

Fearless Love

Experiencing God's love will change us from the inside out.

Time:
10-12 minutes

Focus:
Love, Friendship, Purpose

Scriptures

1 John 4:7-9
1 Peter 1:18-19
2 Corinthians 5:14-15
Romans 12:11,
1 John 4:18
Matthew 24:12
Luke 7:47
John 13:34-35
Luke 6:27-28
John 15:12-13
1 Corinthians 13:4-7
Proverbs 3:3-4
1 Peter 1:22
Matthew 22:37-39

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to help you understand how much he loves you and to show you how to share that love with someone else today.

Thought starter

What if the most powerful force in the universe isn't strength or knowledge—but love?

Here's what we'll learn in this Quick Quiet Time:

- God's love shows us how valuable we are and frees us from fear.
- God's love is like a spiritual fingerprint that identifies us as Jesus's followers.
- God's love compels us to serve, not sit. It's an active choice, not a feeling.

God is not just "loving." He is love.

1 John 4:7-9 NLT

Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love. God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him.

Mic drop moment: God's love never fails.

- God is love itself. That means he won't just decide not to love us one day. His love is secure and steady.
- If we ever doubt that God loves us, we only need to remember his decision to send Jesus into the world for us.

Reflect

- How does knowing that God is love—not just loving—change how you see him?

God's love shows us that we're valuable.

1 Peter 1:18-19 NIV

You were set free from an empty way of life. This way of life was handed down to you by your own people of long ago. You know that you were not bought with things that can pass away, like silver or gold. Instead, you were bought with the priceless blood of Christ. He is a perfect lamb. He doesn't have any flaws or defects.



View on web ↗

Notes:

 Reflect


- What “empty ways” has God rescued you from?
- How does realizing Jesus gave everything for you affect how you think about yourself?

 **God’s love compels us to serve, not sit.****2 Corinthians 5:14-15 NIV**

For **Christ’s love compels us**, because we are convinced that one died for all, and therefore all died. And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

Romans 12:11 Voice

Do not slack in your faithfulness and hard work. Let your spirit be on fire, bubbling up and boiling over, as you **serve the Lord**.

 **Truth bomb:** We aren’t saved to be selfish.
We are saved to serve God.

- When we personally experience the love of Jesus, we will be moved to serve him selflessly.

 **Write it down**

- What drives your daily decisions—comfort or Christ’s love?
- What does a “self-absorbed life” look like for you?

 **God’s love makes us fearless.****1 John 4:18 NLT**

Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

 **Truth bomb:** Fear can’t live where love reigns.

- God’s love is the solution to all our fears, like fear of rejection and fear of failure.
- We don’t have to fear these things, because God’s love never changes based on our performance.

 Reflect

- What fears are holding you back from fully trusting God?
- How could God’s perfect love free you from those fears?

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Notes:

❄️ Without God's love, we're cold hearts in a hot mess.

Matthew 24:12 NIV

Because of the increase of wickedness, the love of most will grow cold.

Luke 7:47 NIV

“Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little.”

🔥 **Truth bomb:** Sin isn't just about breaking rules. It's about breaking our connection with God.

- When we turn to sins—like bitterness, pride, selfishness, and more—we snuff out our experience of God's love.
- Sinning means choosing to distance ourselves from God, and then we have no love to share with others.
- Forgiveness, though, is like a fertilizer for God's love. Even if we have sinned a lot, our gratitude for God's forgiveness can rekindle our love for God and others.

🧠 Reflect

- What's been freezing your love lately—bitterness, busyness, burnout, selfishness?
- How can you reignite your love for others?

🧬 Love is the DNA test of a disciple of Jesus.

John 13:34-35 NIV

A new command I give you: Love one another. As I have loved you, so you must love one another. **By this everyone will know that you are my disciples,** if you love one another.”

Luke 6:27-28 NIV

But to you who are listening I say: **Love your enemies**, do good to those who hate you, bless those who curse you, pray for those who mistreat you.

🔥 **Truth bomb:** Love is our spiritual fingerprint.

- Our love, not our religious performance, is evidence that we are followers of Jesus.
- The love of God is so strong that it will compel us to love even our enemies.

🧠 Reflect

- Would people know you follow Jesus by how you love?
- Who's the hardest person for you to love right now? How can God's love compel you to love them?

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Notes:

❤️ Love is more than a feeling.

John 15:12-13 NLT

This is my commandment: Love each other in the same way I have loved you. There is no greater love than to lay down one's life for one's friends.

💣 **Truth bomb:** Love is a choice made with action.

- Our love, not our religious performance, is evidence that we are followers of Jesus.
- The love of God is so strong that it will compel us to love even our enemies.

🧠 Reflect

- What does it look like to lay down your life for someone today?
- How can you love sacrificially this week?

💎 Love is the real flex.

1 Corinthians 13:4-7 NLT

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

💣 **Truth bomb:** Love doesn't need to be big or loud.

- Consistency makes more of an impact than flashy or impressive gestures.

🧠 Reflect

- Which of these love traits do you struggle with most?
- Who needs your patience and kindness today?

👉 Love and truth create deep friendships.

Proverbs 3:3-4 NIV

Don't let **love and truth** ever leave you ... [4] Then you will find favor and a good name in the eyes of God and people.

1 Peter 1:22 NIV

Now that you have purified yourselves by **obeying the truth** so that you have **sincere love** for each other, **love one another deeply**, from the heart.


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Notes:

 **Truth bomb:** Truth without love is harsh. Love without truth is hollow.

- Honesty is essential to have a close relationship with someone. But we need love too.
- Telling someone the truth—especially hard truths—without compassion can feel cold, judgmental, or even cruel.
- We might be factually correct, but if we deliver truth without care, we can hurt more than help.

 **Reflect**

- How does truth-telling help you love others better?
- What are some relationships where you're most likely to tell the truth without love?

 **Final thoughts**

Matthew 22:37-39 NIV

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'"

Love is the greatest commandment, the most important thing God wants from us.

 **Wrap-up challenge**

Pick ONE verse from today that hit you hardest.

Write it down.

Pray it in.

Live it out.



Humor break!

Q. Where do you find love in the grocery store?
A. Aisle B... there for you.

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