

Introduction:

1. AGAPE is the highest kind of love for our emotional health.
2. God's love demonstration (Rom. 5:8).
3. God's greatest commandments (Matt. 22:37-39)
4. These two greatest commandments beg the question, who must we love for our emotional health?

A. "Love the Lord our God"—how?

1. With **all** our being—heart, soul, and mind.
2. Love God to **nourish** our inward relationship with Him.
3. Love God sacrificially to show that He is **first** in our life.
 - a. Abraham's sacrifice of **Isaac** (Gen. 22:1-18).
 - b. Jesus' **demand** for following Him (Matt. 10:37-38).
 - c. Paul's **response** to God's love (Phil. 1:21; Gal. 2:20).
4. God's manifold **promise** to anyone who will love Him (Psalm 91:14-16).

QUESTION: How do you gauge your love for God?

B. "Love Ourselves"—how?

Five Steps to Follow:

1. Reciprocate God's **love** for us (1 John 4:19).
2. Entrust **ourselves** to God who loves us (2 Tim. 1:12b).
3. Live our life for the **glory** of God (1 Cor. 10:31).
4. Don't forsake our **first** love for God (Rev. 2:2-4).
5. Don't love the passing **things** of this world (1 John 2:15-17)

REASSURANCE: This healthy self-love will keep us from destructive self-love that leads to **selfishness**.

C. "Love our neighbor"—who?

1. **All** people but especially fellow believers (Gal. 6:10).
2. **Fellow** disciples (John 13:34-35).
3. Our fellow **church** members (Col. 3:12).

APPLY:

- a. Cultivate loving relationships with **others**.
- b. Don't be a **loner**: get involved in helping others feel better or get better in their life situation which will also help your emotional health.

Conclusion:

TABLETALK (For family devotions and Life Group discussions)

Read: Romans 5:8; Matthew 22:37-39; Psalm 91:14-16

1. What are your personal reasons for loving God with all your heart, your soul, and your mind?
2. How do you express your love for God with your time, talents, and treasures?
3. What did God promise to those who love Him (Psalm 91:14-16)?
4. How will you keep love for yourself from becoming selfishness? Refer to **Five Steps to follow** under Point B on the sermon outline.
5. What enables you to love God and others?
6. Who are the "others" that you want to love with God's love?
7. How does love for God, love for yourself, and love for others, make you an emotionally healthy person?

PRAYER