

LOVE WISELY WITHHOLDS AND SELFLESSLY SERVES

The Ingredients of Love: Part 2

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*“Love is **PATIENT** and **KIND**.” (1 Corinthians 13:4a, NLT)*

*“But the Holy Spirit produces this kind of fruit in our lives: **love**, joy, peace, **patience**, **kindness**, goodness, faithfulness, gentleness, and self-control.” (Galatians 5:22–23a, NLT)*

How to Exercise Patience

1. Restrain your **RAGE**.

“A fool gives full vent to his spirit, but a wise man quietly holds it back.” (Proverbs 29:11, ESV)

2. Tame your **TONGUE**.

*“If anyone can **control his tongue**, it proves that he has perfect control over himself in every other way.” (James 3:2b, The Living Bible)*

3. Listen to **LEARN**.

*“...You must all be **quick to listen**, slow to speak, and slow to get angry.” (James 1:19, NLT)*

4. **REFLECT** before you respond.

*“Intelligent people **think before they speak**.” (Proverbs 16:23a, GNB)*

How to Show Kindness

*“Love...looks for a way of **being constructive**...” (1 Corinthians 13:4, Phillips)*

*“Become **useful and helpful and kind to one another**, tenderhearted (compassionate, understanding, loving-hearted)...” (Ephesians 4:32, ANT)*

1. **NOTICE** needs.

*“Then a despised Samaritan came along, and...**he saw the man**...” (Luke 10:33, NLT)*

“If someone...sees a brother or sister in need but shows no compassion—how can God’s love be in that person?” (1 John 3:17, NLT)

2. **PLACE YOURSELF** in their pain.

*“...and when he saw the man, **he felt compassion** for him.” (Luke 10:33, NLT)*

*“...be **sympathetic**, love each other, have compassion, and be humble.” (1 Peter 3:8, GW)*

3. RESPOND right away.

*“The Samaritan went to him...[and] **he cared for him**.” (Luke 10:34, NCV)*

*“Whenever you possibly can, **do good to those who need it**. Never tell your neighbours to wait until tomorrow if you can help them now.” (Proverbs 3:27–28, GNB)*

4. GIVE GENEROUSLY.

*“In the morning he took out two silver coins and gave them to the innkeeper, saying, ‘Take good care of him. **If it costs** any more, put it on my bill—**I’ll pay** you on my way back.’” (Luke 10:35, MSG)*

“If someone has enough money to live well and sees a brother or sister in need but shows no compassion—how can God’s love be in that person?” (1 John 3:17, NLT)

ACTION STEPS

Fill the Shelf

Read one of the recommended books!