



EXPRESSING **BIBLICAL** LOVE



God's Definition of Love: 1 Corinthians 13:4-8a NASB

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

Confess the items checked to God with your discipler or a friend.

If married, seek forgiveness from your spouse for all items you checked.

Love is patient.

- ____ Trying to 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 others 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 others. (Prov. 27:2; Gal. 6:3)
- ____ Glorifying self rather than glorifying God by building others 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 others in a disdainful, demeaning, judgmental, condemning way. (Matt. 7:1-5)
- ____ Not being polite, gracious and well-mannered. (Matt. 7:12)

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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 others.
- _____ 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 others 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 others offend you. (Col. 3:12-14)
- _____ Retaliating through withdrawal or deliberately hurting offenders. (Rom. 12:17)

Love does not rejoice in unrighteousness.

- _____ Enjoying what you perceive as offenders getting what they deserve. (Prov. 24:17,18)
- _____ Finding pleasure and excitement in your own sinful pursuits and in viewing or hearing about others' 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)

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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. (Prov. 15:31)

Love bears all things.

- _____ Not persevering patiently through tribulation. (Jas. 1:12; Gal. 6:9)
- _____ Not protecting others 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 another in a particular situation, when you disagree with their defense, until facts prove them guilty.
- _____ Jumping to assumptions about another's 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 others 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)