



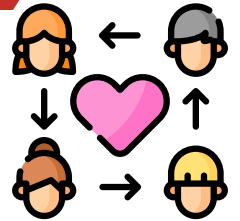
# FILL UP ON GOD'S LOVE

## You can't pour from an empty cup!

And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us" (Romans 5:5)

LIST THE 5 MAIN TYPES OF RELATIONSHIPS IN YOUR LIFE AT THE MOMENT E.G. PARENTS / SIBLINGS, FRIENDS....

HOW WOULD YOU DEFINE "LOVE"?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "LOVE IS AN ABILITY" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What line from the movie "Dan in Real Life" struck Fr Mike?

Fill in the blanks:

- You are m\_ \_ \_ for love.
- You c\_ \_ \_ from love.
- You are made \_ \_ love.
- Your goal is to e\_ \_ \_ \_ into love, to be a g\_ \_ \_ of love with your whole life!



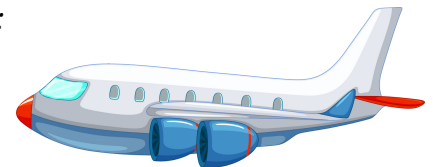
Yet, love is not something that all of us know how to do, because love is an ability, a s\_ \_ \_ \_.



What three parts of the human person does Fr Mike mention?

- EMOTIONS (feelings)
- WILL (our ability to \_\_\_\_\_)
- INTELLECT (our ability to \_\_\_\_\_)

Relying only on our emotions to guide us in how to love does not make much sense. Explain Dr Edward Sri's analogy of the airplane with regard to this:



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you agree with his analogy? Explain your answer.

\_\_\_\_\_

\_\_\_\_\_

TO LEARN HOW TO LOVE, WE NEED TO LEARN MORE ABOUT \_\_\_\_\_.

The classical definition of love is: willing or \_\_\_\_\_ the good of the \_\_\_\_\_.

What do you think that means?

\_\_\_\_\_

\_\_\_\_\_





Disclaimer: On these resource pages you will find links to external websites. Although we make every effort to ensure these links are accurate, up to date and relevant, Ascend Youth & Young Adult Ministry cannot take responsibility for pages maintained by external providers. While we strive to provide only links to useful and ethical websites, we have no control over the content and nature of these sites and the links to other websites do not imply a recommendation for all the content found on these sites.

# LEARN TO LOVE

JOHN 14:15-21

**Think back to the types of relationships you listed at the start of this exercise. Everyone has someone in their life that they have the ability to love, and the opportunity to love.**

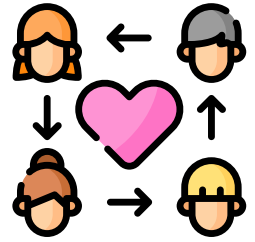


Pick one relationship and reflect: what would it look like for you to choose the good of the other, rather than simply following feelings? What might change?

---

---

---



## Now Read John 14:15-21



"If you love me you will keep my commandments." That message is pretty challenging. If we say we love Jesus or are at least trying to, we have to keep His commandments. When He was asked what the greatest commandment was, do you remember what He said? *"Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'*" (Matthew 22:37-39) Simple? Yes. Easy? No! Loving God and your neighbour as yourself sounds fine until that one person who drives you insane is in front of you again, or you're let down by someone you trusted, or someone is just being nasty mean to you for no real reason... that's where the rubber hits the road! That's where we need supernatural grace to love, to choose love. Thankfully for us that supernatural grace is available through the power of the Holy Spirit. Even though Jesus knows how weak and broken we are, He still expects us to keep his commandments because we don't have to do it on our own. He sends us the Holy Spirit, the love between the Father and the Son, to be our Advocate and guide. We fill up on God's love and that love within us impels and compels us to live as Jesus commanded. We can't pour from an empty cup! Let's make sure we fill up on God's love every morning so as to be a true witness to Him every day by how we live, especially how we treat other!



**MISSION!**

THIS WEEK, PRAY THE ACT OF LOVE EVERYDAY AND OFFER IT ESPECIALLY FOR ONE PARTICULAR PERSON WHO YOU FIND IT DIFFICULT TO LOVE. ASK JESUS TO FILL YOU WITH HIS LOVE AS HE BLESSES BOTH THEM AND YOU!



**PRAYER TIME!**

**ACT OF LOVE:** *O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbour as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured.*



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE SUPERNATURAL GRACE TO LOVE



- Esther Mui: The Spirit of Truth - I Will Not Leave You Orphans
- Sunday 7pm Choir: If ye love me
- Matt Maher, Mia Fieldes: Inheritance
- Red Rocks Worship: Never Leave
- Chris Sayburn: Spirit and Truth
- Hillsong: So Will I (100 Billion X)
- Elevation Worship: Fullness
- Jeremy Camp: Same Power



Love is More than a Feeling (Fr Mike Schmitz)



Love is more than a feeling: Ascend YM Resource