

Transformed by Love

*1 John 4:19 We love because he first loved us.
2 Corinthians 5:14 For Christ's love compels us*

If the eyes of our hearts were opened to know the full height and depth and length and breadth of God's love we would forever be changed (or vaporized in joy). His love is such an amazing transformative power.

God loves me. He loves me deeply. He loves me with an everlasting love (Jeremiah 31:3). He loves me because He is Love (1 John 4:8). He loves me with a love that accepts me as I am (Romans 15:7). Jesus loves me enough to give of Himself for me (1 John 3:16). He loves me enough to take my punishment that I might go free (1 Peter 3:18). He loves me enough to live with me, live in me (Galatians 2:20). God loves me enough to commit to never leave me (Hebrew 13:5). **I am Loved.**

When I know I am loved by God

- **I feel secure with who I am**-I can stop the incessant pursuit for approval
- **I can grow** and change and develop in beautiful ways (love changes me more than guilt)
- **I am satisfied** by the love that my soul was created to enjoy (*Psalms 63:1-5*)

What can keep us from knowing and experiencing the love of God?

- Shame = If you saw me as I truly am you wouldn't love me; or I am Unworthy; or I am messed up,
- Fear/Distrust – God is angry at me and wants to punish me; or God is not good because He has allowed pain in my life; or love is scary because then I am needy and not in control; or the risk is too great because if I get my hopes up of being loved I can be let down
- Pride – I don't need anyone's love; or I must earn love (I am loved when....)
- Sin - I will settle for some little substitute loves rather than the deeper love of God

How can we overcome the obstacles and know and experience the love of God?

1 John 4:7-19

- **Believe the gospel** – I am worthy of love and belonging because of Christ; Christ made me worthy, He says I am accepted, worthy, and valuable
- **Abandon** the lesser things where we are seeking love for the greater love of God.
- **Give/receive** love from one another (although it is an imperfect expression of the perfect love of God)
- Have the Courage to be **Vulnerable**– being completely open, honest with who I am, even my imperfections, feelings, and needs
- Take the time to enjoy God's love

Colossians 1:21-22 Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation—

Being vulnerable and embraced is one of the most beautiful connections and joys of life.

You are loved!