

LOVE THAT SETS YOU FREE – NOT LOVE THAT BREAKS YOU

Hello Besties,—LET’S TALK ABOUT LOVE! Not the mushy, movie-script kind... but the kind that HEAVEN designed. The kind that heals, transforms, restores, lifts, purifies, corrects, and brings us closer to Jesus. The kind that *sets captives free*.

God is Love (1 John 4:8), so if we want to understand real love, we must go to the Author of Love Himself. And because He is perfect, His definition of love is perfect. Healthy love reflects His character. Unhealthy love reflects the world, the flesh, pain, brokenness, and selfishness.

Jesus didn’t just tell us He loved us—He *showed* us.

- He loved with compassion.
- He loved with truth.
- He loved without fear.
- He loved with boundaries.
- He loved while hanging on a cross.

Healthy love leads people toward God. Unhealthy love leads people away from Him.

So today, we’re learning the difference so we can walk in the love God designed!

SCRIPTURES ABOUT LOVE

1. 1 Corinthians 13:4–7 (NKJV)

“Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up...

It bears all things, believes all things, hopes all things, endures all things.”

This is Heaven’s blueprint for love.

2. John 15:13 (NKJV)

“Greater love has no one than this, than to lay down one’s life for his friends.”

Real love sacrifices—not dignity, not identity, not worth—but comfort, selfishness, and pride.

3. 1 John 4:18 (NKJV)

“There is no fear in love; but perfect love casts out fear...”

If fear is controlling your relationship, that is NOT healthy love.

4. 1 Peter 4:8 (NKJV)

“And above all things have fervent love for one another, for love will cover a multitude of sins.”

Not enabling sin... but forgiving, restoring, and healing.

WHY WE MUST KNOW THE DIFFERENCE BETWEEN HEALTHY & UNHEALTHY LOVE

Because your heart matters to God.

Because who you love and how you love shapes your life.

Because unhealthy love *drains, deceives, destroys, and distracts*.

Because healthy love *reflects Jesus, grows fruit, and creates peace*.

The enemy’s goal is to twist love into control, guilt, manipulation, abuse, or idolatry.

God’s goal is to anchor love in truth, freedom, holiness, joy, and spiritual maturity.

Healthy love draws you closer to Christ.

Unhealthy love pulls you away from Him.

10 WAYS TO PRACTICE HEALTHY, GODLY LOVE

1. **Love with patience and kindness** (1 Cor. 13:4).
2. **Speak truth in love**—not silence, not harshness (Ephesians 4:15).
3. **Set Godly boundaries**—Jesus did.
4. **Forgive fully**—but with wisdom and discernment (Matthew 6:14).
5. **Encourage spiritual growth in others** (Hebrews 10:24).
6. **Communicate with grace, not anger** (Colossians 4:6).
7. **Serve with humility, not superiority** (Philippians 2:3).
8. **Love without expecting something in return** (Luke 6:35).
9. **Stay rooted in God so your love flows from Him, not your emotions** (John 15:5).
10. **Honor God with your relationships**—romantic, friendships, family (1 Corinthians 16:14).

Healthy love breathes LIFE.

It builds.

It lifts.

It heals.

It reflects the love of Jesus.

5 WAYS PEOPLE LOVE IN AN UNHEALTHY WAY

1. **Manipulation disguised as care**
(“If you loved me, you’d...”)
2. **Love fueled by fear, insecurity, or abandonment**
(God did not give us that spirit!)
3. **Enabling sin instead of speaking truth in love**
(Love doesn’t hide the truth.)
4. **Idolizing a person above God**
(Unhealthy dependency blocks spiritual growth.)
5. **Possessiveness, jealousy, and control**
(These do not come from the Spirit of God.)

Unhealthy love TAKES.
Healthy love GIVES.
Unhealthy love DRAINS.
Healthy love REFILLS.
Unhealthy love BREAKS.
Healthy love BUILDS.

BIBLICAL POINTS ABOUT LOVE

1. Love must align with God's character.

If it doesn't look like Jesus, it's not biblical love.

2. Love is both gentle and truthful.

Jesus never replaced truth with comfort.

3. Love requires spiritual maturity.

We cannot love well without the Holy Spirit guiding us (Gal. 5:22).

4. Love protects our hearts and others' hearts.

Boundaries are holy, not unkind.

5. Love is powerful—but must be pure.

Love outside of God's design leads to bondage, heartbreak, and confusion.

WALK IN LOVE THAT REFLECTS JESUS

God wants the love in your life to look like HIM:

Pure.
Patient.
Purposeful.

Peace-giving. Powerful.

When you walk in *healthy love*, you walk in FREEDOM.

When you walk in *unhealthy love*, you walk in confusion, fear, and unrest.

Today, choose the love that sets you free!

Choose the love that lifts, builds, heals, forgives, restores, and shines the light of Jesus.

Let your love be a testimony.

Let it be holy.

Let it be healthy.

Let it be HIS.

8 WAYS TO SHOW HOLY LOVE TO YOUR SPOUSE

1. Pray for Them Daily

Cover your spouse in prayer—ask God to strengthen, guide, protect, and bless them. Prayer is one of the purest forms of holy love.

2. Speak Life, Not Criticism

Use your words to build them up, not tear them down. Godly love communicates with grace, encouragement, and honor.

3. Forgive Quickly and Deeply

Healthy marriage mirrors Christ's forgiveness. Let go of grudges, release offenses, and choose peace over pride.

4. Serve with a Joyful Heart

Holy love follows the example of Jesus, who said the greatest among us is the servant. Small acts of kindness speak loudly.

5. Honor Their Strengths and Support Their Weaknesses

Celebrate their God-given gifts and be a safe place when they struggle. Love lifts, not shames.

6. Put God First Together

Read the Word together, attend church, worship, pray, and keep Jesus at the center. A Christ-focused marriage becomes a Christ-reflecting marriage.

7. Show Affection and Appreciation

Holy love is tender. Tell them you adore them, reassure them, hug them, hold their hand, and let them feel valued every day.

8. Protect Unity with Boundaries

Guard your marriage from outside influences—emotional, spiritual, and relational. Fight for unity. Love fiercely. Keep your covenant sacred.



8 HOLY WAYS TO LOVE YOUR FAMILY

1. Pray Over Them Continually

Lift your family members before the Lord daily. Pray for protection, peace, wisdom, and their walk with Jesus. Prayer is the glue that protects a home.

2. Speak Blessings, Not Curses

Use your words to strengthen, encourage, and build up your family. Proverbs 18:21 reminds us the power of life and death is in the tongue—choose LIFE.

3. Practice Grace and Forgiveness Quickly

Families hurt each other sometimes, but holy love forgives. Release bitterness so healing can flow. Extend grace the way Christ extends it to you.

4. Serve One Another with Joy

Jesus showed us that real love serves. Offer help, show kindness, take the extra step. Love in action softens hearts.

5. Create a Christ-Centered Atmosphere in Your Home

Fill your home with worship, scripture, Godly conversations, and peace. Let your home be a sanctuary where God's presence feels welcome.

6. Honor Each Other's God-Given Purpose

Celebrate their strengths, encourage their dreams, and support their calling. Speak identity, not insecurity, into their lives.

7. Show Consistent Love Through Time and Attention

Holy love is present. Put down the phone, look them in the eyes, listen deeply, and be intentional about connection.

8. Set a Godly Example in Your Actions

Your walk speaks louder than your words. Let your family see Jesus in your kindness, humility, integrity, worship, and daily choices.



3 WAYS TO ALIGN WITH GOD'S LOVE

1. Stay Anchored in His Word

God's love is revealed through Scripture. When you read the Bible daily, you learn how He loves, how He forgives, how He corrects, and how He calls you to love others.

The more His Word fills you, the more your heart aligns with His.

2. Surrender Your Heart to the Holy Spirit

Alignment happens through yielding. Let the Holy Spirit soften what's hardened, heal what's broken, and correct what's out of place.

Ask Him to remove pride, fear, insecurity, and selfishness—anything that blocks the flow of God's love in you and through you.

3. Practice Loving Others the Way Jesus Loves You

God's love isn't just received—it's released.

Choose kindness, forgiveness, compassion, patience, and truth.

When you love others with the same grace He gives you, your actions reflect His heart, and alignment becomes a lifestyle.



4 WAYS TO SERVE WITH LOVE AND JOY

1. Serve with a Willing Heart, Not an Obligation

True service flows from desire, not duty. When you say, “Lord, here I am—use me,” joy follows your obedience. **A willing heart turns ordinary moments into holy assignments.**

2. Look for Opportunities to Bless Others

Joyful service doesn't always come from big, public acts—it blossoms in the small things: a smile, a helping hand, a word of encouragement, a listening ear. These quiet acts of love carry Heaven's fragrance.

3. Serve Without Expecting Anything in Return

Holy service expects no applause. When you love and give simply because Jesus loved and gave first, your joy becomes unshakable. God rewards what others never see.

4. Bring Your Joy into Every Act of Service

Joy is a ministry all by itself! A cheerful spirit, a grateful attitude, and a smile can soften hearts, uplift spirits, and reflect Jesus. **When you serve joyfully, people feel God's love through you.**

Closing: As we close today, let this truth settle deep in your heart: **real love begins with God.**

Not with our emotions, not with our past, not with what people have shown us—but with the **One who IS Love**. When His love fills you, it heals what was broken, corrects what was crooked, strengthens what was weary, and restores what was lost.

You were created to love with a holy love—

A love that lifts, not crushes.

A love that frees, not binds.

A love that reflects Jesus, not the world.

And here's the beautiful part...

You don't have to do it alone.

The Holy Spirit will teach you, guide you, convict you, soften you, and empower you to love in ways you never thought possible. God's love in you becomes God's love through you.

So walk out of this message today holding your head high and your heart open.

Choose healthy love.

Choose holy love.

Choose the love that bears fruit, brings peace, and glorifies Jesus.

Let the world see the Savior in the way you love.

Let your relationships become testimonies.

Let your kindness shake the atmosphere.

Let your forgiveness break chains.

Let your joy light up every room.

And let your heart stay aligned with the One who first loved you and loves you still.

May your love look like Jesus.

May your life overflow with grace.

And may every person who meets you... feel the heartbeat of Heaven.

Amen and amen! 💖

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