

The righteous gives and does not hold back.

Proverbs 21:26 (ESV)

Taking the easy way out is the habit of a lazy man, and it will be his downfall. All day long he thinks about all the things that he craves, for he hasn't learned the secret that the generous man has learned: extravagant giving never leads to poverty.

Proverbs 21:25-26 (TPT)

<sup>13</sup> And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians 13:13 (NIV)

LOVE

<sup>1</sup>If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. <sup>2</sup>If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. <sup>3</sup>If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

1 Corinthians 13:1-8 (NIV)

<sup>4</sup> Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. <sup>6</sup> Love does not delight in evil but rejoices with the truth. <sup>7</sup> It always protects, always trusts, always hopes, always perseveres. <sup>8</sup> Love never fails.

1 Corinthians 13:1-8 (NIV)

<sup>5</sup> And hope does not put us to shame,  
because God's love has been poured out into  
our hearts through the Holy Spirit, who has  
been given to us.

Romans 5:5 (NIV)

# **Love (Agape):**

God's immeasurable, incomparable care for each individual person; His ongoing, outgoing, self-sacrificing concern for His children.

“Agape is a ‘spontaneous and uncaused’ kind of love that is indifferent to human merit.”

*Anders Nygren, Agape and Eros*



# Love is Holistic



*Mental Health*



*Physical Health*



*Emotional Health*

## **Love Leads to Mental Health**

Psychologist M. Scott Peck said that issues of love were at the bottom of all the problems his patients struggled with. “The essential ingredient of successful, deep and meaningful psychotherapy is love.”

*The Road Less Traveled*

# Love Leads to Physical Health

Dr. Karl Menninger said, “Love cures people—both the ones who give it and the ones who receive it.” Health experts are finding that feeling loved is far more predictive of long life and good health than even such important factors as diet, exercise, and abstinence from smoking.

*Cambridge University*

# **Love Leads to Emotional Health**

Philosopher Erich Fromm “love is the most powerful striving in man. It is the most fundamental passion, it is the force which keeps the human race together, the clan, the family, society.”

*The Art of Loving*

Love is the Result of the  
Spirit's Outpour

As the Father has loved me, so have I loved you. Abide in my love.

John 15:9 (ESV)

Love is the Act of Giving  
What's Been Given to Us

Above all, love each other deeply, because love covers over a multitude of sins.

1 Peter 4:8 (NIV)



The rule for us is perfectly simple. Do not waste time bothering whether you 'love' your neighbor; act as if you did. As soon as we do this we find one of the great secrets. When you are behaving as if you loved someone, you will presently come to love him. If you injure someone you dislike, you will find yourself disliking him more. If you do him a good turn, you will find yourself disliking him less."

*C.S. Lewis, Mere Christianity*

“And I say to you, I have also decided to stick with love, for I know that love is ultimately the only answer to humankind’s problems. And I’m going to talk about it everywhere I go. I know it isn’t popular to talk about it in some circles today. And I’m not talking about emotional bosh when I talk about love; I’m talking about a strong, demanding love. For I have seen too much hate...

“...and I say to myself that hate is too great a burden to bear. I have decided to love. If you are seeking the highest good, I think you can find it through love. And the beautiful thing is that we aren't moving wrong when we do it, because John was right, God is love. He who hates does not know God, but he who loves has the key that unlocks the door to the meaning of ultimate reality.

*Dr. Martin Luther King, Jr,*

*“Where Do We Go From Here?”*