

Pursue Love



1 Corinthians 14:1

Monday, 21 April – Sunday, 4 May 2025

April/May 2025

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30	1	2	3	4

Good Friday Reflection: The Scandal of the Cross & the Power of Resurrection

At the Good Friday evening service, I shared a reflection on Matthew 16:21, where Jesus reveals His impending suffering, death, and resurrection. This revelation shocked the disciples—it didn't fit their expectations of the Messiah. They envisioned political liberation, earthly power, and comfort, not a suffering Saviour. Peter's reaction—"Never, Lord! This shall never happen to you!"—captures their resistance. They couldn't reconcile suffering with victory.

The Disciples' Misunderstanding: The disciples struggled to grasp Jesus' words because their vision of the Messiah was limited. They expected a conquering king, not a crucified Saviour. When Jesus spoke of the cross, they heard only death, not resurrection. Their fear blinded them to His promise: **"On the third day be raised to life."**

Like them, we often romanticise resurrection while avoiding the reality of the cross. We want breakthrough without brokenness, glory without suffering. But Jesus didn't stumble into the cross—He embraced it as the path to victory.

The Questions They Failed to Ask: Instead of resisting, what if the disciples had asked, "How will You rise again?" "How should we prepare?" What does this mean for us?"

Their lack of questions revealed their unpreparedness. They were so fixated on their own expectations that they missed the deeper truth: resurrection follows death.

The Woman Who Understood: Only one person seemed to grasp the significance of Jesus' words—the woman with the alabaster jar (Matthew 26:7-12). While the disciples debated power and position, she anointed Jesus for burial. She didn't need full understanding; she simply acted in faith. Her worship in the face of suffering stands in stark contrast to the disciples' confusion.

Will We Hear What Jesus Is Saying? What keeps us from hearing God's truth? Distraction, preconceived expectations, or fear of suffering. Yet, resurrection is always on the other side of the cross. The disciples eventually understood—but only after walking through the pain.

May we, like the woman with the alabaster jar, respond in faith even when we don't fully understand. And may we pray, "Lord, open my eyes to see and my ears to hear" (Matthew 13:16). Amen.

Adewale Adefuye

Good Friday 2025

A New Rhythm of Fasting: Mark your Calendar

The Monthly Fast ends with a corporate prayer meeting in the Church Building in Barrack Corner, Ipswich IP1 2NB, at 7:30pm

Wed, 30 April – Fri, 2 May 2025

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
18	28	29	30	1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

Kairos Moment: A time to Pause & Reflect

A **Kairos moment** is a significant event (positive or negative, never neutral) that leaves an impact on you, signalling an opportunity to grow spiritually and emotionally.

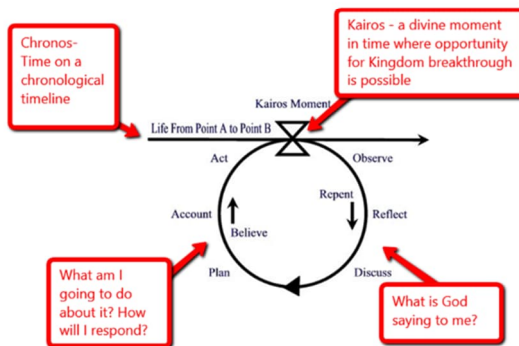
The key is to recognise such a moment and then prayerfully enter the circle of learning of

- **3 steps of repentance** (changing your mind) and
- **3 steps of faith** (doing something about it).

In other words, in a Kairos moment, we are encouraged to take a step for the Kingdom:

>**What is God saying to me?** (repent, change my mind, change my thinking)

>**What am I going to do about it?** (think faith, act in faith, step out in faith)



Introduction: Agape Defined — Receiving the Love of God

1 Corinthians 14:1 tells us:

“Pursue love!” Complete Jewish Bible

“Love should be the goal of your life” Easy-to-Read Version

“Let love be your highest goal!” New Living Translation

This isn't a casual suggestion. It's a command. Love isn't optional in the Christian life; it's essential. St Paul makes it clear: love is the pursuit that should define us. Everything else flows from it.

The Foundation of Love

When Jesus was asked about the greatest commandment, He pointed back to the Old Testament and summarised it in a profound yet simple way:

- i. **“Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength”** Mark 12:30 quoting Deuteronomy 6:5
- ii. **“The second is this: Love your neighbour as yourself.”** Mark 12:31 quoting Leviticus 19:18.

This framework reveals a threefold structure:

(i) Love for God (vertical devotion); (ii) Love for self (healthy self-worth and self-acceptance as God's image bearer). This is not about self-centredness or narcissism. (iii) Love for others (horizontal compassion) rooted in the love you've received and accepted.

The New Command That Changes Everything

At the Last Supper, Jesus shattered the paradigm:

“A new command I give you: Love one another. As I have loved you, so you must love one another.” John 13:34



What's new about this command?

This is the shift—and it's crucial

Jesus Himself becomes the standard. Previously, you were the **measure of love** ("as yourself") but now it is Christ-centred ("as I have loved you"). This is deeper, richer, and more sacrificial.

This week focuses on discovering and receiving this love afresh. You'll explore the ways God defines love (not culture), how He sees you (not how others label you), and how His love sets you free from fear, striving, and shame. It is an invitation to slow down and let the truth of agape sink deeper into your soul.

Each day, you'll:

- ✓ **Discover** a facet of agape through Scripture
- ✓ **Reflect** with probing questions that expose love's counterfeits
- ✓ **Pray** bold declarations to rewire your heart
- ✓ **Act** on one practical challenge to embody love

By the end, you won't just *know* God's love—you'll walk differently, saturated in agape.

Let's begin. Your first step isn't to love better—it's to *be loved deeply*.

Adewale Adefuye
Ipswich, 16 April 2025

Agape: The Love That Names Your Worth



Isaiah 43:1–7 | Romans 5:6–8



Love—agape—is not a passive feeling but a deliberate choice, a commitment that mirrors Christ’s sacrificial love for us. The principle of "loving one another" as stated in John 13:34, suggests a form of love that involves action, pursuit, and sacrifice.

Agape is not mere affection—it is divine recognition of worth. When Scripture says, "God loves you," it means: **You are valued** – not overlooked, not forgotten. "You are precious in my eyes, and honoured, and I love you." (Isaiah 43:4); **You are held in honour** – God calls you by name (Isaiah 43:1), dignifying you as His own; **You are counted significant** – So much so that "while we were still sinners, Christ died for us." (Romans 5:8)

You are precious – not for what you do, but simply because you are His.

Isaiah 43 reminds us that we are not anonymous to God. He calls us by name. We are His. Not because we earned it—but because agape love declares us worthy.

Let this truth sink in: You are deeply known and eternally loved. Before we can extend this kind of love to others, we need to receive it ourselves.

The Proof of Agape: God’s Love in Action

"I have redeemed you." (Isaiah 43:1) – Love that pays the highest price.

"Christ died for the ungodly." (Romans 5:6) – Love that sacrifices while we were still undeserving.

(1) When you hear the word agape, what does it stir in you? (2) Do you find it easy or difficult to believe that you are precious and honoured in God's eyes? Why? (3) How does knowing you are deeply known and loved by God impact the way you see yourself today? (4) Are there any lies you've believed about your worth that this truth confronts? (5) If God’s love defines your worth, how does that change the way you see yourself—and others?



Pray these aloud as commitments, not requests!



Grateful Acknowledgement: *Father, thank You for your unconditional love. I am Yours. I am not an accident—God called me by name (Isaiah 43:1). I will live as someone You value deeply.*

Rejecting Lies: *I silence every voice that says I'm unworthy. Christ's death proves my worth (Romans 5:8), so I refuse to doubt His love.*

Walking in Confidence: *I won't wait to 'feel' loved—I'll act on the truth of Your Word right now. Your love empowers me to [specific action, e.g., 'forgive __' or 'serve __'].*

Agape: The Love That Has Your Back



1 John 4:9–10 | Isaiah 43:21 | Jeremiah 29:10–14



God's love is **never passive**—it's **always paired with His plan**.

You can't separate the two: (a) At the Cross: "This is love: not that we loved God, but that He sent His Son." ^{1 John 4:10} Love moved. Love acted. Love had a mission. (b) In Your Life: "I know the plans I have for you." isn't a generic promise—it's **love speaking with intention**.

Three Proofs Love Always Has Your Back

1. Love Pays the Price (1 John 4:9–10)

- Before you existed, God planned your rescue.
- Your salvation wasn't Plan B—it was written in love before time.

2. Love Prepares the Path (Isaiah 43:21)

- "The people I formed for Myself will proclaim My praise."
- You weren't just loved—you were made on purpose, for purpose.

3. Love Pursues You in the Process (Jeremiah 29:12–14)

- Even in exile, God says: "You will seek Me and find Me when you search with all your heart."
- His plans don't abandon you in the waiting.

Do You Trust Love's Blueprint?

1. The Cross Test: If God loved me enough to send Jesus, why would I doubt He'll fulfil His plans for me?
2. The Exile Audit: What "waiting season" feels like a detour? How might God be working for me here (Jeremiah 29:11)?
3. The Purpose Check: How does knowing I'm "formed for God's praise" (Isaiah 43:21) change how I view today's tasks?



Pray these aloud as affirmations, not requests!



Father, today I trade my anxiety for Your assurance: (1) **Your Love Planned Me** – I reject the lie that my life is accidental. You formed me for something (Isaiah 43:21). (2) **Your Love Protects Me** – **Even in chaos, Your plans cannot be derailed (Jeremiah 29:11).**

3. **Your Love Pursues Me** – When I feel lost, You say 'I will be found by you' (v14). I'm leaning into that promise today. I won't separate Your heart from Your hand. If You loved me enough to die for me, You'll love me enough to lead me. Amen.

Today's Assignment: (1) Write your name into Jeremiah 29:11: "For I know the plans I have for [Your Name]..." (2) Text someone: "God's love for you isn't random—He's got a plan AND your back."

Agape: 4D Love in Action



1 John 3:1-3 | Ephesians 3:17-19



Agape isn't just affection—it's adoption. It stretches beyond logic, time, worth, and need—God's love reaches every dimension of who we are. When John writes "See what great love the Father has lavished on us, that we should be called children of God!", he uses a Greek verb ("given") that implies overflowing, excessive generosity. This isn't measured love—it's unreasonable, uncontainable favour.

Paul takes it further: God's love is "wide, long, high, and deep" —a love that:

- WIDE enough to include every part of your story (shame, failures, dreams)
- LONG enough to outlast every failure ("while we were still sinners..." Rom 5:8)
- HIGH enough to elevate you to royal status ("co-heirs with Christ" Rom 8:17)
- DEEP enough to reach you in your darkest pit ("If I make my bed in the depths, You are there" Ps 139:8)

The Proof: Look at the Cross, Then the Mirror

1. The Cross says, "You're worth dying for."
2. The Mirror says, "This is what a child of God looks like." (1 John 3:2)

(1) Lavished, Not Measured: If I truly believed God 'lavished' (overflowed) love on me, how would I love others differently? (2) Identity Shift: How would I introduce myself if I led with 'I am a loved child of God' instead of my job/sin/past?" What parts of my life still feel "unlovable"? How does 1 John 3:1 challenge that?



(2) Love in 4D:

- WIDE: Where do I need to believe God's love covers this part of my life?
- LONG: What failure do I think disqualified me?
- HIGH: How would living as a "co-heir with Christ" change my choices today?
- DEEP: Where am I hiding from God's love?



(1) Thank the Father for His Lavish Love: Thank You, Father, for the unmeasured love You've poured out—not because I earned it, but because You chose me as Your child. (2) Deeper Revelation of His Love: Lord, open my heart to grasp how wide, long, high, and deep Your love really is. Help me live rooted in that love. (3) Security in Spiritual Identity: Father, help me rest in my identity as Your beloved child. Let this truth silence every voice of insecurity or shame. (4) Love Overflowing to Others: Jesus, let the overflow of Your love in me become compassion, patience, and grace toward others.

Lavish Love Challenge: I will 'waste' love today like God does—I'll [text ____, buy ____, forgive ____] not because they deserve it, but because Christ didn't 'deserve' the cross for me.

The Prayer Paradigm Shift

Several Christmases ago, I began a radical prayer experiment - I stopped asking God to do anything. This holy interruption came when two verses exploded in my spirit:

"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ" (Ephesians 1:3).

"His divine power has granted to us all things that pertain to life and godliness" (2 Peter 1:3).

The implications were seismic. If every blessing was already secured, if all things were already granted, then my prayer posture needed complete recalibration.

Two transformative shifts occurred

1. From Transaction to Communion: My prayers had unconsciously become spiritual request forms - tossing petitions into heaven's court and waiting for divine action. Now I'm learning the art of receiving what's already been provided. Prayer has become less about convincing God to move, and more about aligning myself with what He's already done. **The difference is like switching from begging for sunlight to simply opening the blinds.**

2. The Birth of Divine Inquiry: I've developed a new hunger for asking the right questions - not the shallow "why?" of doubt, but the probing "how?" of discovery. Good questions:

- Unlock hidden dimensions of truth
- Activate spiritual problem-solving
- Often contain their own answers within them
- Become portals to greater revelation

This shift has turned prayer from monologue into dialogue - where my questions meet Heaven's wisdom, and the real adventure begins.

The Aftermath

I've discovered that most breakthroughs weren't things God needed to do, but realities He needed me to see. The difference between "God, please give me patience" and "Father, show me where Your patience already lives within me" changes everything.

Now when I pray, I'm not just speaking to God - I'm learning to think with Him.

The Mark of a Loved Heart



John 11:1–6



What kind of prayer is this?

At the very least, we see what kind it isn't. Martha and Mary didn't beg Jesus to come. They simply said, "Lord, the one You love is sick" (v.3). No bargaining. No pleading.

This reveals a radical truth: they knew their place in His heart. They didn't pray, "If You love him..." or "Please love him enough to come..."

Their prayer flowed from secure identity—"We are His beloved. He will act."

This is the mark of a loved heart: the confidence to speak to Jesus not to earn His attention, but because you already have it.

Do You Know You're Loved?

What are the signs you're living from secure love?



(1) The Prayer Test: Does my prayer sound like fearful begging or confident reminding? Rewrite your biggest worry as Mary and Martha would: Lord, Your beloved is facing _____."

(2) Identity Alignment: If I truly believed I was "the one Jesus loves," what fear would I drop today?

Where do we get stuck:

- "If God loved me, this wouldn't be happening...?"
- "I'll believe it when I see it?"






Father, I'll like to pray like Mary and Martha—not grovelling for attention but resting in Your affection. Train me how.

I do not want circumstances to redefine Your heart for me. I want to believe:

(1) **I AM LOVED** – Not because my life is perfect, but because You are perfect in love (1 John 4:18). (2) **I AM KNOWN** – You see my struggle and still call me "beloved" (John 10:27). (3) **I AM SAFE** – If You loved me enough to die for me, I can trust You with this _____ (Romans 8:32).

Today's Challenge: (1) Write your name in John 11:3 ("Lord, the one You love, _____, is in need..."). (2) Tell a fellow Believer: "Did you know you're 'the one Jesus loves? Let's pray from that truth."

Signs of Living in Secure Love
You pray with confidence, not desperation (Hebrews 4:16) 
You interpret delays as divine authorship, not abandonment (John 11:4) 
You introduce yourself to problems with "But God loves me..." 

The Beloved Disciple



John 13:23-25



In the most intimate moments—the Last Supper, the cross, the empty tomb—John doesn't write his name. He refers to himself as "the disciple whom Jesus loved". This was not out of pride but humility. It wasn't about loving Jesus the most or never failing, just

being "the one Jesus loved".

He dared to lean against Jesus at the Last Supper because he knew he was loved. It wasn't a VIP perk—it was the posture of someone who knew he belonged. Doubt asks, "Do I matter?"

Love declares, "I'm already close."

Your identity is not determined by your performance. Despite Peter's denial, Thomas's questions, and the others fleeing in fear, Jesus still loved them. He prayed for them. He claimed them. (John 17:23)

You are not defined by your failures, but by His affection. Love has a way of making you known, even without a title. At the cross, Jesus entrusted His mother to John—not because of a résumé, but because of relationship. (John 19:26–27)

Living loved isn't loud, but it's noticeable. Before people know your credentials, they'll sense your connection.

Are You Living Loved?

(1) If I introduced myself as "[Name], the one Jesus loves," how would it change... [My shame? My hustle for approval? My courage to love others?] (2) Am I "leaning on Jesus" (resting in love) or "performing for Jesus" (striving for worth)? (3) Where do I crave recognition more than intimacy? Could I be content being known only as "loved by Him"?



Jesus, today I trade every label for Yours: **Not** 'the one who messed up' — but '**the one You love.**' Not 'the one they overlook' — but **the one You lean close to.** Not *the one who must earn it*

— but **the one You chose.**

Let this truth sink deeper than my fears, louder than my doubts. Make my life so marked by Your love that even strangers see it. Amen.

Today's Challenge: (1) Write "The disciple Jesus loves" on a sticky note. Put it where you'll see it all day. (2) Tell one person: "You're not just [their name]—you're 'the one Jesus loves.'"

Loved for Eternity



John 21:20–25



In the closing verses of John's Gospel, we're drawn into a tender, almost cryptic moment between Jesus and Peter. Peter turns and sees "the disciple whom Jesus loved" following behind. When he asks, "What about him?", Jesus responds, "If I want him to remain until I return, what is that to you? You follow Me."

This exchange sparked whispers and speculation but buried within the mystery is a deeper revelation: Jesus' love is not bound by time. Whether He was referring to Lazarus (whom He had raised from the dead) or to John (who would go on to live many decades), the point remains—His love surpasses the boundaries of death and life, time and decay.

The disciple Jesus loved is not just a character in a first-century story—it's an identity available to us. This love is not seasonal, earned, or expired. It is eternal. When we grasp this, everything changes.

Reflection Questions

(1) Do I live as if God's love has an expiration date, or as a present and eternal reality? (2) How would my prayers, choices, and relationships shift if I genuinely believed I am presently and eternally loved? (3) Am I distracted by what God is doing in others' lives, or am I hearing Jesus' personal call: "You follow Me"?



Jesus, You have shown me what love looks like—unshakable, eternal, and personal. Now it's on me to hold onto it. **So today, I make a choice: I will bind Your love around my heart.** I will not wait for a feeling or a reminder—I will return to the truth daily, rehearse it, speak it, live it.

I will meditate on Your Word until it shapes how I think. **I will journal my gratitude so I don't forget.** I will tell the story of Your love in my life, so it stays alive in me. **And when fear, comparison, or doubt creep in, I will go back to this: I am the one Jesus loves. That's my anchor.** Help me follow You without distraction, without delay, without fear—because I know who I am and whose I am. Amen.

Challenge

The phrase "the disciple whom Jesus loved" isn't reserved for John. It's an open invitation to you. Maybe you feel like Lazarus—in need of resurrection in a place of deep brokenness. Or perhaps you relate to John—called to a life of quiet intimacy and faithful witness. Or maybe you are Mary—pouring out worship in a way that feels costly but necessary. Whatever your season, one truth remains:

> You are the one Jesus loves.

Live like it. Live loved.

Remind Yourself Daily: Write on your mirror: "I am the one Jesus loves—today and forever." **Tell One Person. Text a fellow Believer:** "Did you know you're loved for eternity? Not because of what you've done, but because of who He is."

No Fear in Agape



1 John 4:15–18



I still remember that moment vividly, though it happened many years ago. I was sitting in a church service, listening as the preacher read aloud from 1 John 4:18: "***There is no fear in love. But perfect love drives out fear...***"

As soon as I heard those words, a quiet but unmistakable conversation began in my heart. I sensed God asking, "If you truly believe My love for you is perfect, why are you afraid to obey Me?" I understood immediately. For over three years, God had been nudging me—persistently, gently—toward a significant life change. He was asking me to relocate. But I had resisted, hesitated, delayed. Deep down, it wasn't just uncertainty—it was fear. Fear of starting all over again. Fear of the unknown. That moment in the service broke the hesitation. Something shifted. I made the decision to obey, and I relocated. And as they say—the rest is history.

Looking back, I came to understand why it had taken so long. I had been reading Scripture with an Old Testament lens—interpreting verses about love as if they hinged entirely on my love for God, rather than His love for me. I was striving, performing, fearing rejection if I didn't get it right.

But John makes it clear: "**This is love: not that we loved God, but that He loved us...**" ^{1 John 4:10}. The love that drives out fear is not born of human effort, but divine initiative. It begins and ends with God.

So, what does it mean for love to be "perfected among us"? It means that the full expression of God's love is not just something we study—it's something we live. It shapes how we respond to Him and how we relate to others. When we truly grasp how deeply we are loved, fear loses its grip. Perfect love casts out fear—not because we are perfect in loving God, but because His love for us is perfect.

Reflection

(1) What fear have you been holding onto that God's perfect love wants to drive out? (2) Have you ever, like me, interpreted God's love as something you had to earn or prove? (3) What would change in your life if you truly believed you are perfectly loved—even in moments of weakness or doubt? (4) How do you understand the phrase "love is perfected among us"? What does that look like in everyday life?



Pray Aloud!



Father, today I tear up fear's contract:

(i) **I RECEIVE** – Your love. It isn't based on my performance. You loved me *at my worst* (Romans 5:8). (ii) **I REJECT** – every lie that says Your will is dangerous. If You ask me to go, *You've already prepared the way.* (ii) **I**

RISK – [Name the step you've feared]. I'm not obeying to *earn* love—I'm obeying *because* I'm loved.

Your love isn't just safe—it's strong enough to cast out every shadow of fear. I'm all in. Amen."

Introduction: Living Loved — Walking in Agape

Welcome to the second week of this devotional journey into agape—the love that comes from God, flows through us, and transforms everything it touches.

Last week, we explored the foundations of God’s love: how He defines it, how He shows it, and how deeply He invites us to receive it. This week, we move from understanding to expression. From knowing we’re loved, to *living loved*. This is where agape becomes more than a concept—it becomes our way of life.

Jesus didn’t just teach about love; He embodied it. He said, “As the Father has loved Me, so have I loved you. Now remain in My love” (John 15:9). And again, “By this everyone will know that you are My disciples, if you love one another” (John 13:35). Agape is not optional. It is the defining mark of the Believer and the heartbeat of every healthy relationship.

But let’s be honest—loving like Jesus isn’t always easy. It’s not automatic, and it’s certainly not comfortable. Agape means loving when it’s inconvenient, forgiving when it hurts, blessing those who oppose us, and choosing peace over pride. This kind of love is sacrificial, honest, and active. It takes the Holy Spirit within us to live it out.

Each day this week, you’ll be invited to examine how agape flows into specific areas of life: how we treat people, how we handle enemies, how we serve the needy, and how we build community. **These devotions aren’t just about inspiration—they’re about transformation.** They come with questions to reflect on, space to journal honestly, and daily affirmations to help you *walk in love* with intentionality.

So, as you begin this week, take a deep breath and ask the Lord to show you where His love is inviting you to grow. Don’t strive—just stay close. Don’t perform—just practice. He’s not asking for perfection, but for participation.

You are loved—eternally, unconditionally, purposefully. Let that truth shape how you show up in the world. This week is about choosing to live loved—and to love like Him.

Adewale Adefuye
Ipswich
20 April 2025

Abide in My Agape



John 15:9–12 (BSB)

⁹ As the Father has loved Me, so have I loved you. Remain in My love. ¹⁰ If you keep My commandments, you will remain in My love, just as I have kept My Father's commandments and remain in His love. ¹¹ I have told you these things so that My joy may be in you and your joy may be complete. ¹² This is My commandment, that you love one another as I have loved you.



Jesus doesn't just invite us to receive His love—He calls us to remain in it daily, allowing it to shape our identity and actions. Unlike human love, which fluctuates, divine love is steadfast.

The word, abide, suggests something far more than a passing experience. It means to stay, to dwell, to make your home in His love. Abiding is not a feeling—it's a decision to stay connected. To abide in Christ's love means trusting His faithfulness, even when we feel unworthy. It is the foundation of our spiritual life—without it, we wither.

(i) Am I abiding in Christ's love, or just visiting occasionally?

(ii) What does it look like for me to 'make my home' in His love today?

(iii) Is my obedience rooted in duty or in delight?



Jesus, thank You for inviting me into the love You share with the Father. I choose to remain in it today—not because I feel worthy, but because You have welcomed me. Let Your joy be in me, and let it overflow.

Affirmation



I abide in the love of Christ. His joy is in me, and my life bears fruit because I am rooted in Him. I am not striving—I am staying. Loved, chosen, and held.

Journal Prompt

How can I make space today to remain in His love intentionally?

Love Is the Way We Treat People



1 Corinthians 13:4–7 (BSB)

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It is not rude, it is not self-seeking, it is not easily angered, it keeps no account of wrongs. ⁶ Love takes no pleasure in evil, but rejoices in the truth. ⁷ It bears all things, believes all things, hopes all things, endures all things.



Agape love doesn't stay in the clouds. It shows up in how we treat people—in traffic, in conflict, in community. Paul's description isn't just for weddings; it's for daily life. Every interaction is an opportunity to reflect God's love.

(i) Which of these qualities of love challenges me most right now?



(ii) Where can I practise agape love more intentionally today?



Lord, show me where I've replaced love with convenience or self-protection. Teach me to love like You love—with patience, kindness, and humility.

Today's Assignment: (1) Write your name into Jeremiah 29:11: "For I know the plans I have for [Your Name]..." (2) Text someone: "God's love for you isn't random—He's got a plan AND your back."

Affirmation



Love is my calling. I choose patience over pressure, kindness over control. I am learning to love like Jesus—one decision at a time.

Journal Prompt

Which relationship is calling for a fresh application of 1 Corinthians 13 love?

Love Your Enemies



Matthew 5:43–48 (BSB)

⁴³ You have heard that it was said, ‘Love your neighbor’ and ‘Hate your enemy.’ ⁴⁴ But I tell you, love your enemies and pray for those who persecute you, ⁴⁵ that you may be sons of your Father in heaven. He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. ⁴⁶ If you love those who love you, what reward will you get? Do not even tax collectors do the same? ⁴⁷ And if you greet only your brothers, what are you doing more than others? Do not even Gentiles do the same? ⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.



This is perhaps the hardest commandment—loving those who hurt us. Yet, Jesus calls us beyond natural reactions into supernatural grace. Loving our enemies doesn’t mean excusing wrongdoing but releasing bitterness and trusting God’s justice. It’s a radical act that mirrors the cross, where Jesus prayed for His persecutors (Luke 23:34). Agape love doesn’t wait for others to make it right. It blesses, prays, and releases bitterness.

(i) Who do I find hard to love—and how is God inviting me to grow through that?



(ii) What would praying for them do in me?



Father, I confess—it’s easier to judge than to bless. But I choose love. I choose to forgive. I choose to pray.

Affirmation



I love boldly and forgive freely. Because I’ve been shown mercy, I will show mercy. Grace is my posture. Peace is my pursuit.

Journal Prompt

What step of mercy can I take today toward someone difficult?

The Test of Love



1 John 3:16–18 (BSB)

¹⁶ By this we know what love is: Jesus laid down His life for us, and we ought to lay down our lives for our brothers. ¹⁷ If anyone with earthly possessions sees his brother in need, but withholds his compassion from him, how can the love of God abide in him? ¹⁸ Little children, let us love not in word and speech, but in action and truth.



Our love for God is measured by our love for people. It’s easy to claim devotion to God yet harbour resentment, gossip, or indifference toward others. True love is tested in relationships—especially with difficult people. If we can’t love those we see, how can we love the God we don’t see? Agape love costs something.

- (i) Is there someone God’s calling me to serve sacrificially right now?



- (i) What “love in action” step have I been hesitating to take?



Father God don’t let me settle for empty words. Show me how to lay down comfort, time, and pride to meet real needs.

Affirmation

My love is visible. I serve, give, and show up—because Jesus did. I will not love with words alone, but with truth and action.



Journal Prompt

What’s one practical way I can love someone in need this week?

Love in Community



Colossians 3:12–14 (BSB)

¹² Therefore, as the elect of God, holy and beloved, clothe yourselves with hearts of compassion, kindness, humility, gentleness, and patience. ¹³ Bear with one another and forgive any complaint you may have against someone else. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which is the bond of perfect unity.



Community is where agape gets real. Paul tells us to put on love—like a garment we choose daily. That means humility, forgiveness, and kindness. Love covers misunderstandings, forgives offences, and pursues unity. The early church shared everything (Acts 2:44–45), not out of obligation but love. Do we prioritise fellowship, or do we isolate when things get messy?

(i) Where am I being invited to clothe myself in love today?



(ii) What does it look like to be a peacemaker in my community?



Lord, community is beautiful—but it's also hard. Help me put on love when I want to pull away. Let Your peace rule in my heart.

Affirmation

I choose love in community. I forgive freely, serve humbly, and stay connected.



Where love leads, I will follow.

Journal Prompt

What tension or division can I respond to with love instead of withdrawal?

Love that Builds Up



Ephesians 4:15–16 (BSB)

¹⁵ Instead, speaking the truth in love, we will in all things grow up into Christ Himself, who is the head. ¹⁶ From Him the whole body, fitted and held together by every supporting ligament, grows and builds itself up in love through the work of each individual part.



Agape is more than being nice—it tells the truth, nurtures growth, and builds people up. In a culture of criticism, love calls us to build, not break. Words have power—to encourage or destroy. Jesus spoke truth, but always with redemption in mind (John 8:11).

Do our conversations reflect love, or do we criticise, gossip, or discourage? Love seeks the growth of others, even in correction.

(i) Are my words building people up—or just filling the air?



(ii) Who could use a word of encouragement from me today?



Jesus, use my voice to bring life. Let my words carry grace, wisdom, and truth. **Amen.**

Affirmation



My words build, not break. I speak truth with kindness and encouragement with courage. I am a vessel of love that lifts others.

Journal Prompt

What words do I need to speak (or hold back) today for the sake of love?

Love as Our Legacy



John 13:34–35 (BSB)

³⁴ A new commandment I give you: Love one another. As I have loved you, so you also must love one another. ³⁵ By this everyone will know that you are My disciples, if you love one another.”

1 Corinthians 13:13 (BSB)

¹³ And now these three remain: faith, hope, and love; but the greatest of these is love.



At the end of our lives, what will matter most is not achievements, wealth, or fame—but how we loved. Love is eternal; it outlasts everything. Jesus left us a legacy of love (John 13:34), and we are called to do the same. Will people remember us for our love—for God, for family, for neighbours, even for strangers? Jesus said, “By this everyone will know that you are My disciples—if you love one another.”

When we love well, people encounter Jesus.

(i) What kind of legacy is my love leaving behind?



(ii) How is my love pointing others to Jesus?



Jesus, let love be my loudest witness. May my words, choices, and presence point people straight to You.

Affirmation



Love is my legacy. I will be known by the way I love. Jesus is my example, and agape is my way.

Journal Prompt

How can I make love the defining mark of my life and legacy?