

# Redefining Love: Week 1

February 2, 2025

---

## Message Summary

Love is a word we hear all the time, but what does it actually mean? Culture defines love in many different ways—an emotion, an attraction, or even just something we say when we really like pizza. But God defines love differently. In 1 John 4:7-21, we see that love isn't just something God does—it's who He is. His love is sacrificial, unconditional, and selfless—and as recipients of His love, we are called to reflect that love to others. True love is not just a feeling, but an action—one that leads us to love people the way Jesus loves us.

## Icebreaker Ideas

### 1. Wrong Superpower


Instead of picking a cool superpower, have each person come up with the most useless or inconvenient superpower they can think of (e.g., "I can make toast, but only slightly warm" or "I always know exactly when a commercial break will start"). It's guaranteed to get people laughing!


### 2. Ridiculous Would You Rather


Give the group some over-the-top, silly "Would You Rather" questions, like:


- Would you rather have spaghetti for hair or marshmallows for fingers?
  - Would you rather always have to sing instead of talk or dance instead of walk?
- The more ridiculous, the better!

## Key Scripture(s)

 **1 John 4:7-8** – "Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love."

 **1 John 4:10** – "This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins."

 **John 13:34-35** – "So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples."

 **Romans 5:8** – "But God showed his great love for us by sending Christ to die for us while we were still sinners."

## Talk About It

1. How does culture define love today, and how is that different from how God defines love in 1 John 4:7-8?
2. What does it mean that God's love is "sacrificial"? How does Jesus' death on the cross change our understanding of love?
3. Think about a time when someone showed you unconditional love. How did that impact you? How can you reflect that kind of love to others?
4. John 13:35 says that our love for one another will prove to the world that we are Jesus' disciples. How can we make sure our lives reflect this kind of love?
5. Is there someone in your life who is difficult to love? How can you ask God for strength to love them like He loves you?

## Prayer

Father, thank You for being the ultimate definition of love. You loved us first, and You demonstrated that love through Jesus' sacrifice. Help us to receive Your love deeply and to reflect it to others. Teach us to love selflessly, just as You do, and give us the strength to love those who are difficult to love. Let our love be a testimony of who You are. In Jesus' name, Amen.