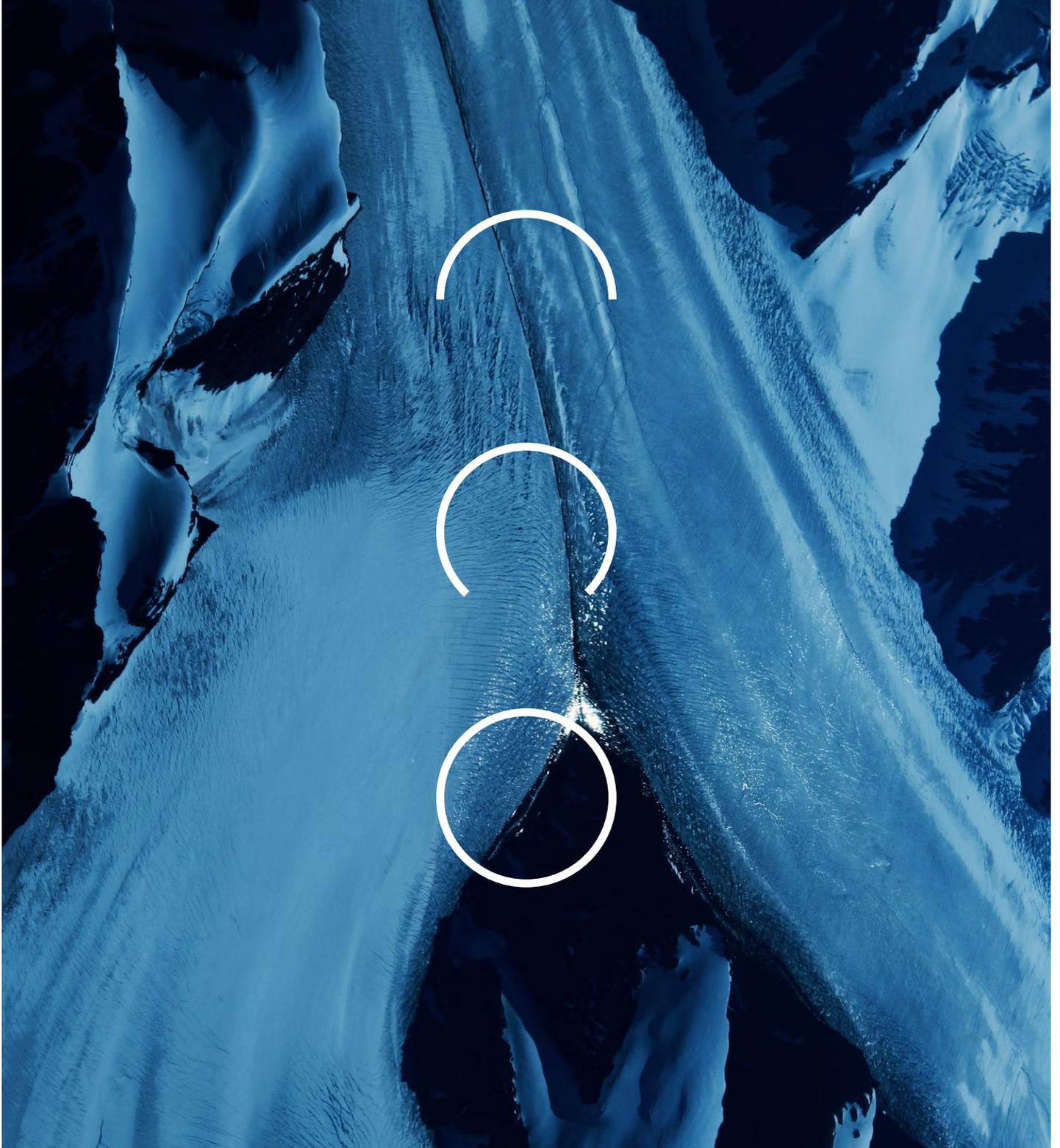




FORMATION



March Teaching Series

A blue-tinted landscape featuring a mountain peak in the upper center and a river valley in the lower center. The text is overlaid on the mountain and valley.

Becoming a Person of Love

Week 1

Reflect

Take some time to process together as a group on last week's practice:

- How did you start practicing what we talked about last week?
- How was your experience in your practice?
- Where did you feel God most present and distant this week?

Overview

Many of us learned to earn love, which means our love for others can subtly become a way to secure approval, affirmation, or belonging. We often appear loving on the outside, but God is concerned with our heart posture. Is your love a response to being loved, or a strategy to be loved?

Real love starts not with our love for God, but with His love for us. We become people of love only after experiencing and continually remaining in that love.

This kind of love is also supernatural. Loving friends is natural; loving enemies requires divine help. The real test of Christian maturity is not simply loving Jesus, but loving those who wound, betray, or disappoint us.

Finally, love is directional. It is meant to flow outward. Jesus teaches that the world will recognize His disciples by their love. When we allow God's love to overflow, we become tangible expressions of His presence —“God with skin”— to a hurting world.

Reading

Galatians 5:22 NIV

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Discussion

Share about a time when you experienced God's love in a real, personal way (not just intellectually).

“Is my love a response to being loved, or a strategy to be loved?”
How can you tell?

Why is loving others—especially difficult people—impossible without the Holy Spirit?

What does it mean to become “God with skin” to someone?

Is there someone I've labeled “unlovable”? Have I distanced myself to protect myself?

Practice

ABBALOVE

Examen: Ask God and journal what you feel he is saying to you in regards to your journey into a person of love. (5 mins at the end of your day)

Reflect on:

1. When today did I love from overflow?
2. When did I love from insecurity?
3. Where did I sense the Holy Spirit helping me?

End with praying:

"Father, thank You that You are still forming me."

Notes:

The goal of Examen is noticing where God is nearest and furthest during the day. Not perfection. Not emotional intensity. Not forced reconciliation. The goal is simple: Remain in His love. Let the Spirit form your heart posture. Allow love to move from inward security to outward expression. Because when we remain in His love long enough, Love becomes fruit, not effort.

Further Resources

Video: Formation Teaching Series - Abbalove Church

Book: Practicing the Way - John Mark Comer

Book: Invitation to a Journey - Robert Mulholland

Book: The Ruthless Elimination of Hurry - John Mark Comer





How We Want to Change

www.abbalovechurch.com