at becoming selfless.

- > God's love is completely selfless (v9-10), "Agape." Selfless, others-focused love.
- > To share this love, we must take off our self-focused glasses and put on others-focused glasses.
- > Martin Luther King Jr: The Levite asked a self-focused question: "What will happen to me if I help him?" The Good Samaritan asked an others-focused question: "What will happen to this man if I don't help him?" We need to work at thinking like the Samaritan.
- > How can we develop selflessness? Self-talk; time in prayer for others (not just self!); ask God to forgive and cleanse us of selfishness.