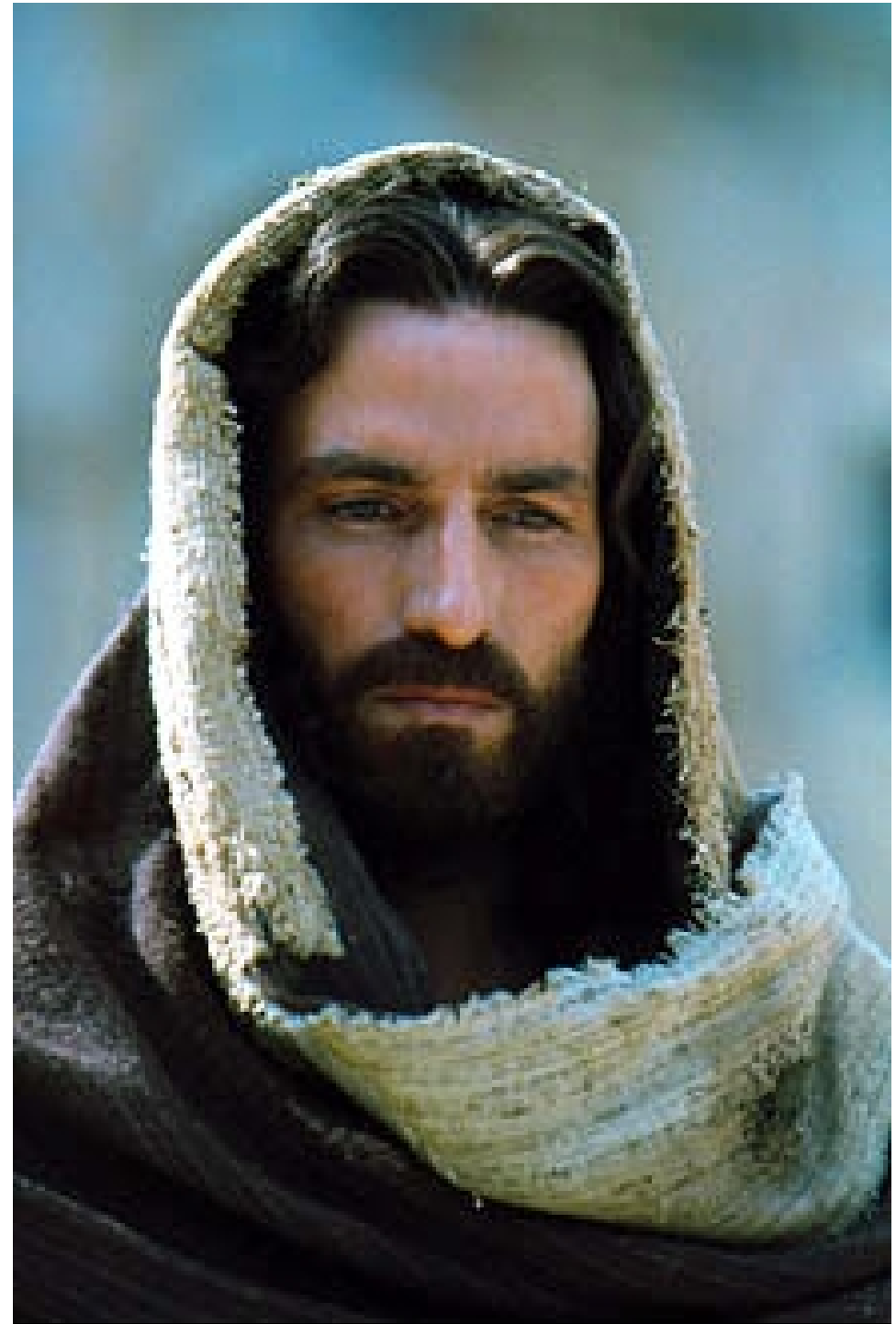



John 15:1-17

LOVE ONE ANOTHER

12 My command is this: *Love each other as I have loved you.*

17 This is my command: *Love each other.*



A young child with blonde hair is being held by an adult. The child is wearing a striped shirt and looking towards the camera with a neutral expression. The adult's hands are visible, one resting on the child's shoulder and the other on their arm. The background is blurred, showing what appears to be a kitchen or a similar indoor setting.

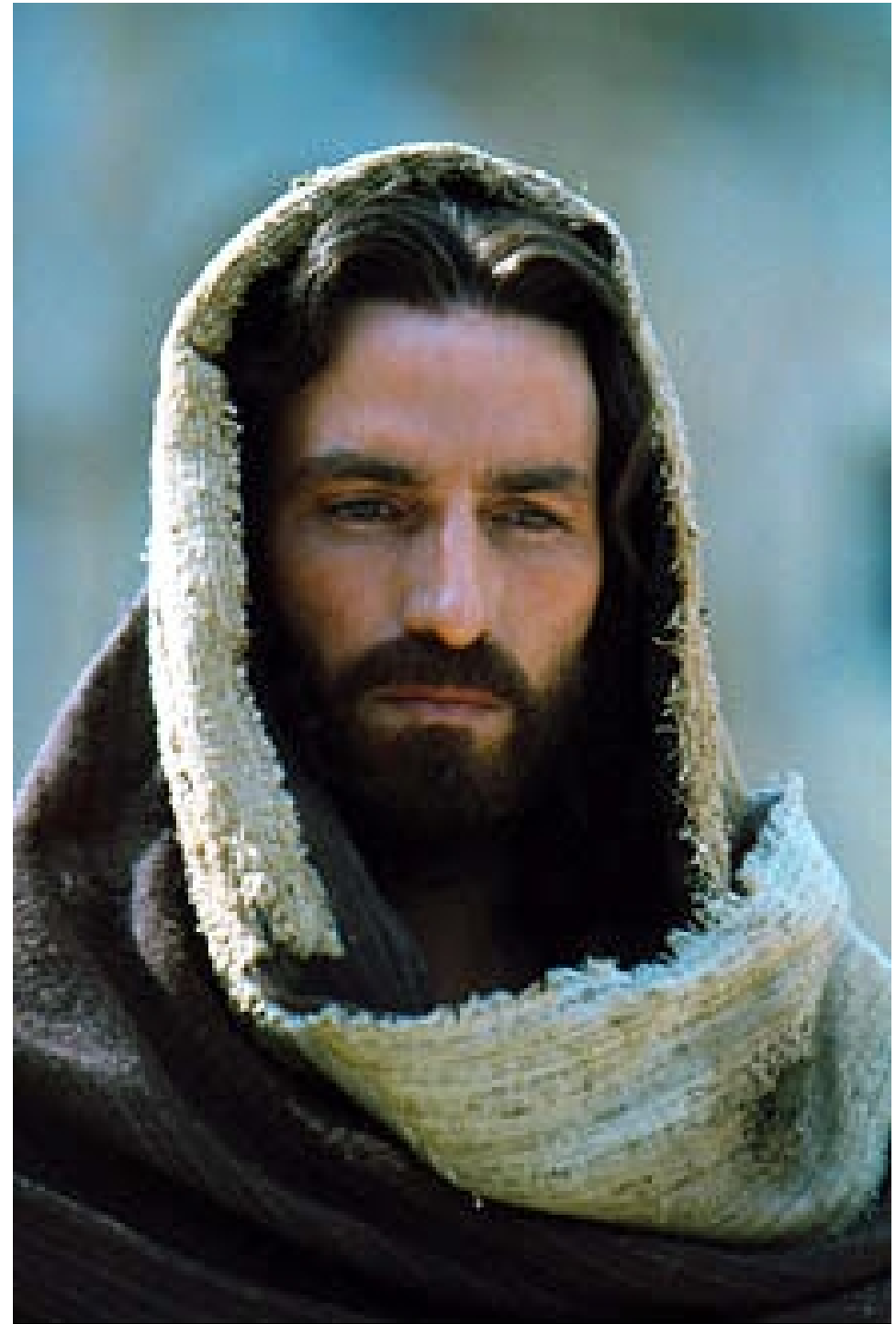
3 fundamental needs:-

for security

for self worth

for significance

9 *“As the Father has loved me, so have I loved you. Now remain in my love.”*



A young child with blonde hair is being held by an adult. The child is wearing a blue and white striped shirt. The background is blurred, showing what appears to be a kitchen or a similar indoor setting. The text is overlaid on the image in a bold, black font, with certain words in red.

We feel **secure** when:
we are **loved for who we are**

We feel **self worth** when:
we are **valued for who we are**

We feel **significant** when:
we have **a sense of purpose**
and can make a contribution

1st KEY

KNOWING THE
UNCONDITIONAL LOVE OF
OUR HEAVENLY FATHER



Love is spelt
GIVE



12 “My command is this:
Love each other as I have
loved you. **13** Greater love
has no one than this: *to lay
down one’s life for one’s friends.*

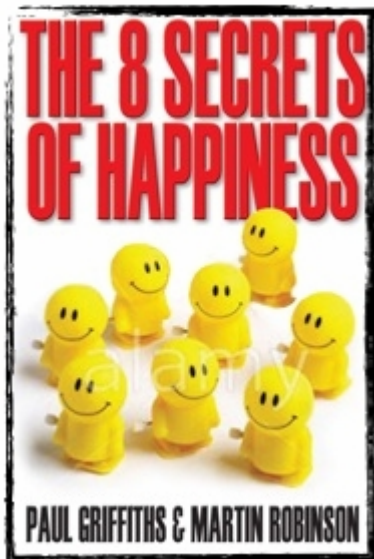
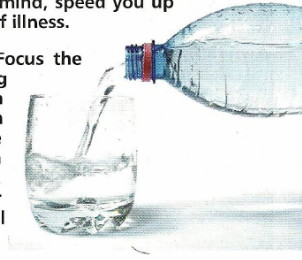
How to... Change Your Life

Here are a few resolutions which you might like to adopt this New Year: ten easy steps to help make 2011 a better year for you.

- 1) Be positive. Banish negative thoughts, comments and criticisms. Negativity influences your attitude, behaviour and how others feel when they're around you.
- 2) Smile and sing. It doesn't have to be all the time – but doing a bit more of both will lift the spirit and lighten your mood.
- 3) Stand up straight. Learn to hold a good posture and you'll look stronger, slimmer and feel better. Imagine a cord attached from the top of your head pulled up towards the ceiling.
- 4) Give to charity. When you see a collection, stick a pound in. Give generously when sponsoring people's charitable events.
- 5) Sleep more. You can't perform properly unless your body can repair. Aim for 8 hours every night – you'll feel ready to take on the world each morning.
- 6) Be kind. Let cars out in front of you, open doors for people, help someone in a supermarket. Never

be too busy to give someone a hand. One small act will brighten both your day and theirs no end.

- 7) Review your life. Have you taken on too many commitments? Are you prioritising what's important? If you aren't spending time with your children because you're too busy, reduce the workload, hire a cleaner, delegate - accept some help now and then.
- 8) Learn something new. See what courses are available at your local college, or simply buy a book or audio cassette. Furthering your mind is hugely rewarding.
- 9) Drink lots of water. You've heard this a thousand times, but gulping down 2 litres a day will sharpen the mind, speed you up and help ward off illness.
- 10) Set a goal. Focus the mind on achieving this one thing in 2011, be it to run a 10k race, write a book or learn how to cook. Make it your mantra and you'll succeed!



NUMBER 2

Practice acts of kindness;

GIVING IS GOOD FOR US !

I heard this on the radio and thought was interesting!!

Five things that you can do to improve your psychological well being (scientifically proven, commissioned by government recently and was a big study.)

1. **CONNECTING**-social relationships are the most important thing for our well being -how much time do we spend with loved ones and with individuals in our communities?

2. **BEING ACTIVE**- not necessarily physically down the gym but exercise is directly related to mood and well being, but being active -example-picking blackberries with friends, stepping "outside" at whatever level you are at

3. **TAKE NOTICE**-being engaged, noticing change of the seasons, changes around you, what's going on in your vicinity , with other people, mindfulness, what's coming up from within you, being mindful of what are your passions.

4. **KEEPING LEARNING**- not knowledge specifically, continue learning through life, a new dish , instrument etc I guess remaining 'curious'.

5. **GIVE**- this was the main thing the researcher found- giving to other people of time, money, effort appears to be "hardwired to our brains"-its 'good for us to be good'

1 John 3:16-18

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.

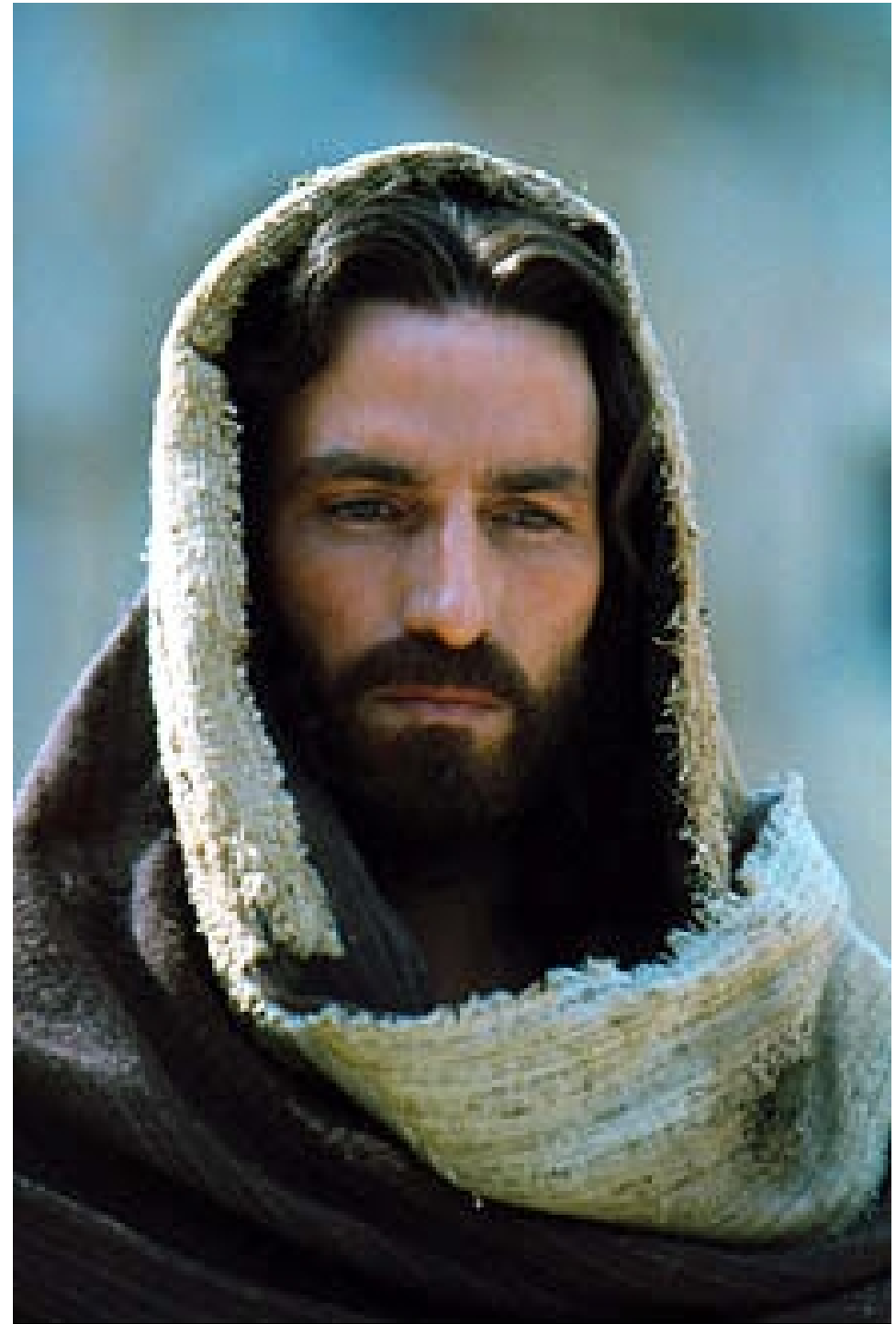
In The Message : *My dear children, let's not just talk about love; let's practice real love.*

This is the only way we'll know we're living truly, living in God's reality.

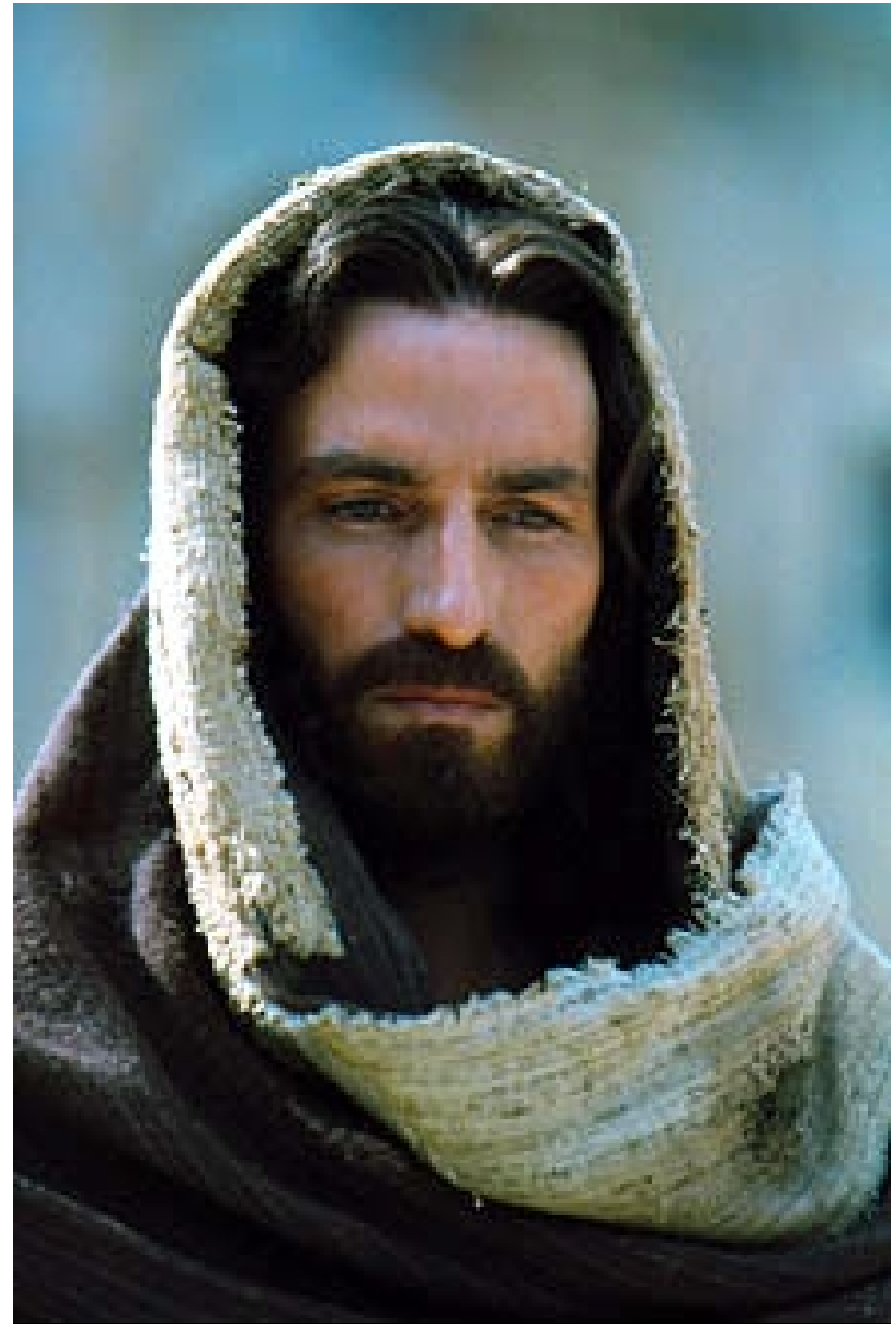
2nd KEY

LOVE MEANS GIVING

15 *I no longer call you servants, because a servant does not know his master's business. Instead, **I have called you friends,** for everything that I learned from my Father I have made known to you.*



16 *You did not choose me, **but I chose you** and appointed you so that you might go and bear fruit*



3rd KEY

LOVE MEANS CHOOSING
FRIENDSHIP AND RELATIONSHIP...

In spite of the risks !

MANY FRUITS FROM LOVING AS JESUS DID.

From this passage....

JOY



11 I have told you this so that my joy may be in you and that your joy may be complete.

12 My command is this: Love each other as I have loved you.

This is our God



**A refuge for the poor
a shelter from the storm
This is our God
He will wipe away your tears
and return your wasted years
This is our God**

Oh... this is our God



**A father to the orphan,
a healer to the broken**

This is our God

**And he brings peace to our madness
and comfort in our sadness**

This is our God

Oh... this is our God



This is the one we have waited for

Oh... this is our God



**A fountain for the thirsty,
a lover for the lonely
This is our God
He brings glory to the humble
and crowns for the faithful
This is our God**

Oh... this is our God



This is the one we have waited for

Oh... this is our God

