



Love Selflessly

Main idea Live a life of love by loving selflessly.

Warm-up What immediately comes to your mind when you hear the word love? (Two lovers holding hands? Picture of a heart? Dinner date?)

introduction

The biggest regret of dying people is in the area of relationship...At the end of the day, our relationships (particularly with those dear to us) are all that matter! Sadly, many people only realize them when they only have a few minutes left in their hospital bed and there's nothing they can do anymore. However, there is hope. We can do something today to avoid having those same regrets! We can live wisely and make every second count by choosing to live a life of love.

Probably you're thinking, It's easy to say but it's hard to do. There are people who are not easy to love (**Example:** older brother who bully you; abusive dad) It's a challenge to live a life of love but it can be done! How? There are two things we can do:

Message

1. Forgive

Forgiving someone is like releasing a prisoner and that prisoner is you. Give it in the hands of God (let him be the one to give you justice) so you can move on and have a brand new start (**reference: Matthew 6:14; Matthew 18:33-35**)

2. Love

Sample Illustration: Minister with a radio show and counseling ministry; a woman came to him one day for counseling... She was determined to

divorce her husband, not just divorce but want to hurt him, and make it as painful as possible; The minister gave this counsel to the woman...*"for the next two months, act as if he won you back, no matter what he does, I want you to be kind, sweet, encouraging, compliant, and just serve him, and brag about him, and then the moment he starts feeling like he's got you now, give him the divorce paper."* The woman said, *"Ok this is gonna be good,"* so she does an academy award performance for 2 months, then 3 months. The counselor got worried and called here. *"How did it go? She said, "You know what, the more I started treating him well, the more he started changing and i realize I really love him. I don't want to divorce him anymore."* (Check Luke 6:35; Romans 5:8; John 13:34)

Lesson: Motion produces emotion; if you're waiting for the emotion, it's not going to come. You've got to get in motion and start demonstrating love, start treating people like you love them, and it's just a matter of time and the emotion will follow.

challenge

"He who pursues righteousness and love finds life, prosperity and honor." You will experience life to the full, a no regret life, when you make love your life pursuit.
Proverbs 21:21

There is no perfect relationship because all relationships involve imperfect people. There is only one way for us to keep and enjoy the relationships we have and that is to "live a life of love by loving selflessly."

Practical Application

What have you learned and how will you apply it in your life?