

Sermon Notes - Love Others

1 John 4:7-20

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1.14.24

1. Loving God and Loving Others is often difficult
 - a. Crossfit Morning
 - b. Frustrated comments of others
2. [1 John 4:7-20](#)
 - a. Summary - God is love, God demonstrates what that love looks like, God's love is available to us, God wants his love to be available through us, God empowers us through His Spirit to love others, In this world we are like Jesus.
 - b. Summary of the Summary or The Big Idea
 - i. There exists an interdependent relationship between loving God and loving others.
3. Why the struggle?
 - a. Generally - Sin
 - b. Specifically - The way we treat each other impacts our ability to Love God.
 - i. Created to attach to JC, Him in the center
 - ii. Anything else in the center is sin and makes loving others very difficult
 - c. Why would we put something else in the middle
 - i. We learn to attach to God through our attachment to our first caregiver/parent
 1. Parents did the best with what they had
 2. Primary "attachment duties" 1)provide 2) glad to be with me 3) appropriately available
 - a. When they go away they come back. When I venture out and return they are there
 3. Three Defaults
 - a. Is anyone **available** to help?
 - b. Will this current distress be **alleviated**?
 - c. Do I have **agency** to impact my world?
 - i. Answers are supposed to be yes
 - ii. Nos and maybes lead to an insecure attachment
4. Overcoming insecure attachments - UP, IN, and OUT are directional
 - a. [59 one anothers](#)
 - b. From Renovated
 - i. We will be transformed by who we love. Our character will be changed through loving attachments. We will see others as God sees them in real time. This is the intention toward love—even love of enemies..
 - ii. Arguing with [people] that God loves them [does] not produce any sustained sense of God's hewed presence.
 - iii. Feeling "God is my enemy" is not corrected by pointing out right beliefs about God. In such cases, a significant attachment to God's people often makes the difference
 1. The power of attachment in shaping who we become
 - c. Brains

- i. Left Brain - linear, problem solving, truth&choices, conscious thought, updates 5x/second
 - ii. Right Brain - Attachment and Identity centers, Answers the question “what is it like me and my people to do in this situation” updates 6x/second.
 - iii. Cutoff—>flip off example
- 5. Love your Enemies
 - a. The hardest part about following Jesus
 - b. We are not good at this
 - c. Attached to God and to someone else who loves enemies to show the way
 - d. Pick Two
 - i. Someone you are attached to and ask how they love enemies
 - ii. Someone you find difficult and pray for them daily
- 6. There exists an interdependent relationship between loving God and loving others.
 - a. God calls us, we respond with humility and confession, Holy Spirit works through gratitude & relational joy (others) to grow our attachment to God.
 - b. People loving me well has shaped my character