**Lessons from a Lockdown**

**Volume II**

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**Day 75**

**1 John 4:7-12**

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

***Questions for Personal Reflection:***

1. Why should we only go to God for love?
2. How have I grown in my knowledge of God during this pandemic?
3. How am I still impacted by Jesus sacrificing himself for our sins?
4. How is the cross affecting my relationships with people?
5. How have I been more loving to the people around me during this pandemic?

***Insight:***

Love comes from God. The “love” that the world peddles to us and tries to pass off as genuine is nothing but an imitation of what God has to offer. The love portrayed in the movies and television while widely popular does not even come close to the love that comes from God. So when we try to obtain love apart from God, we will end up frustrated and disappointed.

Love comes from knowing God. The more we know God, the more we should be able to love. If we want to be more loving, we should focus on knowing God more. Our relationship with God determines our ability to love. How is our relationship with God? It is not just a question of whether we are having quiet times every day. Having a quiet time is just one of the things that we do to maintain our relationship with God. Our quiet time is not our relationship with God. Our quiet time is part of it, but not all of it.

God showed his love for us by sending Jesus so that we might live through him. We can only live because of Jesus. Without Jesus we have no life. We need to remember this always. Life as a Christian can be very difficult. We are called to live according to a higher standard. But it is the only way to live.

Jesus is the atoning sacrifice for our sins. The consequence of our sins is that Jesus had to sacrifice his life for us. The forgiveness of our sins came with a highest price. That Jesus is the atoning sacrifice for our sins should motivate us not to sin any more. Why would we want to take for granted what Jesus has done for us? Sinning after knowing that Jesus died for our sins shows that we don’t care about his sacrifice. So when we sin after we come to the knowledge of the truth, we are committing at least two sins: the sin itself and the sin of ungratefulness to Jesus.

Sometimes we wonder if God really loves us. This happens when we go through trials. Sometimes our suffering comes one after the other in a seemingly never-ending stream. Sometimes we suffer even after we do the right thing. Sometimes we compare ourselves with the lost and their lives seems so much better than ours. So, sometimes we doubt whether God really loves us. The fact that Jesus died on the cross for us should remove any doubt about whether God loves us.

God’s love should motivate us to love each other. Because we need to love people every day, we need to remind ourselves of God’s love for us daily. Remembering Jesus should not just be for Sundays.

If we have a problem with loving any particular Christian, we should focus on how loving God has been with us. If we can’t love fellow Christians despite what Jesus has done for us, we don’t really appreciate Jesus’ sacrifice. If the sacrifice of Jesus on the cross is not enough to motivate us to love people, then nothing will.

If we love one another God lives in us. Our intimacy and connection to God is connected to how we treat other people. Our closeness to God is both the cause and effect of us loving people.

The demands of life require most of us to work for a living and it can take up most of our time. But we shouldn’t neglect people around us, especially our families, because of work. We love them by making sure we have time for them. For many of us, staying at home should mean that we have more opportunities to show our love for our families.

We cannot see God while we still live on this earth. But if we love people, they will see God in us. We make God visible and tangible when we love one another. Christian relationships should reveal God’s love. Only Christians can love the way God calls us to love. We share our faith as a church when we love each other. We show the world who God is with our Christ-like love.

Let us remember Jesus’ love for us so that we can love each other.