

EXPRESSING BIBLICAL LOVE CHECKLIST

Check the ways you are not expressing biblical love in each of the categories below:

Love is patient.

- Trying to can change the other person. (1 Cor. 3:6,7)
- Not resting in God's sovereign control over the other person. (Dan. 4:35; Prov. 16:4)
- Not being gentle and forbearing when they fail you. (2 Tim. 2:24,25)
- Not waiting on the Lord to change them. (Ps. 27:14)
- Not being content in all circumstances. (Phil. 4:11)

Love is kind.

- Not extending yourself to be sensitive, considerate, warm, responsive. (Col. 3:12)
- Repaying evil for evil, instead of giving a blessing. (Rom. 12:21)
- Using words that do not build up and are destructive. (Eph. 4:29; Jas. 3:5-10)

Love is not jealous.

- Envy and resenting their prosperity, gifts or advantages. (Ex. 20:17; Jas. 3:16)
- Not being content with your own situation so you are not free to bless them in circumstances that may be more advantageous than yours. (1 Tim. 6:6)

Love does not brag and is not arrogant.

- Boasting or viewing yourself as superior to them. (Prov. 27:2; Gal. 6:3)
- Glorifying self rather than glorifying God by building them up. (1 Cor. 10:31; Eph.4:29)

Love does not act unbecomingly.

- Being controlling, manipulating, demanding or intimidating. (Phil. 2:3,4)
- Being rude, aggressive, vulgar or sarcastic. (Eph. 4:29; Col. 3:8)
- Treating them in a disdainful, demeaning, judgmental, condemning way. (Matt. 7:1-5)
- Not being polite, gracious and well-mannered. (Matt. 7:12)

Love does not seek its own.

- ___ Being selfish, self-centered, self-absorbed, self-protective. (Phil. 2:3; Jas. 3:16)
- ___ Seeking self-gratification. (1 Pet. 1:13-15)
- ___ Demanding that your desires, standards and expectations be met through them.
- ___ Having sinful responses when they fail to meet your expectations.
- ___ Giving, pleasing or serving with the expectation to receive something in return.
- ___ Being sinfully dependent on others, instead of being dependent upon God and His resources for your emotional and spiritual welfare. (2 Pet. 1:3)
- ___ Not asking, "What is my motivation?" when giving to or responding to them.
- ___ Being motivated for selfish gain? (self-gratification; self-interest; self - protection)
- ___ Not being motivated to manifest love for God and for them.
- ___ Not motivated to serve their best interest.

Love is not provoked.

- ___ Being incited to anger by their sins and failures. (Prov. 15:1)
- ___ Getting angry or becoming embittered toward God or them when your will is thwarted. (Prov. 19:3; Heb. 12:15)
- ___ Not realizing God holds you responsible for biblical responses when they sin against you. (1 Pet. 2:19-23; Matt. 6:14,15)
- ___ Not relying on the Holy Spirit to enable you to return blessing for insult. (1 Pet. 3:9)

Love does not take into account a wrong suffered.

- ___ Not always forgiving them. (Mark 11:25)
- ___ Holding grudges or suppressing when they offend you. (Col. 3:12-14)
- ___ Retaliating through withdrawal or deliberately hurting them. (Rom. 12:17)

Love does not rejoice in unrighteousness.

- ___ Enjoying what you perceive as them getting what they deserve. (Prov. 24:17,18)
- ___ Finding pleasure and excitement in your own sinful pursuits and in viewing or hearing about their sinful pursuits. (Rom. 1:28-32; Rom 12:9-12)
- ___ Not viewing sin and its effects as God views it, a matter that causes mourning and grief. (Eph. 4:30; Prov 8:13; Jas. 4:9,10)

Love rejoices with the truth.

- ___ Disobeying the commands of God because of fear or to avoid possible negative outcomes. (Ps. 112:7,8a)
- ___ Lying and deceiving. (Eph. 4:25)
- ___ Not accepting full responsibility for and repenting of your own sin rather than lying about it, minimizing, rationalizing or denying it. (Prov. 28:13)
- ___ Not being trustworthy because you lack integrity. (Prov. 10:9)
- ___ Not being open and teachable when receiving admonishment; being defensive

Love bears all things.

- ___ Not persevering patiently through tribulation. (Jas. 1:12; Gal. 6:9)
- ___ Not protecting them by harming them and by sinning against them. (1 Cor. 13:7a)
- ___ Not trusting that the Lord will never give you more than you can handle through His power and grace. (1 Cor. 10:13)

Love believes all things.

- ___ Not choosing to believe them in a particular situation, when you disagree with their defense, until facts prove them guilty.
- ___ Jumping to assumptions about their motivations rather than asking them and then not going the extra mile to choose to believe them unless facts prove him otherwise, not realizing you would desire the same consideration. (John 7:51; Matt. 7:12)

Love hopes all things.

- ___ Not entrusting them to God's sovereign plan for their lives – to work in His time and in His way. (Eph. 1:11; 1 Cor. 3:6,7)
- ___ Not placing hope in the Lord to sustain you, even if your circumstances do not change. (Ps. 62:5-8)
- ___ Not viewing afflictions from an eternal perspective, knowing God is working all things for your good and in accordance with His purpose. (Rom. 8:28,29)

Love endures all things.

- ___ Not resting in the promises that God will never leave nor forsake you (Deut. 31:6,8)
- ___ Not realizing God, through His power and grace, will make you steadfast in love for those who are difficult. (1 Cor. 15:58; 2 Cor. 12:9,10)
- ___ Not being willing to suffer for the sake of righteousness and to receive God's way of blessing you in the difficulty. (1 Pet. 3:14)