



# Being Loved

## Summary

Jesus loved his disciples. John wrote: “Having loved his own . . . he loved them to the end” (John 13:1). From the day he called them to follow him until he ascended, Jesus loved “his own”. He loved through various words and actions over those three years. During his final meal with them, he revealed two astonishing things about his love for them – he loved them as the Father had loved him (John 15:9) and the Father himself loved them through him. “If you have seen (experienced) me, you have seen (experienced) the Father . . . because it is the Father living in me doing his work” (John 14:9-11). This was all possible by the Holy Spirit in him (Luke 3:22; Luke 4:1-14; Acts 10:38).

Finally, he gave them a new command: “Love one another as I have loved you!” (John 13:34; 15:12)

He concluded by stating that loving one another (and ultimately all people) this particular way would be the singular characteristic by which the world would identify them as his own (John 13:35).

But how do we, his present-day disciples, experience Jesus love us in “embodied” ways so that we can love the Jesus way? The truth is, he and the Father are “embodied” in and among us by the Spirit (John 14:16, 23; Romans 8:9-10).

What follows, are two activities that can help us experience their embodied love today so that we can love others as he has loved us, and “because he first loved us” (1 John 4:19).

## The Love Verse Activity

### WORDS

**Invite the Triune God to speak to you personally through scriptures that provide timeless revelations of their love for you (similar to Lectio Divina).**

#### Personalize

Reimagine a text coming directly from God, by putting it into first person active tense. Then amplify the passage using synonyms and antonyms to help God's truth penetrate deeper into your heart. Listen to the Spirit to give further words of encouragement.

(Zephaniah 3:17, NIV): “The LORD your God is with you. He is mighty to save. He will take great delight in you, He will quiet you with His love, He will rejoice over you with singing.”

#### Personalized Sample

*“[Your name], I am the LORD, Yahweh, your God. I am always with you. I am never detached or distant. I am here as a warrior to fight for you and to deliver you through the pressures you’re enduring. Do not for a moment allow yourself to think that I don’t care about you. The truth is I adore you; I delight in the relationship we share. I am eager to console you with my love, my kindness, and my affection. In fact, as I listen to you, I celebrate your life and your faith in me rejoicing over you with songs of celebration and exuberant shouts!”*

#### Vocalize

Speak this personalized scripture text to yourself, out loud with passion. Speak it again and again, until the words—like water—begin to soften your heart soil. Invite a friend to speak these personalized words over you.

#### Memorize and Meditate

“Fix these words of mine in your hearts and minds” Don’t stop meditating (i.e., marinating your soul) until you feel God’s heart toward you through the very words of scripture.

#### Imitate

Share the verse with someone else to pour God’s love into their hearts. Be led by the Spirit to share any additional words of comfort and encouragement.

# The God Sighting Activity

## ACTIONS

By the Spirit, Jesus was the “visible” image of the invisible God (John 1:18; John 14:9; Col. 1:15). Likewise, by the Spirit, our Triune God expresses their love in “visible” ways today through our loving interactions (1 John 4:12; John 14:16, 23; Rom 8:9-10). This activity helps us to stop, remember, and revel in God’s expressions of love for us and by us. (Similar to The Examen.)

### Appreciate

Remember and offer a prayer of thanks (Phil 1:3) for the way someone loved you, you loved someone, or a loving interaction you witnessed. Write down all the details – emotions, actions, facial expressions, etc.

Father, thank you so much for the way Joe greeted me today – his huge smile, laughter, long and strong hug, and precious words of affection! I felt so loved by him. Thank you for loving me through him.

### Personalize

Transfer the content of the prayer to God into a personalized message to you from God. Hear God say to you, “How much more do I love you than that? I really do love you that much and so much more!” (Matt. 7:11)

*(Your name), if Joe feels that way about you, how much more do I? He beautifully embodied and expressed my love for you! I truly respond that way and so much more every time I see you coming! (Luke 15:20)*

### Vocalize and Meditate

By rehearsing out loud and reimagining the personalized memory over and over you experience being loved again, not just by the people in memory but by our Triune God!

### Imitate

whatever you’ve seen or heard, put it into practice. (Phil. 4:9). This is how to love as loved - to Love the Jesus Way!

# Touchpoint Groups

## TOGETHER

We gather as Christ's church (1 Cor. 11:18) in varieties of settings and sizes to experience and express God’s love in embodied ways.

### We Share

Gathering together allows us to share our Love Verses and God Sightings with one another. Paul wrote: “When you come together, each of you has a hymn, or a word of instruction, a revelation, a tongue or an interpretation...” (1 Cor. 14:26). We also “share and do good” as sacrifices of worship that please God (Heb. 13:16; Rom. 12:1; Phil. 4:18). Simultaneously, God also distributes other gifts of the Spirit (1 Cor. 12:4-6, 11). Perhaps, it was because of these abundant and varied expressions of love at gatherings that they were also called “love feasts” (Jude 12).

### We Identify and Help Remove Internalized Harm

We need to cultivate safe, committed relationships in order to process the beliefs that may surface in us, preventing us from receiving and sharing God’s love. We have all had many experiences of being “unloved” by life and people or being “unloving” to God, others, or ourselves. Our Getting Along Module is designed to help us heal and restore. Learn more on our website.

# Loving the Jesus Way

## FOCUS

### Being Loved and Loving as Loved by the Spirit

**This is the rhythm and balance of life and how we remain in God's love and experience full and complete joy (John 15:10-11). It is “easy, light, and rest for our souls” (Matt. 11:30). By it, we fulfill the law (Rom. 13:9-10) and bring God glory (John 15:8). May this be your way of life for all your life, because it is life!**



For more information, visit us at

[www.FirstLovedMinistries.org](http://www.FirstLovedMinistries.org)

or call us at

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