

# Love is not self-seeking



...It does not dishonour, it is not self-seeking

1 Corinthians 13:5

## UP: Introduction

God is Love (1 Jn 4:8).

- How many different reasons can you think of, that God many call us to the way of Love?
- What do these reasons tell us about who God is?
- What does God's call for us to Love tell us about who God says we are?

*NB - You may want to pause to spend a moment praising God!*

## IN: Explore

READ 1 CORINTHIANS 13:5

- Love is not self-seeking involves self-denial. Why is this important?
- Is it ever right to be self-seeking? Why or Why not?
- In this passage God is calling us to be 'not self-seeking'. Is this ever fully possible, or is he calling us to do something we cannot do?

READ MATTHEW 11:28-30

- Why do you think Jesus uses the description of a yoke, in these verses?
- In these verses, Jesus invites us to 'learn' from him. Learn what?
- Jesus' solution for those who feel burdened is to present his own 'burden' for them to carry. Why is this, and how does it help?

## OUT: Impact

- What 'yoke' might God be calling you to take off, so that you can put on Jesus' 'yoke' of Love?