

SESSION 7

COLLEGE AGE JOURNAL PAGE



DIGGING IN

By now you should have read and marked all the words for “love” in 1 John 4:7-21. Now look at the hearts you’ve marked and do this:

1. Underline or highlight any instructions or commands concerning love that you see.
2. Circle in a different color anything you learn about love from 1 John.

Instructions concerning love:

What you learned about love:

Reasons why we are to love each other:

PERSONAL LOVE INVENTORY

Begin the exercise with a short time of prayer. Ask that God would speak to you and reveal truth to you about the way you love others. Thank Him for the love that He has shown you.

Look over the list of names on the youth group roster or reflect on the group photo before answering questions in the inventory. In addition to the names provided, are there any others that you may want to write down? Teachers, coaches, teammates, classmates, etc.?

Complete the Personal Love Inventory below, carefully considering each question as well as the names on the roster.

Before coming back together, close out your time in prayer. Pray that the Holy Spirit would transform you and the way you love others. Pray that you would love others better starting this very day!

Carefully read and ponder each of the questions below. Prayerfully consider if God is convicting your heart and moving you to action (seeking forgiveness). If there is a specific person that God puts on your heart for a specific question, consider writing their name down and what reconciliation looks like in that case.

Have you ever hoped that someone would fail or lose? Have you ever enjoyed watching someone fail?

Have you ever intentionally hurt someone or hoped that someone would be hurt (emotionally or physically)?

Have you ever been happy to see someone hurting?

Have you ever been jealous of another person's success, abilities, friends, or possessions?

Have you ever made fun of someone or put someone else down?

Have you ever put someone down to make yourself look better or feel better?

Have you passed on gossip about a person?

Are you hanging on to any unforgiveness, bitterness, or resentment toward another person?

Have you ever compared yourself to someone else and felt that you were better than him or her?

Take a moment to think about your group.

**Are there any attitudes or actions that need to change in order for your group to love others better? If so, what?
What are you going to do about it?**

What are some practical ways your group can show each other love?



DIGGING IN

1 John 4:7-21

⁷ Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

⁸ Whoever does not love does not know God, because God is love.

⁹ This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.

¹⁰ This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

¹¹ Dear friends, since God so loved us, we also ought to love one another.

¹² No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

¹³ This is how we know that we live in him and he in us: He has given us of his Spirit.

¹⁴ And we have seen and testify that the Father has sent his Son to be the Savior of the world.

¹⁵ If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God.

¹⁶ And so we know and rely on the love God has for us.
God is love. Whoever lives in love lives in God, and God in them.

¹⁷ This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus.

¹⁸ There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

¹⁹ We love because he first loved us.

²⁰ Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.

²¹ And he has given us this command: Anyone who loves God must also love their brother and sister.