



# UNLOCKING THE MYSTERY OF DIVINE LOVE

A STUDY FOR THE SEEKER'S  
HEART



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BE THE CARRIER OF THE MYSTERY OF LOVE  
THAT IS NOT OF THIS WORLD

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# THE MYSTERY OF DIVINE LOVE

**SCRIPTURE CALLS IT A MYSTERY, BECAUSE THOUGH WE CAN DEFINE IT, WE CAN NEVER EXHAUST ITS DEPTH.**

Have you ever felt exhausted trying to be a "good Christian"? You serve, you give, you try to be patient, yet you feel like you're running on empty. You strive to love others as Jesus commanded, but find your own love is conditional, weak, and runs out when tested.

If this sounds familiar, you are on the brink of discovering one of the most profound and liberating secrets of the Christian faith.

The world screams that love is a feeling to be found or an emotion to be drummed up. But the Kingdom of God operates on a revolutionary principle: Divine love is not something you achieve; it is a gift you receive. It is a mystery, not of human effort, but of divine origin. It is a love that flows from God, not from us. As the scripture says, "We love him, because he first loved us"

– 1 John 4:19 –

This study is a journey to the very heart of that mystery. It is a call to stop striving and start seeking.

To seek the Giver of love and to learn how to truly receive what He has so freely given. For only when we are filled with His love can we ever hope to let it overflow to others.



**But be warned:** the path to receiving this love runs directly through the greatest spiritual battlefield you will ever face – your mind.

This is where the real war is waged. Not in the pews, not in our visible acts of service, but in the secret chambers of our thoughts. In the unseen anxieties, the hidden judgments, the silent criticisms, and the nagging feelings of unworthiness.

Others may see our smiles, but God sees the turmoil within. He knows every thought that flits across our minds, and it is here, in this hidden arena, that we often feel most defeated. It is the hardest, most crucial battle for the believer to overcome.

This study is your training manual for that battle. We will move beyond theory and into practical, biblical application. You will learn to cast down the "imaginings" that hold you captive, to take your thoughts and anchor them in the truth of God's unwavering love for you.

**Prepare to be transformed.** Prepare to stop loving from your own limited supply and start living from the infinite, overflowing, and life-changing reality of Divine Love.

# CASE STUDIES

## RECEIVING DIVINE LOVE (IDENTITY BEFORE ACTION)

1. THE SELF SUFFICIENT SERVANT
2. THE BELIEVER PARALYSED BY GUILT

## THE FLESH v DIVINE LOVE (THE INTERNAL CONFLICT)

3. THE IMPATIENT PERFECTIONIST
4. THE SECRETLY ENVIOUS FRIEND

## CAPTURING THOUGHTS (BATTLEFIELD OF THE MIND)

5. THE WORRIER
6. THE CRITICAL THINKER

## LOVING DIFFICULT PEOPLE (THE TEST OF LOVE)

7. THE OVER-BEARING FAMILY MEMBER
8. THE UNREASONABLE COLLEAGUE

## FORGIVENESS & LETTING GO (THE FREEDOM OF LOVE)

9. THE DEEPLY WOUNDED
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## LIVING THE LIFE OF LOVE (THE OVERFLOW)

11. THE OVER-COMMITTED & FRAZZLED
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# MODULE 1

## *Receiving Divine Love*

### **IDENTITY BEFORE ACTION**

**Focus:** This initial module establishes the foundational truth that genuine love originates from God, not from within ourselves. It is impossible to give what one has not first received. Our capacity to love others is a direct result of our personal experience of being loved by God.

**Scripture Anchor:** "We love him, because he first loved us." — 1 John 4:19 (KJV)

**Battle Addressed:** Many believers fall into the trap of striving to love others out of a sense of duty or obligation, leading to service from a place of emptiness rather than from an overflow of God's love. This can result in burnout, resentment, and a feeling of spiritual inadequacy.

**Outcome:** The learner will be firmly anchored in the unconditional and initiating love of God. They will begin to internalise their identity as a beloved child of God, enabling them to recognise and reject the internal lies of unworthiness and condemnation.



# MODULE 1

## *Receiving Divine Love*

### CASE STUDIES

#### Case Study 1: The Self-Sufficient Servant

A dedicated Christian tirelessly serves in their church and community, always ready to lend a hand. However, they struggle to accept help, compliments, or forgiveness from others. When offered kindness, they deflect or feel they haven't earned it. This stems from a deep-seated belief that their worth is tied to their actions and service, rather than their inherent value in God's eyes.

**Biblical Application:** The story of Mary and Martha in Luke 10:38-42 provides a powerful illustration. While Martha was "cumbered about much serving," Mary chose the "good part" of sitting at Jesus' feet and receiving from Him.

The application here is to intentionally schedule time for "being" with God before "doing" for God. This could involve daily quiet time for reading scripture and prayer, focusing on God's love rather than one's own to-do list. The individual should meditate on scriptures that affirm God's unconditional love, such as Romans 5:8 ("But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.") and Ephesians 2:8-9 ("For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.").



# MODULE 1

## *Receiving Divine Love*

### CASE STUDIES

#### Case Study 2: The Believer Paralysed by Guilt

An individual is constantly plagued by past mistakes and sins, even after confessing them. They live with a persistent feeling of being "unworthy" of God's love and forgiveness. This internal condemnation prevents them from experiencing the joy and freedom of their salvation, and they often withdraw from fellowship, believing they are a disappointment to God and others.

**Biblical Application:** The parable of the Prodigal Son in Luke 15:11-32 is a profound depiction of God's restorative and unconditional love. The father's joyous reception of his repentant son, without any condemnation, is the model for how God receives us. A practical step is to engage in a "truth versus lies" journaling exercise. When a thought of unworthiness arises, the individual should write it down and then counter it with a specific promise from scripture. For example, the lie "I am too sinful for God to love" can be countered with the truth of 1 John 1:9 ("If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."). Engaging with passages like Psalm 103, which speaks of God removing our transgressions as far as the east is from the west, can also be a powerful tool for renewing the mind.



# Prayer:

Heavenly Father, I thank You that Your love for me is not dependent on my performance or my feelings. Help me to truly receive the love that You so freely offer.

Quiet the voices of condemnation and unworthiness in my mind and anchor my heart in the truth that I am Your beloved child.

Teach me to rest in Your love, so that I may serve others from a heart that is full and overflowing. In Jesus' name,  
Amen.



# MODULE 2

## *The Flesh -v- Divine Love*

### THE INTERNAL CONFLICT

**Focus:** This module will delve into the ongoing spiritual battle between the desires of the flesh (our fallen human nature) and the Spirit-led life of divine love. It will explore how to recognise the works of the flesh and intentionally cultivate the fruit of the Spirit.

**Scripture Anchor:** "For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would." — Galatians 5:17 (KJV)

**Battle Addressed:** Christians often experience a frustrating internal conflict between their desire to walk in love and the persistent pull of selfish desires, such as anger, envy, and impatience. This struggle can lead to feelings of hypocrisy and defeat.

**Outcome:** The learner will gain a clearer understanding of the nature of the flesh and the power of the Holy Spirit. They will be equipped with practical strategies to yield to the Spirit and cultivate the fruit of love in their daily interactions.



# MODULE 2

## *The Flesh -v- Divine Love*

### CASE STUDIES

#### Case Study 3: The Impatient Perfectionist

A believer who is highly competent and driven often becomes critical and impatient with those who do not meet their standards at work, in their family, or at church. Their frustration can manifest in sharp words and a condescending attitude, which they later regret. They desire to be more loving but find themselves easily irritated by the perceived shortcomings of others.

**Biblical Application:** The Apostle Paul's exhortation in Ephesians 4:2 ("With all lowliness and meekness, with long-suffering, forbearing one another in love;") provides a direct antidote to this struggle.

The practical application is to develop a habit of "pausing before reacting." When feelings of impatience arise, the individual can take a moment to silently pray, asking the Holy Spirit for the fruit of long-suffering (patience).

They can also meditate on the grace and patience God has shown them, as highlighted in Colossians 3:13 ("Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.").



# MODULE 2

## *The Flesh -v- Divine Love*

### CASE STUDIES

#### Case Study 4: The Secretly Envious Friend

A Christian who appears supportive of their friends' successes secretly battles with envy. They find it difficult to genuinely rejoice when others receive blessings or recognition that they desire for themselves.

These feelings of envy often lead to comparison, self-pity, and a subtle withdrawal from those they are envious of.

**Biblical Application:** The life of Jonathan, who, despite being the heir to the throne, rejoiced in and supported David's calling (1 Samuel 18:1-4), offers a powerful counter-narrative to envy. The practical application is to transform moments of envy into moments of prayer. When a feeling of envy arises, the individual should immediately pray for the person they are envious of, asking God to bless and prosper them even more. This act of selfless love, empowered by the Holy Spirit, breaks the power of envy.

They can also practice gratitude by keeping a journal of God's specific blessings in their own life, shifting their focus from what they lack to what they have.



# Prayer:

Holy Spirit, I acknowledge the battle within me between my flesh and my desire to walk in love.

I confess my tendencies towards impatience and envy.

I ask You to fill me afresh and produce Your fruit in my life. Help me to yield to Your gentle guidance and to love others with the same grace and patience You have shown me. In Jesus' name,

Amen.



# MODULE 3

## *Capturing Thoughts*

### THE BATTLEFIELD OF THE MIND

**Focus:** This module will provide practical, biblical strategies for taking control of one's thought life. It will explore how to identify and challenge negative and unloving thoughts and replace them with thoughts that are true, pure, and lovely.

**Scripture Anchor:** "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;" – 2 Corinthians 10:5 (KJV)

**Battle Addressed:** The mind is the primary battlefield where the struggle for a life of love is won or lost. Unchecked negative and critical thoughts about oneself and others can sabotage any effort to live a life of divine love.

**Outcome:** The learner will be equipped with a biblical framework for renewing their mind. They will learn to actively engage in the process of capturing and redirecting their thoughts, leading to a more consistent experience of peace and a greater capacity to love.



# MODULE 3

## *Capturing Thoughts*

### CASE STUDIES

#### Case Study 5: The Worrier

A believer is constantly consumed by anxious thoughts about the future, their health, their finances, and their family.

These worries steal their peace and make it difficult for them to be present and loving towards those around them.

Their conversations are often dominated by their anxieties, and they struggle to trust in God's provision.

**Biblical Application:** Jesus' teaching in Matthew 6:25-34 on not worrying is the foundational text.

A practical application is the "worry-prayer" exchange. When an anxious thought enters their mind, the individual should immediately turn it into a specific prayer, casting their burden upon the Lord as instructed in 1 Peter 5:7 ("*Casting all your care upon him; for he careth for you.*").

They can also create a set of "promise cards" with scriptures about God's faithfulness and provision (e.g., Philippians 4:19, Isaiah 41:10) to read and meditate on when they feel overwhelmed by worry.



# MODULE 3

## Capturing Thoughts

### CASE STUDIES

#### Case Study 6: The Critical Thinker

An individual has a habit of immediately seeing the flaws in people and situations.

Their internal monologue is often a stream of criticism and judgment, which can spill out in their words and actions.

They struggle to see the good in others and often feel disconnected from them as a result.

**Biblical Application:** Philippians 4:8 provides a powerful filter for our thoughts: *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."*

The practical application is to intentionally look for and acknowledge the good in every person and situation.

The individual can start a "goodness journal," where each day they write down at least one positive quality or action they observed in someone they are prone to criticise. This practice retrains the mind to focus on the praiseworthy.



# Prayer:

Lord, I recognise that my mind is a battlefield, and I need Your strength to win the victory.

Teach me to take every thought captive to the obedience of Christ. Help me to replace my anxious and critical thoughts with thoughts that are true, pure, and lovely.

Renew my mind, O God, that I may be transformed and live a life that is pleasing to You.

In Jesus' name, Amen.



# MODULE 4

## *Loving Difficult People*

### THE TEST OF LOVE

**Focus:** This module will address the challenge of loving those who are difficult to love – the critical, the unkind, and those who have hurt us. It will explore the biblical mandate to love our enemies and provide practical steps for doing so.

**Scripture Anchor:** "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;" – Matthew 5:44 (KJV)

**Battle Addressed:** It is relatively easy to love those who are lovable. The true test of divine love is our ability to extend love to those who are difficult, challenging, or have wronged us. This is often where our love runs out and God's love must take over.

**Outcome:** The learner will develop a biblical perspective on loving difficult people and will be equipped with practical strategies for responding with grace and love, even in the face of provocation.



# MODULE 4

## *Capturing Thoughts*

### CASE STUDIES

#### Case Study 7: The Overbearing Family Member

A Christian has a family member who is constantly critical and demanding and even cruel sometimes.

Every interaction leaves them feeling drained and resentful. They have tried to be patient, but their love is wearing thin, and they are tempted to withdraw from the relationship altogether.

**Biblical Application:** The example of David's response to Saul's persecution (1 Samuel 24 and 26) is a powerful lesson in not retaliating but entrusting justice to God.

A practical application is to establish healthy boundaries in love. This means lovingly but firmly communicating what is and is not acceptable behaviour, while also committing to pray for that person's well-being.

The individual can also practice "loving from a distance" if necessary, which involves limiting contact while still actively praying for them and speaking well of them to others.



# MODULE 4

## Capturing Thoughts

### CASE STUDIES

#### Case Study 8: The Unreasonable Colleague

A believer works with a colleague who is consistently negative, uncooperative, and seems to take pleasure in making their work life difficult.

The believer finds it hard to maintain a professional and loving attitude in the face of such antagonism.

**Biblical Application:** Paul's instruction in Romans 12:18 ("*If it be possible, as much as lieth in you, live peaceably with all men.*") is a guiding principle.

A practical application is to proactively look for opportunities to show kindness to this colleague. This could be as simple as offering a genuine compliment, bringing them a cup of coffee, or offering to help with a task. These small acts of love can begin to break down walls of hostility.

It is also important to guard one's own heart from bitterness by regularly praying for the colleague and asking God for a heart of compassion towards them.



# Prayer:

Father, You have called me to love even those who are difficult to love, and I confess that in my own strength, I cannot do it.

Fill me with Your divine love that I may bless those who curse me and do good to those who spitefully use me.

Give me the grace to respond with patience and kindness, and to see them through Your eyes of compassion.

In Jesus' name, Amen.



# MODULE 5

## *Forgiveness & Letting Go*

### THE FREEDOM OF LOVE

**Focus:** This module will explore the essential connection between divine love and forgiveness. It will address the process of forgiving others who have hurt us, as well as the importance of receiving God's forgiveness and forgiving ourselves.

**Scripture Anchor:** "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." — Ephesians 4:32 (KJV)

**Battle Addressed:** Unforgiveness is a significant barrier to both receiving and giving divine love. Holding onto bitterness, resentment, and a desire for revenge keeps us in bondage and hinders our relationship with God and others.

**Outcome:** The learner will understand that forgiveness is a choice and a process, not a feeling. They will be equipped with biblical steps to release offenders and walk in the freedom that comes from a forgiving heart.



# MODULE 5

## *Forgiveness & Letting Go*

### CASE STUDIES

#### Case Study 9: The Deeply Wounded

An individual has been deeply hurt by a betrayal from a close friend or family member.

They are struggling to let go of the pain and anger, and the thought of forgiving the person feels impossible and even unjust. The wound continues to affect their ability to trust others.

**Biblical Application:** The parable of the unforgiving servant in Matthew 18:21-35 starkly illustrates the importance of forgiveness in light of the immense forgiveness we have received from God. A practical application is to write a letter to the person who hurt them (which they do not have to send) expressing all their pain and anger.

Then, in a separate act of will, to write at the bottom, "*In the name of Jesus, I choose to forgive you and release you to God.*" This is a tangible step of obedience. The process may need to be repeated as feelings of hurt resurface.



# MODULE 5

## Forgiveness & Letting Go

### CASE STUDIES

#### Case Study 10: The Self-Condemned

A believer is unable to forgive themselves for a past failure or sin. They live with a constant sense of shame and regret, believing that they have disappointed God and are now permanently "less than."

This self-condemnation prevents them from fully embracing their new identity in Christ.

**Biblical Application:** The Apostle Paul's declaration in Romans 8:1 ("There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.") is a powerful truth to cling to.

A practical application is to receive communion with a renewed focus on the forgiveness it represents.

The individual can also memorise and regularly declare scriptures about God's cleansing and restoration, such as Psalm 51:10 ("Create in me a clean heart, O God; and renew a right spirit within me.").



# Prayer:

Lord, I thank You for the incredible gift of  
Your forgiveness.

Help me to extend that same forgiveness to others  
who have hurt me.

I choose to release the bitterness and resentment  
that I have been holding onto.

And Father, help me to receive Your  
forgiveness for my own failings and to walk in the  
freedom of a clear conscience. Create in me a clean  
and forgiving heart.

In Jesus' name, Amen.



# MODULE 6

## *Living the Life of Love*

### THE OVERFLOW

**Focus:** This final module will bring together the principles from the previous modules and focus on how to live a life that is a consistent and authentic expression of divine love. It will explore the practical ways in which love can be demonstrated in our daily lives, in our homes, workplaces, and communities.

**Scripture Anchor:** "And this is his commandment, That we should believe on the name of his Son Jesus Christ, and love one another, as he gave us commandment."

— 1 John 3:23 (KJV)

**Battle Addressed:** The challenge is to move from a theoretical understanding of divine love to a practical, moment-by-moment outworking of that love in our relationships and actions. It is easy to be loving in ideal circumstances, but much harder in the midst of the pressures and demands of daily life.

**Outcome:** The learner will be inspired and equipped to make divine love the central motivating force in their life. They will have a practical framework for expressing love in tangible ways and will be encouraged to continue growing in their capacity to love as Christ loves.



# MODULE 6

## *Living the Life of Love*

### CASE STUDIES

#### Case Study 11: The Over-Committed & Frazzled

A believer has a genuine desire to love and serve others, but they are overcommitted and constantly rushing from one activity to another.

Their busyness leaves them with little margin for spontaneous acts of kindness or for being truly present with the people in their lives.

**Biblical Application:** Jesus' example of often withdrawing to a quiet place to pray and recharge (Luke 5:16) shows the importance of balancing service with rest and communion with the Father.

The practical application is to prayerfully review their commitments and to intentionally schedule "margin" into their week – time that is not allocated to any specific task, allowing for spontaneous opportunities to show love.

They can also ask God each morning to show them one specific person He wants them to bless that day.



# MODULE 6

## *Living the Life of Love*

### CASE STUDIES

#### Case Study 12: The Inwardly Focussed

A Christian is generally content in their own life but is largely unaware of the needs of those around them.

They are not unloving, but their focus is primarily on their own comfort and convenience.

They rarely go out of their way to show love in practical ways to their neighbours, colleagues, or the wider community.

**Biblical Application:** The parable of the Good Samaritan in Luke 10:25-37 defines a neighbour as anyone in our path who has a need.

A practical application is to begin with small, intentional acts of kindness. This could involve learning the names of their neighbours and looking for opportunities to engage in conversation, offering to help an elderly neighbour with their shopping, or volunteering for a local charity.

The key is to shift from a passive to an active love, looking for needs to meet rather than waiting to be asked.



# Prayer:

Heavenly Father, my desire is to live a life that is a beautiful reflection of Your love. Help me to move beyond simply knowing about Your love to actively demonstrating it in all that I do.

Open my eyes to the needs of those around me and give me a heart that is quick to respond with compassion and kindness.

May my life be a testament to the transformative power of Your divine love.

In Jesus' name, Amen.



# **The End of the Study, The Beginning of a Life**



You have now journeyed through the six modules of this study, from the foundational truth of receiving God's love to the practical application of living it out.

But this is not a graduation; it is a commissioning. You have not finished a course; you have been equipped for a calling.

The principles you have engaged with are not meant to be mere knowledge stored in your mind. They are meant to be a living, breathing reality that transforms you from the inside out.

The battle for your mind will continue, the challenges of loving difficult people will still arise, and the temptation to serve from emptiness will remain.

But you are no longer unarmed.

Your greatest ally in this ongoing journey is the living Word of God.

Do not let your Bible become a closed book on a shelf, a memento of a completed study. It must become your daily bread, your constant companion.



# This is how we "work with the scriptures"

- When the lies of unworthiness creep in, you will run to the Psalms and the Epistles to be reminded of your true identity as a beloved child.
- When the flesh rises up in impatience or envy, you will turn to Galatians to anchor yourself in the power of the Spirit.
- When forgiveness feels impossible, you will meditate on the parables of Jesus until your heart softens with the memory of the immense debt you have been forgiven.

The Word of God is the wellspring from which you will draw His love daily. It is the sword with which you will fight your mental battles, and it is the mirror that will continually reflect His truth back to you.

And here is the glorious purpose of it all. The deep, internal work of receiving God's love and renewing your mind was never intended to be a private victory. It was preparation for your highest and most visible calling: to project the love of God through you to your neighbour.

The world is desperate for an authentic love it cannot find in itself. Your family, your colleagues, your friends, and your community need to see a love that is patient when provoked, kind when it is undeserved, and forgiving when it is unexpected.

This is the love that testifies to a living God.

Go forth, then, not in your own strength, but as a conduit of His. Let every interaction become an opportunity for the divine love you have received to flow through you. You are now a carrier of the mystery, an ambassador of a love that is not of this world. Step out from the study and into your life, ready to love as you have first been loved.

**"By this shall all men know that ye are my disciples, if ye have love one to another."** — John 13:35 (KJV)



# Divine Love

- It **acts** when feelings aren't present
- It **gives** without demanding
- It **is kind** even when the flesh is screaming

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# Scripture Reference Sheet

## Unlocking the Mystery of Divine Love

This collection of scriptures is your armoury for the battlefield of the mind and your wellspring for a heart of love. Return to these verses often. Read them, meditate on them, memorise them, and pray them. Let the living Word of God anchor you in the unchanging reality of His divine love.

### Module 1: Receiving Divine Love (Identity Before Action)

- **God's Initiating Love for Us**
  - **1 John 4:19:** "We love him, because he first loved us."
  - **1 John 4:10:** "Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins."
  - **Romans 5:8:** "But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us."
  - **Jeremiah 31:3:** "The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee."
  - **Zephaniah 3:17:** "The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing."
- **Our Secure Identity in His Love**
  - **Ephesians 2:4-5:** "But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)"
  - **1 John 3:1:** "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God..."
  - **Romans 8:38-39:** "For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."

## Module 2: The Flesh vs. Divine Love (The Internal Conflict)

- **Understanding the Battle Within**

- **Galatians 5:17:** "For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would."
- **Romans 7:18-19:** "For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do."

- **Choosing to Walk in the Spirit**

- **Galatians 5:16:** "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh."
- **Galatians 5:22-23:** "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law."
- **Colossians 3:12-14:** "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness."

## Module 3: Capturing Thoughts (The Battlefield of the Mind)

- **The Mandate to Renew Our Minds**

- **2 Corinthians 10:5:** "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;"
- **Romans 12:2:** "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."
- **Proverbs 4:23:** "Keep thy heart with all diligence; for out of it are the issues of life."

- **The Strategy for Peace-Filled Thinking**

- **Philippians 4:8:** "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."
- **Isaiah 26:3:** "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."
- **Philippians 4:6-7:** "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

## Module 4: Loving Difficult People (The Test of Love)

- **The Radical Command to Love All**

- **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;"
- **Luke 6:32-33:** "For if ye love them which love you, what thank have ye? for sinners also love those that love them. And if ye do good to them which do good to you, what thank have ye? for sinners also do even the same."
- **Romans 12:20-21:** "Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good."

- **The Practical Response to Others**

- **1 Peter 3:9:** "Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing."
- **Ephesians 4:2:** "With all lowliness and meekness, with longsuffering, forbearing one another in love;"

## Module 5: Forgiveness and Letting Go (The Freedom of Love)

- **The Prerequisite of Forgiving Others**

- **Ephesians 4:32:** "And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."
- **Colossians 3:13:** "Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye."
- **Matthew 6:14-15:** "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

- **Receiving God's Forgiveness and Walking in Freedom**

- **1 John 1:9:** "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."
- **Psalm 103:12:** "As far as the east is from the west, so far hath he removed our transgressions from us."
- **Romans 8:1:** "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit."

# Scripture Reference Sheet

## Module 6: Living the Life of Love (The Overflow)

### • Love as the Ultimate Commandment

- **John 13:34-35:** "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another."
- **1 John 4:7-8:** "Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love."

### • Love in Action

- **1 John 3:18:** "My little children, let us not love in word, neither in tongue; but in deed and in truth."
- **1 Corinthians 13:4-7:** "Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things."
- **Philippians 2:3-4:** "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others."

