



## Living Free - Week 3 - Loving Over Hating

Speaker: Pastor Austinn

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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.**

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### 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.

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### 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.

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### 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.

#### 4. To Love Is Not \_\_\_\_\_

*“Anyone who loves God must also love their brother and sister.”* (v.21)

- Love is a command, not a suggestion
- Forgiveness is obedience before it is emotion
- Freedom grows when we choose love by the Spirit's power

## Living Free Truth:

Obedience to love unlocks freedom from bitterness. Living free means allowing God's love to heal our fears, break down our defenses, and replace hatred with grace-filled obedience.

## Personal Reflection

- Where has fear shaped your reactions more than love?
- Is there unresolved bitterness the Spirit is inviting you to release?
- What step of obedient love is God calling you to take this week?

## Notes: