



MESSAGE NOTES

Naturally

1 John 4

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1. How You Can Live a Life Full of God's Love

a. The Difficult Part

It's difficult to give what you don't have. If you aren't full of the love of God, it will be painful to put others first. Putting Jesus at the center of your life means you aren't there at the center anymore. There are some growing pains.

1 Corinthians 13:11 When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me.

b. The Easy Part

God's love is a natural fruit of the Spirit, not something you can produce on your own. Growing the fruit of the Spirit is the most natural result of being rooted in God's love.

Galatians 5:22-23

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, **23** gentleness and self-control. Against such things there is no law.

2. God's Love Restores You

Remaining in God's love brings health to you, spiritually, physically and mentally. Your Heavenly Father wants you to be made whole (complete).

1 John 4:7-16

7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. **8** Whoever does not love does not know God, because God is love. **9** This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. **10** This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. **11** Dear friends, since God so loved us, we also ought to love one another. **12** No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. **13** This is how we know that we live in him and he in us: He has given us of his Spirit. **14** And we have seen and testify that the Father has sent his Son to be the Savior of the world. **15** If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. **16** And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.

Conclusion: Remain in God's love. The love of the Heavenly Father has been given to you.

Receive God's love and pass it on. Start today.