

Love is More Than a Feeling

Love IRL

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OPENING QUESTION

How does your understanding of love change when you consider it as both a noun and a verb?

SCRIPTURE READINGS

Main Reading:

1 John 4:7-12

Extra Reading:

John 15:13

Romans 8:38-39

KEY TAKE AWAYS

- Love is both a person (God Himself) and an action (demonstrated through Jesus' sacrifice)
- In 1 John 4:10, "agape" love is used as both a noun and a verb—God IS love and He LOVED us
- We are enemies of God because of sin, but His love bridges that separation through Christ's death
- Nothing can separate believers from God's love once they receive Christ (Romans 8)
- We cannot give what we have not received—loving others flows from receiving God's love first
- Daily communion with God through His Word prevents spiritual emptiness and insecurity
- The church model of "sit one, serve one" reflects receiving God's love and then giving it away
- Jesus demonstrated servant love by washing the disciples' feet before His crucifixion
- Love is completed and made visible when we love one another as Christ loved us

QUESTIONS

1. **Personal Encounter with God's Love:** Reflect on a moment when you felt truly embraced by God's love. How did that experience change your belief or behavior? Consider writing down how you can return to this feeling when doubt arises.
2. **Distinguishing True Love from Feelings:** In what areas of your life are you most tempted to rely on fleeting feelings instead of the steadfast love described in 1 Corinthians 13? Identify specific instances and how you might approach them differently to align with biblical love.
3. **Reception and Overflow of Love:** How do you currently ensure you are receiving God's love regularly? Identify any barriers in your life that might prevent you from fully receiving or reflecting His love to others.
4. **Service as a Reflection of Love:** What is one concrete action you can take this week to serve someone selflessly, following the example of Jesus washing his disciples' feet? Write it down and commit to it, reflecting on its impact afterward.
5. **Living in the Assurance of God's Love:** Think of a current fear or insecurity in your life. How does the assurance that nothing can separate you from God's love (Romans 8:38-39) offer you comfort or change your perspective? Consider how you might actively embrace this truth in your current situation.

PRACTICE

Daily Love Reflection and Action:

Morning Reflection: Start each day with a short time of reflection. Read 1 John 4:7-12 and spend a few minutes meditating on the phrase "God is love." Reflect on how you can embody this love throughout your day.

Intentional Act of Love: Choose one person each day to intentionally demonstrate love toward. This could be a family member, friend, coworker, or even a stranger. It can be a small act, like offering an encouraging word, helping with a task, or showing gratitude.

Evening Journal: At the end of each day, take a moment to journal your experiences. Write about how you showed love, what you learned from the interaction, and how it affected you and the other person. Reflect on God's love as a constant example for your actions.

CLOSING PRAYER

Invite the group to join in prayer by reflecting on the deep love of God and ask for strength and guidance to actively demonstrate this love through the "Love in Action" challenge in the coming week. Encourage each person to seek God's help in committing to one specific act of love and service daily.