

HEALING OF THE EMOTIONS - VI

"Unconditional Love"

1 EMOTIONAL HURTS COME FROM ALIENATION

- 1.1 The great commandment
- 1.2 Love is restoring--goal is reconciliation
- 1.3 Love is a deep meaningful emotion and action which God intends as a unifying factor in our lives
 - 1.3.1 By love drawn together and united as one in spirit
 - 1.3.2 Love is healing

2 CONDITIONAL LOVE

- 2.1 I can love you if you love me
- 2.2 I can love you if you are lovable
- 2.3 I can love you as long as you serve my purpose; add to my happiness and contribute to my cause
 - 2.3.1 Fair weather friends
 - 2.3.2 A friend is one who knows all about you and still loves you
- 2.4 Emotionally battered people try to win love or favor by earning it through attainments
 - 2.4.1 Seek to impress
 - 2.4.2 Show affection by bestowing costly gifts
- 2.5 *"Because my love toward everyone else was based on a condition, I never felt forgiven by God or capable of ever deserving forgiveness."*
- 2.6 Can have parents who give on conditional basis--Be good, obey, never embarrass and receive favors.
- 2.7 Conditional love separates instead of unifying

3 UNCONDITIONAL LOVE

- 3.1 Love each other for what they are; not for what they do, promise, or give
- 3.2 I love you because you are you--no other condition is necessary
 - 3.2.1 Love you regardless of what you have done
 - 3.2.2 We can grieve God, insult, wound or hurt him, but He will never love us any less
- 3.3 I want only what is best for you
 - 3.3.1 Will not rip you off, take advantage of you, manipulate or exploit you
 - 3.3.2 Love is unselfish, tender, strong action reaching out to do what is best for another person

4 FOUR TYPES OF LOVE

- 4.1 Eros
 - 4.1.1 Sexual or physical love
 - 4.1.2 Romantic love
- 4.2 Storge - Family love
- 4.3 Phileo - Friendship

4.4 Agape

4.4.1 The unnatural love of God

4.4.1.1 While we were sinners, God loved us

4.4.1.2 For God so loved the world he gave...

4.4.1.3 Mt. 5:44

4.4.1.3.1 Love your enemies

4.4.1.3.2 Bless them that curse you

4.4.1.3.3 Do good to them that hate you

4.4.1.3.4 Pray for them which despitely use you, and persecute

you

4.4.2 Nonemotional kind of love that is deliberate

4.4.2.1 Love by choice; act of will

4.4.2.2 Not based on feelings and emotions

4.4.2.3 A personal act of commitment

4.4.3 Unselfish

4.4.3.1 Gives and gives; asking nothing in return

4.4.3.2 Self-giving love that goes on loving when other becomes unlovable

4.4.3.3 Loves whether other deserves it or not

4.4.3.4 Sacrificing

5 MOST LOVING PEOPLE IN WORLD SHOULD BE GOD'S PEOPLE

5.1 Two basic needs

5.1.1 To receive love

5.1.2 To give love

5.2 Often too hung up on past rejections

5.3 Person with poor self-image has little love to share

5.3.1 How can I love others if I don't love myself?

5.3.2 Poor self-image result of rejection

5.4 Like to tell someone you love them but can't

5.4.1 Hurt in past by exposing self

5.4.2 Unwilling to take risk

5.4.3 Lack of trusting others

6 UNCONDITIONAL AGAPE LOVE IS CONSIDERATE OF OTHERS

6.1 Loving others reduces potential for frustration

6.1.1 Striving for self-satisfaction breeds frustration

6.1.2 Seek other's welfare

6.2 Increase in gratitude

6.3 Concentrate upon positive qualities and attributes of others

7 UNCONDITIONAL LOVE NOT REVENGEFUL

7.1 I Peter 3:8-10 - *"Finally, all of you, have unity of spirit, sympathy, love of the brethren, a tender heart and a humble mind. do not return evil for evil or reviling for reviling; but on the contrary bless, for to this you have been called, that you may obtain a blessing. For He that would love live and see good days, let him keep his tongue from evil and his lips from speaking guile (RSV)"*

- 7.2 Not keeping score and getting even
- 7.3 Forgetting
 - 7.3.1 Not matter of blotting out memory
 - 7.3.2 But not holding against one's account

8 UNCONDITIONAL LOVE IS FORGIVING

- 8.1 Forgiveness is not pretending nothing wrong
- 8.2 Forgiveness is not demanding change before we forgive
- 8.3 Forgiveness is self-giving with no self-seeking
 - 8.3.1 Gives love where enemy expects hatred
 - 8.3.2 Gives understanding where enemy anticipates anger and revenge
- 8.4 Forgiveness takes place when love accepts the hurts of life and drops all charges against the other person
- 8.5 Forgiveness is acceptance of other person
 - 8.5.1 When other has done something unacceptable
 - 8.5.2 Not acceptance given on "condition" that the other become acceptable
- 8.6 Forgiveness is a relationship between two equals who recognize their need of each other

9 I COR. 13:4-7

"Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things."