

Study H: Expressing Biblical Love

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."
Eph. 4:29

Why: Reasons for the study

- There is a breakdown in the understanding and the expression of the essential elements of biblical love.
- People are involved in many dysfunctional and sinful relationships (families, church, workplace, etc.) and do not understand or refuse to submit to God's way of relating.
- Love is to be the "hallmark" description of the believer.

What: Principles to grasp

- Love is defined by God and demonstrated through Christ.
- We love Him because He first loved us.
- Love is commanded by God and includes even our enemies.
- Love is expressed in both attitude and action.

How: Path to a changed life

- To understand how God defines love
- To become overwhelmed with God's unconditional love for them
- To practice biblical love in all their relationships

Helpful ideas:

- Use the *Expressing Biblical Love Checklist* as a confession list and assign couple to seek each other's forgiveness for the things they have checked on that list. ([ctousa.org/tools/resources/Personal Evaluation Checklists](http://ctousa.org/tools/resources/Personal%20Evaluation%20Checklists))