

# 05 - "I Am Loved"

By Pastor Ed Anderson

## Introduction: The Power of Love

- **Key Thought:** God's love has the power to heal and empower us.
- **Key Verse: Psalm 34:18** – "The Lord is near to the heartbroken and He saves those who are crushed in spirit."
- **Question for Reflection:**
- What does it mean to be truly loved by God?
- How does understanding God's love impact our lives?

## Part 1: The Greatest Commandment – Love

- **Matthew 22:36-40** – Jesus summarizes God's Law in two commands:
1. **Love God** with all your heart, soul, and mind.
  2. **Love your neighbor as yourself.**
- **Key Insight:**
  - God's Law is not about control but about love and protection.
  - Understanding this connection transforms our lives.

## Part 2: The Law as a Reflection of God's Character

1. **The Ten Commandments (Exodus 20)**
  - Often seen as rules but are actually a reflection of God's nature.
  - **God's Holiness & Justice:**
  - His Law sets the standard for righteousness.
  - It provides **boundaries** to protect us.
  - **God's Love in the Law:**
  - The **first four commandments** focus on loving God.
  - The **last six commandments** focus on loving others.
2. **The Role of Boundaries**
  - **Psychological Perspective:**
  - Boundaries are essential for emotional and mental health.
  - They help us maintain **respect for ourselves and others.**
  - **Spiritual Perspective:**
  - God's commandments set boundaries that protect and guide us.

## Part 3: Love as the Heart of God's Law

- **John 3:16** – "For God so loved the world that He gave His one and only Son..."
- **Key Thought:**
- The Law is an **expression of God's love**, not a set of restrictions.

- Jesus **fulfilled** the Law, demonstrating the perfect balance of **truth, grace, justice, and mercy (Matthew 5:17)**.

#### **Part 4: Love as a Fundamental Human Need**

- **Maslow's Hierarchy of Needs:**
- Love and belonging are **essential for psychological health.** • **God's Love** provides the deepest sense of **acceptance, belonging, and worth.**
- **The Transformative Power of Love**
- When we accept God's love, our **self-concept changes.**
- We begin to **see ourselves as valuable and loved.**
- Love motivates us to **obey God's Law out of joy**, not obligation.

#### **Part 5: Practical Ways to Love**

1. **Forgive Others**
  - **Just as we have been forgiven by God.**
2. **Serve Others Selflessly**
  - **Actions of love reflect God's love.**
3. **Speak the Truth in Love**
  - **Show gentleness, kindness, and respect.**

**Key Verse: Galatians 6:2** – “Carry each other's burdens, and in this way you will fulfill the law of Christ.”

#### **Part 6: Love in Community**

- **Studies show that love within a community leads to:**
- **Stronger sense of belonging**
- **Reduced stress**
- **Greater overall well-being**
- **Impact of Acts of Love:**
- **Acts of kindness boost happiness and reduce anxiety.**
- **Loving others creates a healthier, connected community.**

#### **Part 7: Healing Through Love**

- **Love has the power to heal emotional wounds.**
- **Unconditional love promotes personal growth & transformation.**
- **God's love is the ultimate healing force in a broken world.**

#### **Conclusion: A Call to Love**

- **God's Law is rooted in love** – It **guides us** and **blesses others.**
- **Jesus is the perfect example of love**, fulfilling the Law.

- **We are called to love God and others:**
- This leads to mental, emotional, and spiritual health.
- Loving others fulfills **our purpose and reflects God's character.**

#### **Final Reflection**

- **Are you living in the assurance of God's love?**
- **How can you demonstrate God's love to others this week?**

**Closing Verse: Acts 22:16** – “And now what are you waiting for? Get up, be baptized and wash your sins away, calling on His name.”