



Living
Loved

A decorative graphic featuring a red heart in the center, surrounded by smaller blue and green hearts and colorful swirls in blue, green, and red.

February 28, 2026



Love UnVeiled
Transforming Women into God's Image of Beauty

YOU ARE LOVED

I have loved you with an everlasting love; I have drawn you with unfailing kindness. I will build you up again, and you, Virgin Israel, will be rebuilt...Jeremiah 31:3-4 NKJV

See what great love the Father has lavished on us, that we should be called children of God...1 John 3:1 NIV

*“It is love that causes us to rise out of spiritual sleep and open ourselves to God. Love is the call; love is the transforming power.”
(John of the Cross)*

“In days of unrest and upheaval, we need a greater revelation of the love of God.” (Andrew Murray)

“The greatest happiness in your life is to know Jesus Christ loves you, and that His Spirit will help you to remain in His love.” (Andrew Murray)

As the Father has loved Me, I also have loved you, abide in My love. John 15:9

This is My commandment, that you love one another, as I have loved you. John 15:12

- **John 15:1-8 - Disciples of Jesus – Abide and Be**
- **John 15:7-17 & 1 John - how to Abide and Be**

- v 7 Abide in My word
- v 9 Abide in My love
- v 10 Keep My commandments
- v 11 Remain in My joy
- v 12 Love one another as I have loved you

This is His commandment that we should believe on the name of His Son Jesus Christ and love one another. 1 John 3:23 NKJV

Abide in My Word – meditating, chewing on, living in God’s word will transform our minds and hearts with His love. (Romans 12:2)

Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us. **1 John 3:24**

Abide in My love - Abide in His love towards us – believe in, rest in, lean on, trust in, live in, remain in His love towards us.

And we have known and believed the love that God has for us. God is love and he who abides in love, abides in God, and God in him. **1 John 4:16**

Knowing and resting in God’s love towards me will produce more love for Him.

❖ **Do I need a greater revelation of who God is, His love for the world and His love for me through Jesus?**

• **Read 1 John 4:7-19.**

He loved me first – before I loved Him!

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. **1 John 4:10 NLT**

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. **1 John 4:18 NKJV**

We love, because He first loved us. **1 John 4:19 NIV**

❖ **How has Jesus shown His love to you? Discuss/List ways Jesus has shown you, His love.**

**KNOW GOD > LOVE GOD > TRUST GOD >
FREEDOM > LOVE OTHERS**

We are a sinner whom God took into His arms and loved.
(Andrew Murray)

To love God with my whole heart is to know Him, to know the depth of His redeeming love for me. (1 John 4:7-8)

“...For I will forgive their wickedness, and I will never again remember their sins.” Jeremiah 31:34 NLT

A revelation of who God really is, a revelation of God's love to us through Jesus on the cross, should humble and transform us.

The “*good news*” which will change the world starting with me and starting with you, is that God loves us so much that when we were still sinners, He died for us. (Romans 5:8)

For this is how God loved the world: He gave His One and only Son, so that everyone who believes in Him will not perish but have eternal life. God sent His Son into the world not to judge the world, but to save the world through Him. John 3:16-17 NLT

He who did not spare His own Son, but gave Him up for us all—how will He not also, along with Him, graciously give us all things?
Romans 8:32 NIV

So, we praise God for the glorious grace He has poured out on us who belong to His dear Son. He is so rich in kindness and grace that He purchased our freedom with the blood of His Son and forgave our sins. He has showered His kindness on us along with all wisdom and understanding. **Ephesians 1:6-8 NLT**

Once you were dead because of your disobedience and your many sins. You used to live in sin, just like the rest of the world,

❖ **Who did Jesus die for?** _____

Through His sacrificial death and resurrection, He created a new community for all people who believe in Him, and are unified by His love - not skin, age, gender, culture or politics.

He Himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world. **1 John 2:2 NLT**

❖ **How does Jesus love us? John 15:12**

- Unconditionally – **Romans 5:8**
- Sacrificially – **2 Corinthians 5:21**
- With forgiveness - **Ephesians 4:32**
- Eternally - **Romans 8:38-39**
- His love is holy and pure - **Hebrews 7:26**

Our lives before and after Christ (Ephesians 2)

Before	After
- Dead because of sin	Alive with Christ
- Under Gods anger	Shown God's mercy and given salvation
- Follow the world	Live in Christ and His truth
- God's enemies	God's children
- Enslaved to the devil	Free in Christ to live, serve, sit with Him
- Follow our evil thoughts & desires	Transformed by the mind of Christ
- Separated from God	Live in intimate unity with God

❖ **How can I know Him more, and know more of His love towards me? John 15:9**

- Meditate on His word **John 15:7, 10, Psalm 119:18 & 130.**
- Through the revelation of His Spirit **Ephesians 3:16-19**
- Personal encounters and experience of God **Psalm 34:4-10**
- His love to us through others **2 Corinthians 1:4, Philemon 1:7**
- Through creation **Psalm 19:1-6; 121:1-2, Romans 1:20**

The entrance of Your word brings light. **Psalm 119:130 NKJV**

Whoever has My commands and keeps them is the one who loves Me. The one who loves Me will be loved by My Father, and I too will love them and show Myself to them. **John 14:21 NIV**

And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with His love. **Romans 5:5 NLT**

“How little do God’s children understand that they only have to wait in quiet before God till His light shines upon them and into them and through them.

How little we understand that we need enough time with God for His light to shine into the depths of our hearts and fill our lives.”
(Andrew Murray.)

Meditating on God’s word changes how we think (Romans 12:2). The more we meditate on God’s Word, on His love towards us and what He has done for us, the more we will see and know His overwhelming goodness and love and be changed by Him.

❖ **What stops you believing in God’s intimate love for you?**

Fear? Rejection? Condemnation? Abuse? Un-forgiveness?
Anger? Comparison with others? Self-pity? Other?

Prayer: Father, teach me through Your word, to believe in Your love and not rest until I am filled with it.

God's Merciful Love

Reflection: Meditate on Psalm 103:1-14 NKJV

1 Bless the Lord, O my soul; And all that is within me, *bless* His holy name!

2 Bless the Lord, O my soul, and forget not all His benefits:

3 Who forgives all your iniquities, Who heals all your diseases,

4 Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies,

5 Who satisfies your mouth with good *things*, so that your youth is renewed like the eagle's.

6 The LORD executes righteousness and justice for all who are oppressed.

7 He made known His ways to Moses, His acts to the children of Israel.

8 The LORD *is* merciful and gracious, Slow to anger, and abounding in mercy.

9 He will not always strive *with us*, Nor will He keep *His anger* forever.

10 He has not dealt with us according to our sins, Nor punished us according to our iniquities.

11 For as the heavens are high above the earth, So great is His mercy toward those who fear Him;

12 As far as the east is from the west, So far has He removed our transgressions from us.

13 As a father pities *his* children, So the Lord pities those who fear Him.

14 For He knows our frame; He remembers that we *are* dust.

❖ **How has God shown you, His love?**

❖ **Which verse/s will you highlight and meditate on about God's love for you? Why?**

There Is No One Good, Only God.

*“The more we awake to the goodness of God,
the more we awake to His presence.” (Andrew Murray)*

All of us have become like one who is unclean, and all our righteous acts are like filthy rags; we all shrivel up like a leaf, and like the wind our sins sweep us away. **Isaiah 64:6 NIV**

There is no one good, only God. Now we understand the absolute necessity of the cross. The only way to life in God, is dying of self.

Why do you call me good?” Jesus answered. “No one is good—except God alone. **Mark 10:18 NIV**

“Goodness can only be found in God. It cannot exist separately from Him. Goodness in man can only come by the continual indwelling of the Holy Spirit.” (Andrew Murray)

How do we awake to His goodness and love? By seeing the gospel. Seeing God’s glory, forgiveness and love, humbles us. It brings us to our knees in adoration (**Luke 7:36-50**)

Therefore, I say to you, her sins which were many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little. **Luke 7:47**

The Son of Man has come to seek and to save that which was lost. **Luke 19:10**

- **Read Luke 15:8-10; Parable of the Lost Coin**

- **Read Luke 15:11-32 - Parable of Two Sons**

And He said to Him, son you are always with me and all that I have is yours. **Luke 15:31 NKJV**

See what great love the Father has lavished on us that we should be called children of God and that is what we are. **1 John 3:1 NIV**

You cannot receive the Spirit of love unless you are born again from above by the Spirit of God (John 3:5-7) and realize that your new life and inheritance have nothing to do with what you have done but everything to do with what Jesus has done for you.

God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God. 2 Corinthians 5:21

Both brothers were trying to save themselves. The younger brother wanted to work to pay back his father. The older brother was in his father's house but living like a slave, trying to perform and do all the right things but not enjoying his position or the presence of his father.

Now we have received not the spirit of the world, but the Spirit who is from God, that we might know the things that have been given us freely by God. **1 Corinthians 2:12 NKJV**

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. **James 1:17-18 NIV**

Living Loved means knowing we are valued, we belong to God, we have a position and inheritance with Jesus which we did not earn. It is a gift freely given from the heart of a loving Father God.

Everyone who loves is born of God and knows God. He who does not love does not know God, **for God is love.** **1 John 4:8**

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered."

Living In God's Intimate Love

❖ How will *living loved* change your life?

He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be **loved by My Father, and I will love him** and manifest Myself to him." **John 14:21 NKJV**

Jesus answered and said to him, "If anyone loves Me, he will keep My word; and **My Father will love him**, and We will come to him and make Our home with him. **John 14:23 NKJV**

- When I know my value is not in what I have done or not done, but in what He has done, I am free from guilt, shame, condemnation, rejection. **Romans 8:1-2**
- I live without fear and torment. **1 John 4:18**
- When I ask what I desire, in Jesus' name, He will do it because the Father loves me. **John 15:7, John 16:23-27**
- I am free from judgement. My righteousness is in Him. **2 Corinthians 5:21**
- My past is forgiven and my sins forgotten. I am free to forgive others. **Psalms 103:3 & 12, 2 Corinthians 5:17, Colossians 3:13**
- Absolutely nothing can separate me from God's love. I am accepted not rejected. I am free from the bondage of pleasing people because my affirmation is from Jesus, and my allegiance is to Him. **Romans 8:31-39**
- I have a rich inheritance; I know my future is secure and my present is empowered and surrounded by His love. **Ephesians 1:3-14**
- He has given me everything I need to live a godly life **2 Peter 1:3-4**
- I want to know Him more, to make His love known, and to love others with His love. **2 Corinthians 5:14-15**
- I can have peace knowing I belong to Him, I have been redeemed by His blood. **Song of Solomon 2:16**

How Do We Live in the Way of Love?

- **Love is a choice**

- Pursue knowing God - Know-love-trust = free to love others
- Love God with ALL your heart, soul, mind, strength **Mark 12:30**
- Abide in His Word **John 15:7**
- Abide in His Love **John 15:9**
- Love one another so that all will know you are My disciples. **John 13:34-35, 1 John 3:11**
- Love your neighbor as yourself. **Matthew 22:39**
- Love your enemies. **Luke 6:27**
- Love without hypocrisy. **Romans 12:9**
- Love without showing favouritism. **James 2:8-9**
- Forgive one another as Christ forgave you. **Colossians 3:13**
- Put on love **Colossians 3:14**

But above all these things put on love, which is the bond of perfection. **Colossians 3:14**

Let all that you do be done with love **1 Corinthians 16:14**

If you really fulfil the royal law according to the scripture, you shall love your neighbour as yourself, you do well. But if you show partiality, you commit sin and are convicted by the law as transgressors. **James 2:8-9 NKJV**

I beg you to lead a life worthy of your calling for you have been called by God always be humble and gentle. Be patient with each other making allowance for each other's faults because of your love. **Ephesians 4:1-2 NLT**

Imitate God, therefore in everything you do, because you are his dear children. Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God. **Ephesians 5:1-2**

Since you have purified your souls in obeying the truth through the spirit and sincere love of the brethren, love one another fervently with a pure heart. **1 Peter 1:22**

Living Loved - is living in a continual state of humility

- ❖ Highlight statements which impact or speak to you.

“The life of God enters us when our old selfishness is consumed in the unquenchable love of the Father- the “living flame of love.” And the more we allow that love to enter the more, we will love others, with our whole will even when they treat us miserably. God’s aim is to change us from within, so that the easiest thing for us is to act in love at these times, whether we are overwhelmed with feeling for a person or not. Speaking and responding in love is most precious, because that is when we are fully open to God, obeying an action that originated in His heart.

This is how His Spirit continually flows into this world, through us, to overcome the world’s meanness. Acting in love when others are not acting in love toward you is the highest form of value to your soul. The more we follow the path of love the more our old self is consumed and dies, and the more God will be kindled in us.

Some have only a taste for power and superiority. Some believe they must defend themselves at all costs. Their highest aim is to protect their flesh, that is their pride, position, security, possessions. These people do not have a healthy taste for God’s ways. To them the way of love is foolish and bitter. Do not be like them. Meditate on these things until the Holy Spirit lead you from death to life.” (John of the Cross)

“Humility is perfect quietness of heart. It is to expect nothing, to wonder at nothing done to me, to feel nothing done against me. It is to be at rest when no one praises me, and when I am blamed and despised. It is to have a blessed home in the Lord, where I can go and shut the door and kneel to my Father in secret, and I'm at peace as in a deep sea of calmness when all around and above is trouble.” (Andrew Murray)

PRAY

That Christ may dwell in your hearts through faith, you being Rooted and grounded in love. **Ephesians 3:17 NKJV**

Prayer

“My Father, creator of love and light, how subtly I position myself at the center of all things and there with defensive words or punishing silences I barricade and protect myself against others and mostly against You. As I open to You, I ask you to waken all the dark ways of my heart and consume any evil in me with Your cleansing fire. Do not stop until you’ve reached the darkest, inner most place, so that I can see the truth and learn how to live free from myself and filled with Your divine love.”

Prayer

“Father, I have sometimes blamed You when circumstances are hard, when I have felt wounded by other people until I have felt bruised and empty. Correct my spirit with Your truth that You are always at work, in every situation, even those that hurt. And your greatest work is to free me from things that will always fail me in the end, so I can know Your higher love that is endless”

Prayer

“Lord, lead me to this humility as you become my everything. Give me love for my fellow believers, family, neighbors and enemies, the way Christ loves me. Help me live every day sacrificially loving others.”

Prayer

“Father, teach me to believe in Your love and not to rest until my heart is filled with it. Lord, teach me to live by faith in Your love, teach me to live knowing I am fully loved, teach me to love others the way You love me.”

