

This Is Love

Love the Fear Away

JULY 24, 2022

One of the biggest obstacles to love is fear. Fear keeps us from leaving our comfort zones and keeps us from loving those who are hard to love. In this episode, we talk about how to love the fear away.

MESSAGE NOTES AND HIGHLIGHTS

- The only thing that counts is faith expressing itself through love. | Galatians 5, v.6
 - By this everyone will know that you are my disciples, if you love one another. | John 13, v.35
 - “Over a lifetime we accumulate more failures in love, both individually and collectively, than in any other single thing.” | Eugene Peterson
 - Where there is too much fear, there is too little love.
 - There is no room in love for fear. Well-formed love banishes fear. | 1 John 4, v.18 MSG
 - Some tactics or signs of fear—grabbing for control, avoidance, putting on a front for appearances.
 - “If you love those who love you, what reward will you get? Are not even the tax collectors doing that?” | Matthew 5, v.46
 - “...love your enemies and pray for those who persecute you, that you may be children of your Father in heaven.” | Matthew 5, vv.44-45
 - “I think Jesus meant something different when He said ‘enemies.’ He meant we should love the people we don’t understand. The ones we disagree with. The ones who are flat wrong about more than a couple of things. I have plenty of those people in my life, and my bet is you do too.” | Bob Goff, *Everybody Always*
 - Think of someone in your life who is challenging or difficult to love.
 - Fear paralyzes life; love releases it. Fear confuses life; love harmonizes it. Fear darkens life; love illuminates it. | Adapted from MLK
 - This is our calling—to be more fully formed in the perfect love of Christ so that we can free someone else from the bondage of fear.
 - B.L.E.S.S. = Be in prayer, Listen, Eat/Experience, Serve, Story.
 - A prayer—“God, give me your heart for this person. Help me see them the way you see them. Show me the opportunities I have to love them the way you do.”
 - To listen well is to love.
 - It’s in the context of relationship that love has the most lasting impact.
 - Share your story of experiencing God’s love and what you’ve learned.
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DISCUSSION QUESTIONS

1. Common signs or tactics of fear are grasping for control, avoidance, and putting on a front for appearances. How do you experience or observe these signs of fear in your life?
2. The apostle John writes that perfect or well-formed love banishes fear. Have you experienced this? Can you think of any examples of love in your life pushing out fear?
3. Think of someone who’s challenging for you to love. What makes it so difficult?
4. What are some ways you can begin to love that person more?