

Bethany Bible Study & Discussion

Colossians: ANGER & LOVE (Part II)

Wednesdays
7.30-8.30PM

A believer's Journey to Transformed life ... from Hearing to Doing

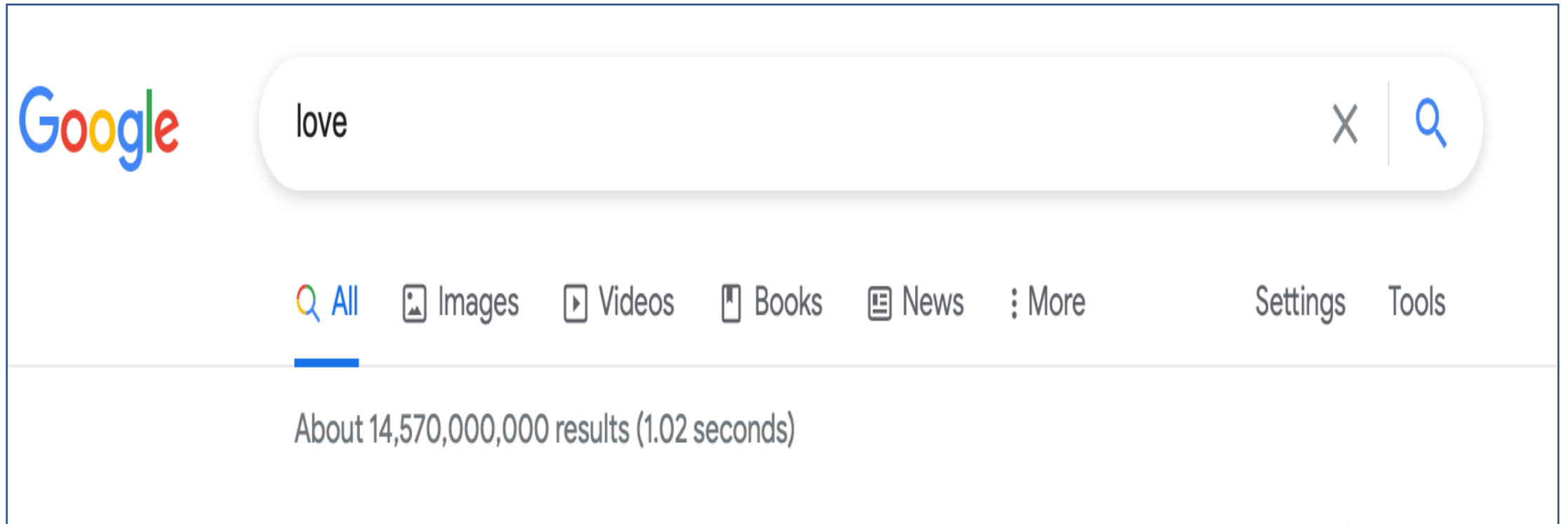
To live a transformed life, Paul exhorts us to: (1) Seek and desire heavenly things, (2) Put to death fleshly desires, (3) Put off sins of the tongue, (4) Practice love and display fruit of the spirit in relationships, (5) Submit to God's divine order at home and at work, (6) Redeem time, and (7) Pray continually with thanksgiving.

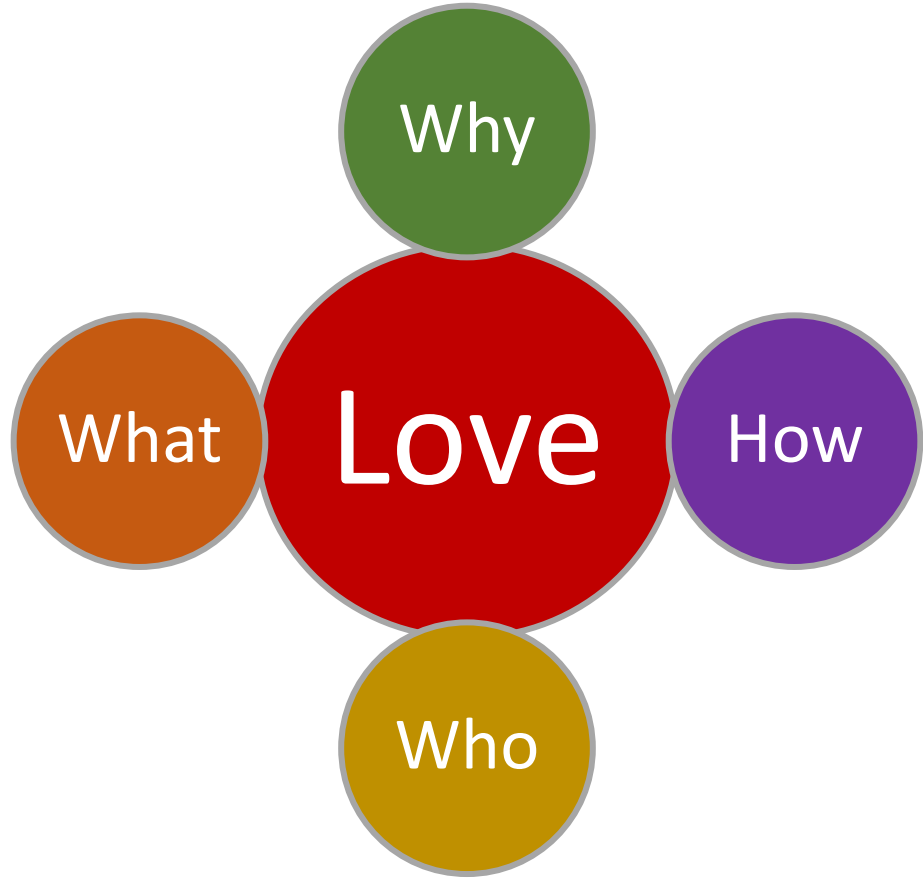
Your Report Card/Reflection: *How are you doing on these 7 action items? What are your areas of strengths and weakness? How can you strive for excellence on all 7 items?*

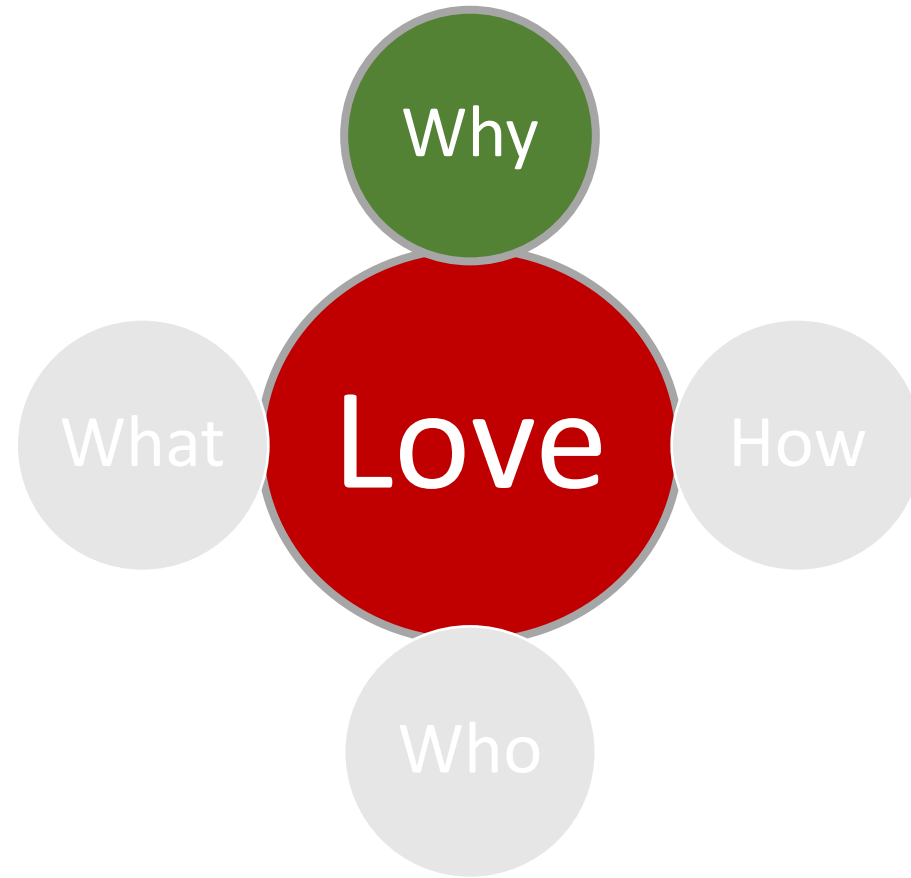
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Anger and **Love** are two common extreme emotions. *Bible exhorts us to exercise restraint in our anger and to be extravagant in our love (we often do the opposite!)* **Let us discuss:** Love is ... (complete the sentence)? What do you know (and have experienced) about God's Love? Does God Love everyone? What does God expect in exchange for His Love? How do you express your Love (family, friends, strangers)? What makes a person 'unlovable' and how can we (or should we) love them still? What will others say about you ... lovable or unlovable? How can we improve?

Love ... a popular topic







Why?

It is God's command and expectation of all believers.

Matthew 22:36-40

Master, which is the great commandment in the law? ³⁷ Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. ³⁸ This is the first and great commandment. ³⁹ And the second is like unto it, **Thou shalt love thy neighbor as thyself.**

Why?

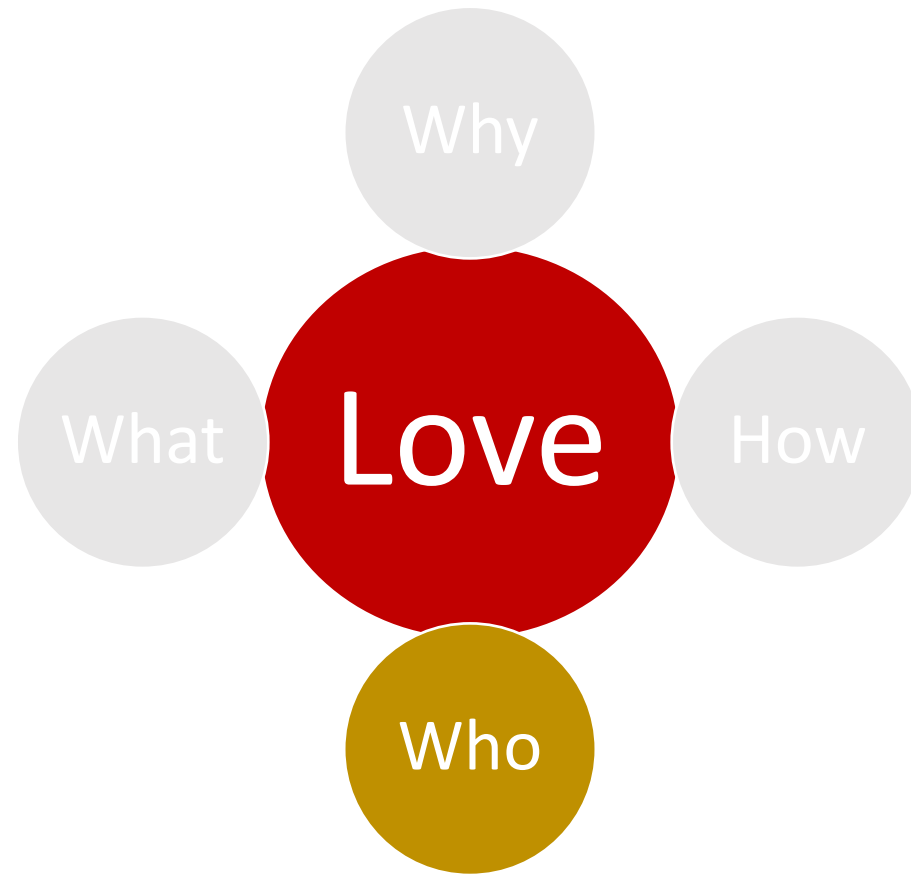
1. God's command and expectation of all believers

2. It is our witness to the outside world

By this shall all men know that ye are my disciples, if ye have love one to another. [John 13:35](#)

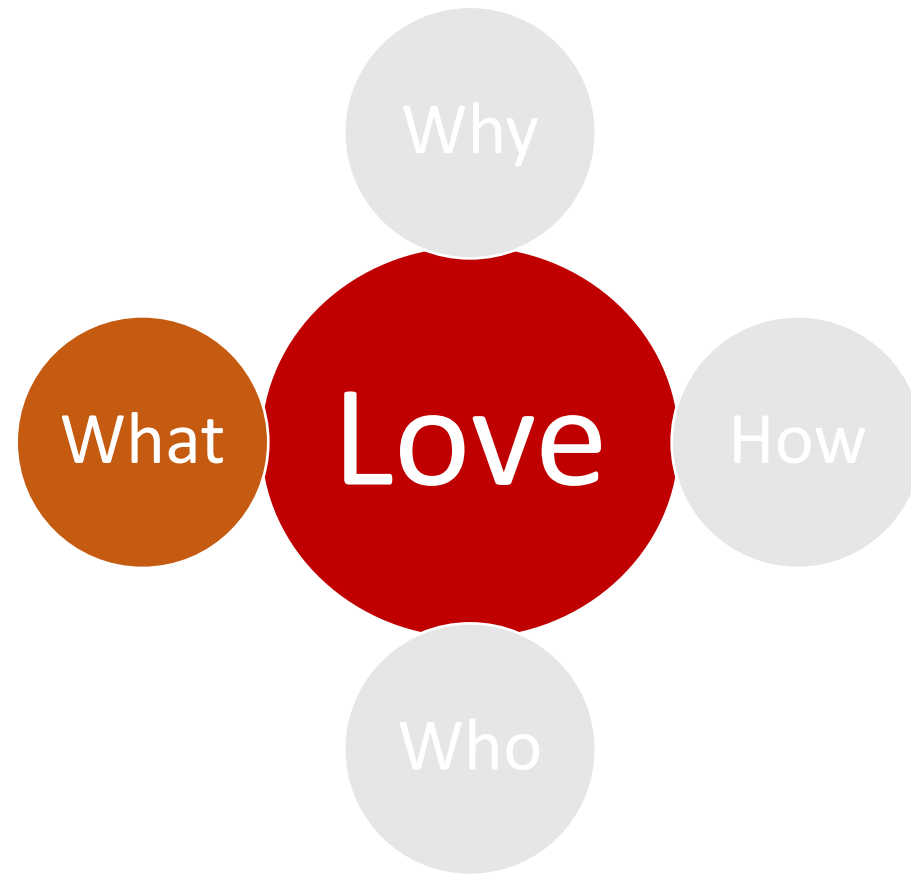
3. It demonstrates our love for God

If ye love me, keep my commandments. [John 14:15](#)



Who?

- Everyone! (family, friends, strangers, etc.)
- Yes, even enemies!
- **Matthew 5:44** But I say unto you, **Love your enemies**, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you



What?

Love is ...

The 4 LOVES

- C.S. Lewis

EROS

(Erotic, Physical love)



PHILEO

(Brotherly love)



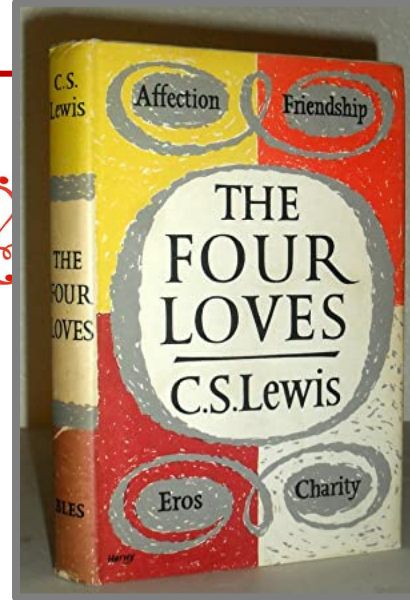
STORGE

(Supportive, "Got my back" love)



AGAPE

(Unconditional, Divine love)



"You can't go back and change the beginning, But you can start where you are and change the ending"

CSL

"God allows us to feel the frailty of human love so that we can appreciate the strength of His"

CSL

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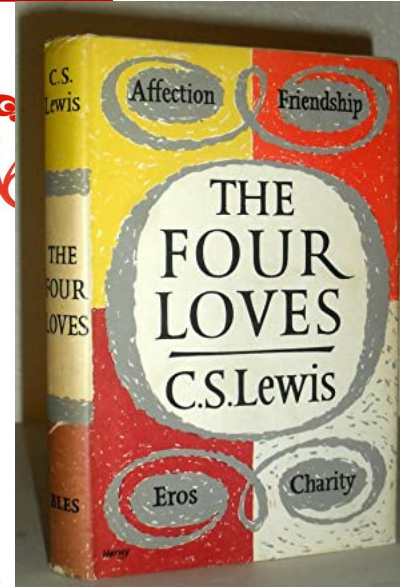
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"You can't go back and change the beginning, But you can start where you are and change the ending" CSL

"God allows us to feel the frailty of human love so that we can appreciate the strength of His"

When I have learned to love God better than my earthly dearest, I shall love my earthly dearest better than I do now" CSL

What? The classic passage

Love is **patient**, love is **kind**.

It does **not envy**, it does not boast, it is **not proud**.

It does **not dishonor** others, it is **not self-seeking**,
it is **not easily angered**, it keeps **no record** of wrongs.

Love does **not delight in evil** but rejoices with the truth.

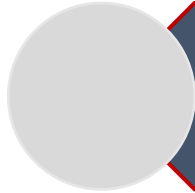
It always **protects**, always **trusts**, always **hopes**,
always **perseveres**.

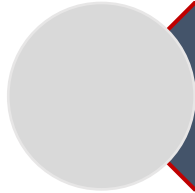
LOVE NEVER FAILS.

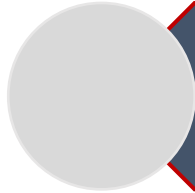
I Corinthians 13:4-8 (NIV)

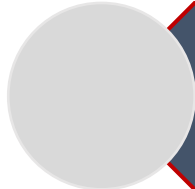
What?

Some Qualities of God's Love that we can follow

- 

Generous and Sacrificial
(John 3:16, I John 3:16, Psalms 86:15)
- 

Reaches out, despite failures of man
(John 4:9-10)
- 

Secure
(John 10:28, Romans 8:38-39)
- 

Unfailing, Steadfast, Loyal, Reliable
(Psalms 136, Psalms 36:5, Deuteronomy 7:9))

What?

Some Qualities of God's Love that we can follow



Deep and Personal, no hypocrisy

(I John 3:1)



Unqualified, unconditional, loves us just as we are

(Romans 5:8, Ephesians 2:4-5)



Forgiving

(Ephesians 1:7, Psalms 130:4)



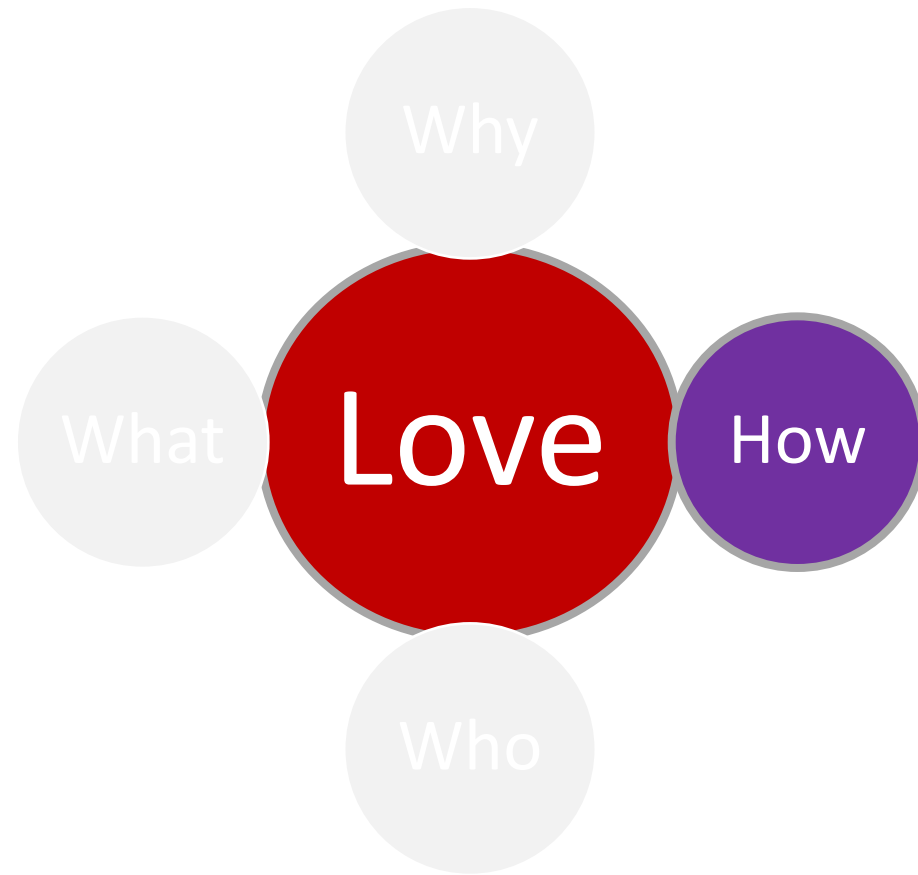
Uplifting and Celebratory

(Zephaniah 3:17)

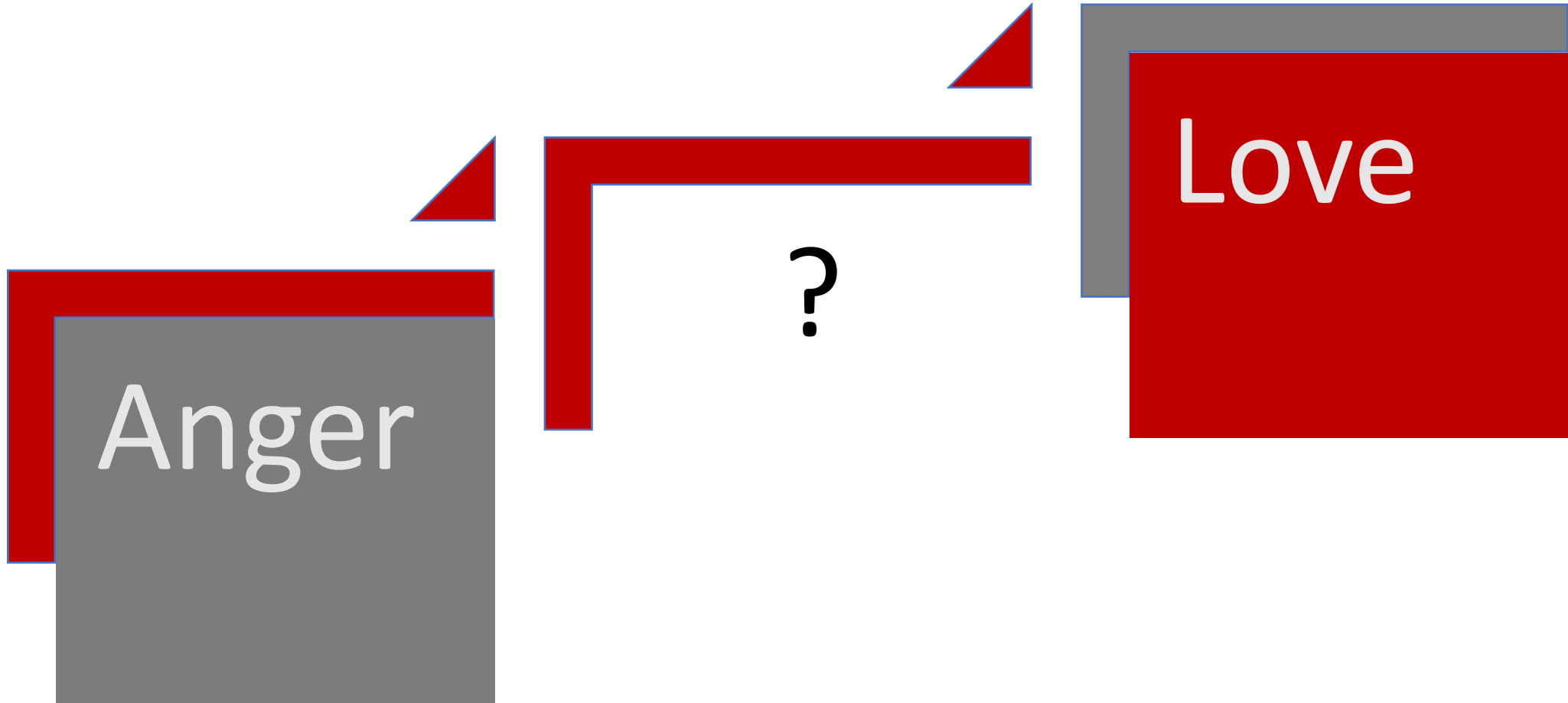


Inspiring

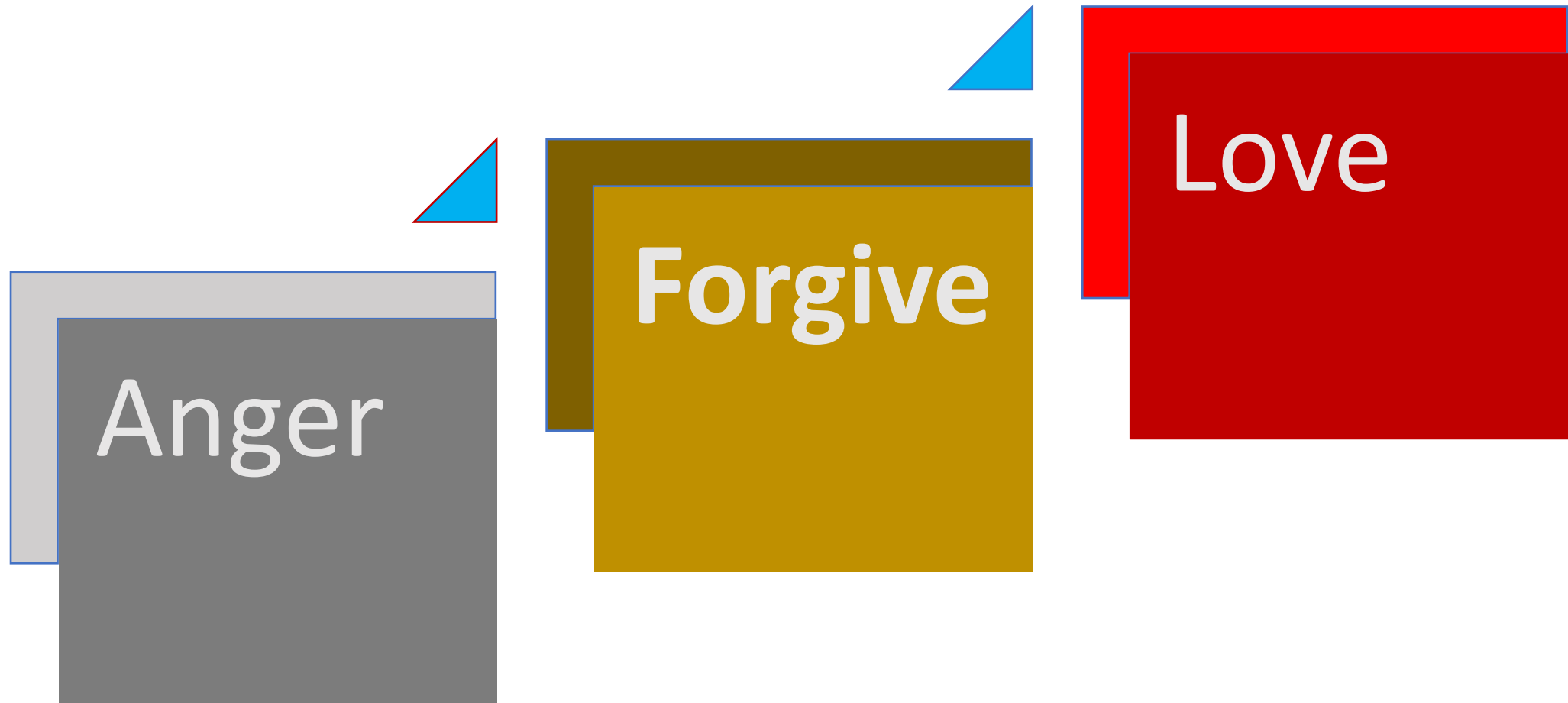
(Psalms, Galatians 2:20)



HOW: Moving from Anger to Love



HOW: Moving from Anger to Love



HOW?

Let all bitterness and wrath and anger and clamor and slander be **put away** from you, along with all malice. ³² Be **kind** to one another, tenderhearted, **forgiving** one another, as God in Christ forgave you. ^{5:1} Therefore be **imitators of God**, as beloved children. ² And **walk in love**, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Ephesians 4:31-5:2

HOW: Loving the 'unlovable'? Is it possible?

Firstly, Love God and give Him the preeminence

- **Forgive** (just as God forgave you)
- **Love** (God loves us despite our many imperfections)
- Pray for **God's grace** to forgive & love
- Be lead by the **Holy Spirit** (Love is fruit of the spirit)
- For additional help, seek **counsel** of godly believers
- **Be thankful** as adversity leads to spiritual and personal growth

Lastly, Love God and give Him preeminence


How do you express your love?
(Family, Friends, Strangers, Enemies)

How? What should come first?

And they
exceeded our expectations:
They gave themselves
first of all to the Lord,
and then by the will of God also
to us.



Secret
of doing
anything
good



Submit to
God and let
God enable
you

II Corinthians 8:5

Gary Chapman on expressing Love

5 Love Languages



The 5 Love Languages

1) Gifts/Tokens of Affection

2) Quality Time Together

3) Physical Touch

4) Words of Affirmation

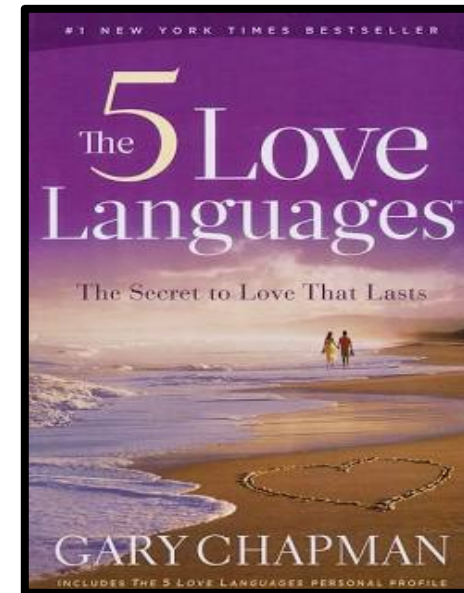
5) Acts of Service

-Dr. Gary Chapman®

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Expressing
Love



THE 5 LOVE LANGUAGES of children

compliment them - express appreciation - give a card - send a text - tell them you love them - tell them you're proud - actively listen - slip a note in their lunchbox or under their pillow - notice their efforts and acknowledge in front of others

WORDS of AFFIRMATION

undivided attention - chores together - make a treat - ask about their day - eye contact - play with them - do a craft - eat together - go on a date - camp out - board games - bike ride - bedtime stories - read/do hobbies side by side - laugh lots

QUALITY TIME

help them clean their room - make them meals - help them get out the door on time - help with their homework - bring them a drink of water - help little ones bathe - help them clean up toys - organize their closet - tuck them in at night

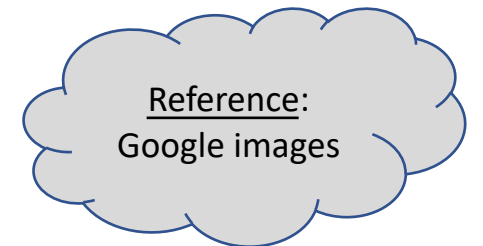
ACTS of SERVICE

make their favorite treat - give a thoughtful gift on an ordinary day - plan presents that fit their interests - mail a package when you're away - give a flower or pretty rock - do a treasure hunt - give a special bracelet - appreciate their gifts

GIFTS

comb their hair - scratch their back - rub their feet - cuddle and read a story - tickle - pat them on the back - sit near them - welcome kisses & hugs - group hugs - high fives - this little piggy-type games - hold hands - manicures & pedicures

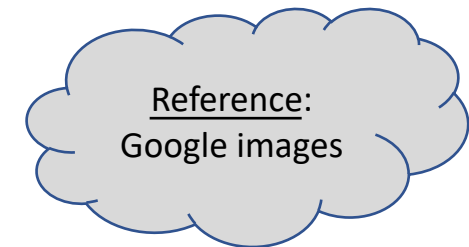
PHYSICAL TOUCH

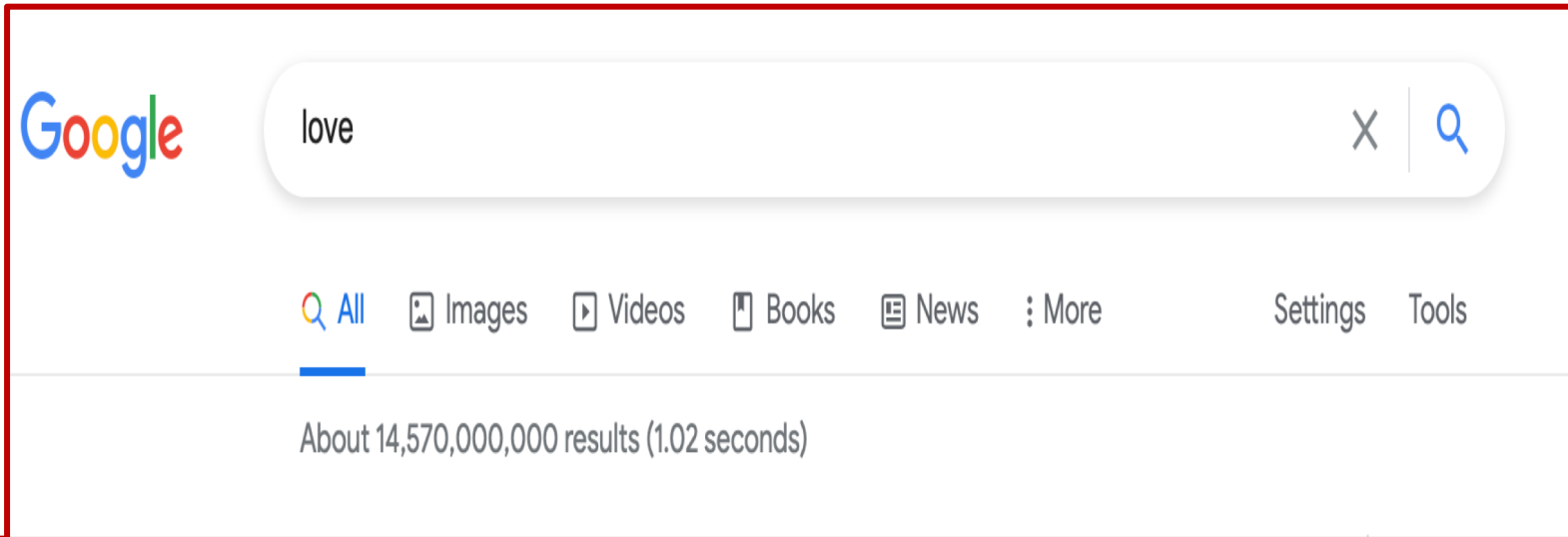


HOW TO SPEAK YOUR PARTNER'S LOVE LANGUAGE

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate and listen actively.	Send an unexpected note, text, or card.	Not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal use of body language and touch to show love.	Hugs, kisses, cuddling.	Physical neglect or abuse.
 RECEIVING GIFTS	Thoughtfulness, make your Spouse a priority.	Give thoughtful gifts and gestures. Express gratitude when receiving gifts.	Unenthusiastic gift receiving, forgetting special occasions.
 QUALITY TIME	Uninterrupted and focused conversations. One on one time is important.	Create special moments, take walks and do small things with your partner.	Distractions when spending time together. Long time without one-on-one time.
 ACTS OF SERVICE	Let them know you are wanting to help, to lighten their load.	Make them breakfast or dinner. Go out of your way to help with chores.	Lacking follow-through on small and large tasks.

The Ladies Coach





ARE YOU STILL SEARCHING FOR TRUE LOVE?

**YOU WILL FIND
TRUE LOVE
WHEN YOU FIND GOD
BECAUSE
GOD IS LOVE**

TRUE LOVE CANNOT BE GIVEN OR ENJOYED WITHOUT GOD

HAVE YOU FOUND GOD?