



## DAY 1

### WHAT IS LOVE?

*Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.*

*(1 Cor 13:4-7 NLT)*

God's Word shows us that love is unselfish and cares for other more than we care for ourselves. But the world sees love in different ways. Here are some examples:

A young girl with chocolate sweets dripping down her chin declares, "I love chocolate."

A boy winning on fortnite, declares "Yes!! I just love it that I won!"

A mum says to her daughter I love how you draw it is so beautiful!

Ways of using the word "love" like these should make us wonder what exactly we are talking about when we use the word 'love'. Is all 'love' the same, or are there different ways to use the word "love" that we should be aware of? The ancient Greeks came up with multiple words to express different types of love. This is not an exhaustive list, but four words that they used to define love were **eros**, **storge**, **phileo**, and **agape**

- **Eros** - is where we get the word erotic. It refers to a passionate physical attraction in which our motives are often about what we can get out of the relationship.
- **Storge** - is familial love, the affectionate bond that develops naturally between parents and children as well as brothers and sisters.
- **Phileo** - is the type of emotional love you have for a brother or sister.
- **Agape** - refers to an unconditional love that gives without expecting anything in return, a love that moves us to action no matter what the cost may be to ourselves.

*It is this love that motivated Jesus to die on the cross so that we as sinful man could be saved. This type of love is a choice. Aren't you glad that God's love for you is of the agape variety? His love for you is patient and kind. He is not frustrated or irritated. He bears all things, believes all things, hopes all things, and endures all things. His love for you is beyond what your human mind can even comprehend. Yet it is as real and consistent as the rising and setting of the sun. Only as we come to know the depth of the love that God has for us will we be able to give that same type of love to others.*

#### PRAYER:

FATHER, I ASK THAT YOU SHOW ME YOUR LOVE. I ADMIT THAT WHAT I KNOW OF LOVE IS LESS OF WHAT YOUR LOVE IS. AS I TAKE THE NEXT FORTY DAYS TO EXPERIENCE YOUR LOVE, I ASK THAT YOUR HOLY SPIRIT WILL FILL ME TO UNDERSTAND AND LIVE OUT OF YOUR UNCONDITIONAL LOVE. I THANK YOU FOR THIS IN ADVANCE RIGHT NOW. (CONTINUE TO PRAY AS GOD'S SPIRIT LEADS YOU.)



## DAY 2

### THE SOURCE OF ALL REAL LOVE

*Anyone who does not love does not know God, for God is love.  
(1 John 4:8)*

**God is love.** In other words, love is a person. We often try to look for love in many places and people. What we really need is just one thing – it is to know and be known by God. Only God can give us the complete love that we are all looking for— a love just like how Adam and Eve had before the fall. With what Jesus did on the cross and His resurrection, we can all now have this complete love that is only from God daily. God is always wanting to be with us, we just need to want to go to Him. Today! Everyday!

**God is love.** This is the base of what we think and feel for Him and others. Some people find it difficult to do this because they cannot make sense of God's love and all the suffering they have around them. People sometimes say "If God loves us why does He allow so many bad things happening in the world?" But we don't know how God thinks or why things happen the way they do, but we do know that He loves us and sent His only Son to die on the cross for us. That is love!

**God is love.** When we know and experience His love, we get to see it in how we love Him and love others. It causes us to want to share it with those around us. People want to know if God exist or not? And a lot of times they can know this when we express God's love through our attitudes and practical ways to show them that we care for them. God's love in us, through us for them!

#### **PRAYER:**

THANK YOU LORD FOR YOUR LOVE TOWARDS ME. I ASK YOU TO FORGIVE ME FOR THE TIMES I HAVE LOOKED TO FIND LOVE AND SATISFACTION ON MY OWN. TODAY, I CHOOSE TO TURN TO YOU AS MY ONLY SOURCE OF LOVE AND INTIMACY. I CHOOSE TO BELIEVE THAT AS I SEEK YOU FIRST, EVERY OTHER THING THAT I NEED WILL BE SATISFIED.

I ALSO PRAY THAT YOUR LOVE WOULD FLOW THROUGH ME LIKE A RUSHING RIVER. I WANT PEOPLE TO RECOGNISE YOUR LOVE IN ME AND RECEIVE A TOUCH OF YOUR LOVE THROUGH ME. LET MY WORDS AND ACTIONS REFLECT THE RELATIONSHIP WE HAVE—NOT JUST SOMETHING I KNOW IN MY MIND BUT WITH MY HEART. AMEN



# DAY 3

## STAY CONNECTED TO THE SOURCE

*Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. (John 15:4-5 NLT)*

### Definition of remain

verb

re·main | \ ri-'mān \

1: to stay in the same place

Yesterday we talked about God being the source of real love. To always have that love flowing in us we need to be connected to it. Just like how a branch is connected to the trunk of a tree. The branch cannot survive on its own. In the same way we cannot survive on our own. We need to always be connected to the source, which is Jesus!

Sometimes we take the connection with Jesus for granted and it becomes something that is normal. When we talk about being connected to Jesus it means that we really want to get to know him and be in His presence. We do this by reading the Word of God, by prayer and worship.

May we have that hunger to always seek God and His Word. To "remain" in is to continuously be attached to something that is the source so that it lives and flourishes. For us to remain means that we allow God to hold us and surround us so that we can live and flourish. As we abide in Jesus, we can show real love despite going through challenging and difficult circumstances.

### PRAYER:

GOD YOUR LOVE AND GRACE FOR US IS SOMETHING WE CAN NEVER FULLY UNDERSTAND, BUT WE THANK YOU FOR IT. I AM SORRY FOR NEGLECTING IT AND MAKING OTHER THINGS AS MORE IMPORTANT THAN OUR RELATIONSHIP. I THANK YOU FOR POURING YOUR LOVE, FOR GIVING LIFE INTO MY HEART THROUGH THE VINE. HOLD ME CLOSE TO YOU AS I REMAIN IN YOU. EXAMINE ME AND CORRECT ME WHEN I AM WRONG. SHOW ME HOW TO REMAIN IN YOU THAT I MIGHT BEAR MORE FRUIT FOR YOUR GLORY.



## DAY 4

### THE GREAT EXCHANGE

*I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. (Gal 2:20)*

Lets make an exchange! How about you give your brother or sister \$50 for a lego piece! Would that be a great exchange? In your mind I'm sure you must be saying that its not a great exchange and that's just crazy! Well Jesus did something just like that.

You see, to be connected to God, we need to have a life that is without any sin! Yup ZERO sin. That is why with our own strength we are not able to have that connection. It is only through Jesus that we can be connected to God. Jesus was the only one that lived without sin. When our sinful life is crucified with Christ. It is Christ who now lives in us. Because of that we have that connection to God.

God's desire for us is to be connected and have a relationship Him, but we need to have a life without sin. The only way is through Jesus. So lets declare this out with our mouths, "I put off my old sinful nature and I put on my new nature which is in Christ Jesus!" It may seem weird in the beginning but as you keep doing this everyday you will be able to see the affect it has in your life.

That "Great Exchange" I was talking about earlier well, Jesus did that Great Exchange for us. He Exchanged His life, a life that was holy and sinless for our lives. Our lives that are sinful. He did this so that we have this opportunity to be connected to God. So we give Jesus all of our life. He give us all of His life. He gives us more than what we Exchange with. More than what we can imagine or hope for. This is "The Great Exchange".

#### **PRAYER:**

JESUS, THANK YOU FOR THE LIFE THAT YOU NOW GIVE ME. THE GREAT EXCHANGE THAT YOU MADE JUST FOR ME. FORGIVE ME FOR ONLY DOING WHAT I WANT TO DO. THAT I DID NOT LIVE MY LIFE THROUGH YOU. HELP ME LIVE MY IMPERFECT SINFUL LIFE THROUGH YOUR PERFECT SINLESS LIFE. TODAY, I FULLY EXCHANGE MY SELF-LED LIFE FOR YOUR GLORIOUS ETERNAL LIFE. THANK YOU FOR MAKING YOUR ETERNAL LIFE AVAILABLE TO ME! HOLY SPIRIT, PLEASE STRENGTHEN ME TODAY AND HELP ME MAKE THE MOST OF EVERY OPPORTUNITY TO BE A WITNESS FOR YOU.



## DAY 5

### TO LOVE GOD IS TO OBEY GOD

*"I have loved you even as the Father has loved me. Remain in my love. 10 When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love" (Jn 15:9-10)*

- Your mum asks you to clean your room! What do you do?
- Your teacher ask you to stop talking! What do you do?
- Your dad says it's time to go to bed and put away the PS4! What do you do?

In all these situations above you have a choice to obey or disobey. Lets look at what Jesus says about this. Jesus said to love Him is to obey Him. Love is not just a feeling or an emotion. To love is also to obey, to do what is asked.

The bible's meaning of love in the Greek is to actively do what God prefers, but by the power of Holy Spirit. To love God is to put God above ourselves. We are not just saying something that is emotional and affectionate. We are saying that no matter what, by the power of the Holy Spirit we will choose what God wants over what we want.

Jesus also showed us that he will put what God wants over what he wanted. *"Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine."* (Lk 22:42)

To love God is to submit and obey Him. When we do that we do it wholeheartedly, not partly. You can obey without love, but you can't love without obedience. So when we say to another person, "I love you", we need to be prepared to 'prefer' that person above ourselves. Are we prepared to show love in a way that may be inconvenient to us or in a way that costs us something?

- What practical ways can you show that you love God?
- What practical ways can you show that you love your parents?
- What practical ways can you show that you love your teacher?

#### **PRAYER:**

LORD, TODAY I CHOOSE TO EXPRESS MY LOVE FOR YOU BY PREFERRING YOUR WILL AND YOUR WAYS ABOVE MY OWN. HELP ME TO UNDERSTAND WHAT IT MEANS TO TRULY LOVE YOU WITH THE WHOLE OF MY LIFE. I WANT TO OBEY YOU BECAUSE I LOVE YOU WHOLE HEARTEDLY.



## DAY 6

### LOVE AWAKEN FAITH

*"We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them."  
(1 Jn 4:16)*

"Jesus loves me, this I know, for the Bible tells me so...". These words in the famous children's song contain such profound truth. Trust - what does it mean? Here's a simple definition:

#### **Definition of trust**

noun

\ 'truhst \

1. A belief in the strength or truth of a person or thing.

What do you trust? It could be your parents, a friend or even your good grades from school, or even yourself. Sometimes things do not always go as we hope for and the people or things that we put our trust may not be the best. We can feel hurt or betrayed by it. But the bible says that we put trust in God's love.

When we know and believe that God loves us, we trust him more. God doesn't just become some amazing character we learn about or talk about in the bible. He becomes real in our lives. We get to understand that God is love and the best part is that he loves us. That he will always be there for us and that we can count on him. Our faith and confidence in God will also grow.

Nick Vujcic, was born without arms and legs. For many years he asked God "Why? Why was he born this way? He could not understand how the bible could say God loved him, yet allow him suffer like that. One day, God spoke to Nick from John 9:13. In the story a man was born blind, and Jesus said the man was born blind so that people would see God's power through the healing of the man. After that something changed in Nick. His faith grew stronger! He knew there was a purpose for his life even though he was disable. The best part of it He knew and was convinced that God loves him.

#### **PRAYER:**

JESUS, I ASK THAT YOU BRING ME TO A PLACE OF FAITH IN WHICH I KNOW THAT YOU LOVE ME WITH YOUR WHOLE HEART. MAY THE LOVE YOU HAVE FOR ME RAISE UP A DEEP FAITH IN MY HEART THAT CANNOT BE SHAKEN NO MATTER WHAT IS GOING ON AROUND ME.



# DAY 7

## TRUSTING GOD'S LOVE WHOLEHEARTEDLY

*Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take" (Prov 3:5-6).*

The Bible says that when we trust God wholeheartedly and not the things around us or our own ways of thinking, he will make our path's straight.

The path mentioned here is the journey of our lives. Imagine you are going on a road trip with your family. But that road trip would be really awesome or really bad depending on the path and directions that was given. If your parents knew how to get to the destination with a path that was smooth, pleasing and with the right directions, that would be one of the best road trips you would have had. Now imagine that it is the same for your life. Wouldn't you want a path that was smooth and with the right directions from God, a God who loves you? I would!!!

Trusting God should be easy. However, when we go through challenging situations like sickness, being bullied at school, high expectations from school and parent, that can test and shake our trust. See, in the verse above, God says "don't lean on your own understanding". That means not to depend on what we know or understand, but to fully depend on God himself. That is how we can trust in God wholeheartedly

When we have a situation that is challenging and impossible, we want to know why it happened to us? A lot of times we only get the answers years later. For example, Joseph in the Bible- he came to understand that the challenges and the problems he went through was something God used to bring him to his destiny. Ps. Danny Guglielmucci, who has gone through the pain and grief of losing his son and being diagnosed with blood cancer, said, "when I don't have clarity, I trust in God's sovereignty."

### PRAYER:

JESUS, YOU ARE THE ONLY ONE THAT I CAN TRUST AT ALL TIMES. HELP ME TO KNOW THAT YOU LOVE ME AND YOU ALWAYS WANT WHAT'S BEST FOR ME. I KNOW YOU WILL GUIDE MY STEPS AND MAKE MY PATHS STRAIGHT. I LOVE YOU AND I TRUST YOU.



## DAY 8

### CALLED TO FORGIVE

*"Forgive us our sins, as we have forgiven those who sin against us...If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins"*  
(Matt 6:12, 14-15)

Pain hurts. It is especially hurtful when the pain is caused by people closest to us; or those that we trust. There is a simple medicine for that in the bible.

**Forgive!** Yup you heard me right! It is opposite to what the world tells us. But the bible is right, and it is the only solution that works. To forgive is not to excuse or minimise the wrong committed. To forgive is to let go, to trust God to deal with it.

**Forgiveness** is a choice. We can choose to be angry or to let go. Holding on to unforgiveness is like hitting yourself and hoping that the other person who offended us feels the pain.

**Forgiveness** is a sacrifice, that we are prepared to give up our right to seek justice. When we forgive, we will experience his peace.

**Forgiveness** is not easy, but it is possible. God forgave us of our sin. If God can forgive us, then who are we to not forgive others who have wronged us. Forgiveness is possible, not by our own strength, but through the power of the Holy Spirit. It is not about being strong but about being humble enough to receive the grace of God.

#### PRAYER:

JESUS, I ASK FOR YOUR FORGIVENESS FOR THE WAYS THAT I HAVE WRONGFULLY RESPONDED TO THOSE WHO HAVE WRONGED ME. TODAY, I CHOOSE AS AN ACT OF MY WILL TO FORGIVE \_\_\_\_\_(NAME OF YOUR OFFENDER) FOR WHAT THEY DID TO ME: \_\_\_\_\_(BE AS SPECIFIC AS YOU CAN HERE). BY THE POWER OF THE HOLY SPIRIT, I LET GO \_\_\_\_\_(OFFENDER'S NAME) DEBT ONCE AND FOR ALL, AND I CHOOSE TO ASK YOU TO BLESS \_\_\_\_\_ (OFFENDER'S NAME) BY MOULDING HIM/HER INTO YOUR IMAGE. BY YOUR GRACE, I CHOOSE TO NO LONGER SPEAK ABOUT THE OFFENCE AGAINST ME BUT INSTEAD TO SPEAK BLESSINGS OVER \_\_\_\_\_(OFFENDER'S NAME). I TRUST YOU TO PROTECT AND DEFEND ME. I BELIEVE YOU TO HEAL MY HEART OF THIS OFFENCE NOW SO THAT I MAY LOVE WELL.



## DAY 9

### LOVE PREFERS OTHERS ABOVE OURSELVES

*“Don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had” (Phil. 2:3-5)*

I have a challenge for you. Go to your brother or sister and tell them that you see them as better than you. Was that easy? I don’t think it was!

There are two attitudes we need to prefer others above ourselves. First, we need to have humility. Humility is not thinking less of ourselves, but thinking of ourselves less.

Secondly, we need to care about others. We naturally look out for ourselves first. We can become so selfish with our own things that we don’t know other people have needs too. When was the last time you put another person’s needs over yours.

There is a story of a man who visited heaven and hell. First, he was taken to hell. He was amazed to find people seated around a table piled high with all sort of delicious food. Yet everyone looked sad and skinny as they each had a three-foot long chopstick and were unable to put the food into their mouths. Then he was taken to heaven, again everyone there was also seated around a table, yet everyone was happy and well-nourished. Similarly, each person had a three-foot long chopstick but instead of trying to feed themselves, they used the chopsticks to feed one another. This story is a good reminder that when we look after each other’s needs, our needs will also be met.

What can you do this week to help somebody? Maybe it is your neighbours, or someone at school or someone you have not met before. Ask your parents to help you here. Write it out below:

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#### **PRAYER:**

JESUS, I ADMIT THAT CHOOSING OTHERS ABOVE MYSELF DOES NOT COME NATURALLY TO ME. I ASK YOU TO HELP ME TO HUMBLE MYSELF, TO BE CONSCIOUS OF OTHERS’ NEEDS, TO BE SELFLESS AND TO PROACTIVELY CONSIDER HOW I CAN MEET OTHERS’ NEEDS.



## DAY 10

### REAL LOVE

*Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible." Matt. 19:26*

A man looked out of the window one morning and decided that he was going to fly. He had seen the birds do it. Why not him? Having gathered up his courage, he walked to a nearby hill and climbed to the top. Looking out over the surrounding countryside, he ran with all his might and then jumped as high and as far as he could while simultaneously flapping his arms. His flight lasted all of two seconds. What lasted longer was the extended tumble down half the hill, complete with bruises and scrapes up his back and down both arms.

Have you ever tried with the best of your abilities to unconditionally love those around you? Was it easy for you? Well there have been times when I tried it but in not time at all I fail.

God's kind of love is not possible by our own selves. Maybe we can do it for awhile, but to be consistent and genuine all the time, that is going to take so much more than ourselves. Jesus doesn't expect us to do this by ourselves. That's why He died on the cross so that we can have access to God, and through that everything is possible with God.

When we humble ourselves and submit to Jesus to give us the strength to love like Him. God will show us His grace and his love, and from there we can trust God to love the world through us.

#### **PRAYER:**

JESUS, I THANK YOU THAT YOU ARE NOT EXPECTING ME TO LOVE OTHERS IN MY OWN STRENGTH. I ACKNOWLEDGE THAT YOUR TYPE OF LOVE IS HUMANLY IMPOSSIBLE. TEACH ME HOW TO TRUST YOU TO LOVE OTHERS THROUGH ME.