

**New Life International Fellowship**  
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**November 5, 2017**

**“Loving Others Better”**

Scripture: 1 John 4:7-8, 11-12

I. The Problem

- A. My big disappointment
- B. The gap—Why is it there?
- C. Paul’s analysis: Two possibilities (Romans 8:5-6)  
Focus your mind (Phi 4:8-9)  
Follow the Holy Spirit (Gal 5:13-16)

II. The Solution

A. Consciously direct your thoughts and prayers along the lines of love.

1. My daily prayer:

Lord God,  
please help me to live fully,  
to love deeply,  
and to give freely,  
so that everyone I meet today  
will know and experience you through me.

2. Create your own love-centered daily prayer.

- a. Pray from your heart.
- b. Pray biblically.
- c. Depend on the Spirit.
- d. Pray with specific names.

B. Follow the Rule of Love.

- 1. It’s an act of the will.
- 2. Illustration: Loving the pastors.

C. Don’t quit on love. (Practical tool for loving hard-to-love people)

- 1. See—The first step is to open our eyes to see people for who they are, not who we want them to be, or who we’ve caricatured them to be.
- 2. Accept—We need to let go of any negative emotion we might be carrying from our dislike/disappointment/resentment/frustration etc. arising from the fact that they are not who we want them to be.
- 3. Appreciate—From a peaceful place of acceptance of another person, we are in a much better place to look for the other person’s qualities and unique gifts and contributions, and to begin to genuinely appreciate something about them.
- 4. Delight—From an attitude of appreciation, we can now let ourselves

actually delight in this or that aspect of their personalities or their way of being in the world.

#### D. Illustration from marriage

### Conclusion

If you have genuinely accepted Christ as your Savior, and you know you have experienced the love of God, don't question the Spirit's presence in your life. God is in you and at work in you. Instead, ask yourself if there are ways you can learn how to love others better—ways you could learn how to better draw on the Holy Spirit from day to day, situation to situation, relationship to relationship.

1. Where can you consciously focus your mind better on the Spirit rather than on your selfish, sinful self?
2. How could you direct your thoughts and prayers on a daily basis to help you to be more loving?
3. Where would simply following the Rule of Love be practical and helpful?
4. Then, when it comes to hard-to-love people, where could the tool (see—accept—appreciate—delight) be helpful?