



Living Free - Week 3 - Loving Over Hating

Speaker: Pastor Austinn

February 15, 2026

Main scripture: 1 John 4:18-21

Big Idea: We are most free when love replaces bitterness and forgiveness breaks the chains that hatred builds around our hearts.

1. _____ Is the Root of Hate

"There is no fear in love. But perfect love drives out fear..." (v.18)

- Fear fuels bitterness, control, and hostility
- Hatred often grows from unresolved hurt and fear
- Fear keeps us defensive; love makes us secure

Living Free Truth: What fear protects, love heals.

2. God's Perfect _____ Brings Freedom, Not _____

"...because fear has to do with punishment." (v.18)

- Fear thrives where grace is misunderstood
- Jesus absorbed our punishment at the cross
- God disciplines His children but does not condemn them

Living Free Truth: When punishment loses its power, love takes its place.

3. Love for _____ Is Proven by Love for _____

"Whoever claims to love God yet hates a brother or sister is a liar." (v.20)

- Faith is vertical in source, horizontal in expression
- Loving people reveals the authenticity of our faith
- Enemy-love reflects the heart of our Father

Living Free Truth: Love for God shows up in how we treat people.

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