

developing a heart of love

a spiritual journey to
a more compassionate life

a 40-day journal

Dr. Donald Erickson
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DAY 1

THERE IS NOTHING GREATER THAN LOVE

**“And now I will show you the most excellent way.”
1 Corinthians 12:31**

**“And now these three remain: faith, hope and love.
But the greatest of these is love.”
1 Corinthians 13:13**

What were the problems in the Corinthian church that Paul addresses in chapter 12?

Now look at the theme of 1 Corinthians 13. What did Paul mean when he said “I will show you a more excellent way?”

Why is love greater than faith and hope?

Write out a personal prayer of response to today's verses.

DAY 2

LOVE IS EVIDENCE OF THE SPIRIT'S WORKING

**"Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us."
Romans 5:3-5**

**"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."
Galatians 5:22-23**

According to the above verses, what is the relationship between the Holy Spirit and love?

What role does the Holy Spirit play in helping a follower of Jesus develop a heart of love?

What plans do you have to be more aware of the Holy Spirit's role in helping you develop a heart of love?

Write out a personal prayer of response to today's verses.

DAY 3

DISCIPLES ARE KNOWN BY THEIR LOVE

**"By this all men will know that you are my disciples, if you love one another."
John 13:35**

**"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. "
John 15:8**

What is it about love that makes it a distinguishing marker of a disciple of Jesus?

What correlation might there be between John 15:8, John 13:35 and Galatians 5:22?

Write out a personal prayer of response to today's verses.

DAY 4

LOVE IS BETTER THAN ALL THE BELLS AND WHISTLES

"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal.

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing."

1 Corinthians 13:1-3

Speaking in tongues is rather impressive. Why is love so important?

Prophecy and knowledge are inspiring. Faith to move mountains is spectacular. So why would someone with those gifts need love?

What does love have to do with sacrificing my possessions or even my life?

Write out a personal prayer of response to today's verses.

DAY 5

LOVE IS MUCH MORE THAN A FEELING

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

1 Corinthians 13:4-7

When you look at the list of things that love is and isn't, what are your initial observations of the list?

Which items in the list do think will be the hardest for you to model?

Why?

Write out a personal prayer of response to today's verses.

DAY 6

LOVE IS WILLING TO WAIT

**"Love is patient"
1 Corinthians 13:4**

"The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance."

2 Peter 3:9

"But you, O Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness."

Psalms 86:15

Define the words "patient" and "patience."

How has God demonstrated patience towards us?

What examples can you think of to demonstrate patient love to those around you?

Write out a personal prayer of response to today's verses.

DAY 7

LOVE EXTENDS A HEART OF FRIENDSHIP

**"Love is kind"
1 Corinthians 13:4**

"So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness,"

Colossians 3:12

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Ephesians 4:32

How would you define "kindness?"

Who is supposed to put on a heart of kindness?

How was kindness demonstrated to us according to Ephesians 4:32?

In what ways can you demonstrate kindhearted love today?

Write out a personal prayer of response to today's verses.

DAY 8

LOVE DOES NOT HAVE GREEN EYES

**"It does not envy"
1 Corinthians 13:4**

**"For where jealousy and selfish ambition exist, there is disorder and every evil thing."
James 3:16**

**"What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel."
James 4:1-2**

When you hear the word "jealous," what other words come to your mind?

The end result of jealousy as described by James is pretty ugly. Have you ever been on the receiving end of such jealousy? How did you respond?

Would you say your response demonstrated love? Why or why not?

What lessons did you learn from that experience?

What one way will you demonstrate contented love?

Write out a personal prayer of response to today's verses.

DAY 9

LOVE DOES NOT TOOT ITS OWN HORN

**"it does not boast"
1 Corinthians 13:4**

**"So also the tongue is a small part of the body, and yet it boasts of great things. See how great a forest is set aflame by such a small fire!"
James 3:5**

**"Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. Humble yourselves in the presence of the Lord, and He will exalt you."
James 4:8-10**

**"But as it is, you boast in your arrogance; all such boasting is evil. Therefore, to one who knows *the* right thing to do and does not do it, to him it is sin."
James 4:16-17**

How would you define the words "boast" and "brag?"

From reading the three passages of Scripture in James, what would you say was a major problem among the people he was writing to?

What did James say was the solution to the problem?

What is one way you can show humble love to someone today?

Write out a personal prayer of response to today's verses.

DAY 10

LOVE DOES NOT GET A BIG HEAD

**“it is not proud”
1 Corinthians 3:4**

**“The proud and arrogant man—“Mocker” is his name;
he behaves with overwhelming pride. “
Proverbs 21:24**

There are a series of words used in Proverbs 21:24 to describe arrogance. Write out a definition for each.

Why is arrogance incompatible with love?

Can you think of times recently when you have acted arrogantly?

Are you willing to demonstrate love by going back and confessing a wrong attitude?

What can you do to model a heart of unassuming love?

Write out a personal prayer of response to today's verses.

DAY 11

LOVE DOES NOT BURP IN PUBLIC

**“It is not rude”
1 Corinthians 13:5**

**“When you come together, it is not the Lord's Supper you eat, for as you eat, each of you goes ahead without waiting for anybody else. One remains hungry, another gets drunk.”
1 Corinthians 11:21**

What words would you use to describe “rude behavior?”

In what way was the behavior of the Corinthian believers rude when they came to observe the Lord's Supper?

If love is not rude, then what words would you use describe the opposite of rude?

In what way are you going to show respectful love today?

Write out a personal prayer of response to today's verses.

DAY 12

LOVE DOES NOT TRY TO GET ITS OWN WAY

**“it is not self-seeking”
1 Corinthians 13:5**

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.”

Philippians 2:3-4

“Jesus called them together and said, ‘You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave— just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.’”

Matthew 20:25-28

How would you describe Gentile rulers mentioned by Jesus?

Who in the twenty-first century might fit the description?

What is the key to avoiding selfish ambition?

What will you do today to demonstrate servant love?

Write out a personal prayer of response to today's verses.

DAY 13

LOVE DOES NOT BLOW A CORK

**“it is not easily angered”
1 Corinthians 13:5**

“To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. ‘He committed no sin, and no deceit was found in his mouth.’ When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.”

1 Peter 2:21-23

“If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord. On the contrary: ‘If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head.’”

Romans 12:18-20

Can you remember the last time you got angry with someone because of something they said or did? Why did you get angry? Did you feel justified in getting angry?

How did Jesus respond to those who mistreated Him? Would He have had a right to get angry? So why didn't He?

What is your plan for showing peacemaking love to your enemies today?

Write out a personal prayer of response to today's verses.

DAY 14

LOVE DOES NOT KEEP SCORE

"It keeps no record of wrongs"
1 Corinthians 13:5

"Blessed is the man whose sin the Lord will never count against him."
Romans 4:8

"Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?'"
Matthew 18:21

"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you."
Colossians 3:13

Are there events in your past that you are still holding against someone? A father or mother? A brother or sister? A spouse? A boss? A former friend?

If God was keeping track of His grievances against you, how long would His list be?

What does Peter's question to Jesus tell you about Peter's list keeping tendencies?

Who do you need to take off your list? What first step are you going to take today?

Write out a personal prayer of response to today's verses.

DAY 15

LOVE IS NEVER SATISFIED WITH SIN

"Love does not delight in evil"
1 Corinthians 13:6

"Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter."
Isaiah 5:20

What evidence do you see today of people who delight in evil?

In what way is not speaking out against evil just as bad as delighting in it?

What is the connection between love and standing up to evil?

How are you going to show love today by standing up against evil?

Write out a personal prayer of response to today's verses.

DAY 16

LOVE GETS EXCITED ABOUT GOD'S TRUTH

"but rejoices with the truth"

1 Corinthians 13:6

"And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love."

2 John 1:6

Describe someone who is rejoicing with the truth?

What is the connection between love and obedience?

What will you do today that will model obedient truth?

Write out a personal prayer of response to today's verses.

DAY 17

LOVE PROTECTS

"It always protects"

1 Corinthians 13:7

"Hatred stirs up dissension, but love covers over all wrongs."

Proverbs 10:12

The word "covers" has the meaning of protection. Explain the contrast between hatred and love as described in Proverbs 10:12

When you are wronged, do you respond by protecting the guilty person or by causing dissension? Explain

Is there a situation at home or at work that will require you to apply this teaching? What are you going to do?

Write out a personal prayer of response to today's verses.

DAY 18

LOVE TRUSTS

**“always trusts,”
1 Corinthians 13:7**

“so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.”

Ephesians 3:17-19

“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.”

Galatians 6:1

Define the word trust.

Faith plays an important role in learning how to love. Explain this from the verses 1 Ephesians 3 above.

Galatians 6:1 describes a different sense of trust. If we are going to model love that trusts, how are we to treat those believers who fall into sin?

Do you have a heart that reflects trusting love?

How are you going to show that today?

Write out a personal prayer of response to today's verses.

DAY 19

LOVE DOES NOT GIVE UP

**“always hopes,”
1 Corinthians 13:7**

“Now faith is being sure of what we hope for and certain of what we do not see.”

Hebrews 11:1

“So Jacob served seven years to get Rachel, but they seemed like only a few days to him because of his love for her.”

Genesis 29:20

“But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”

1 Peter 3:15

How would you describe hope from reading the verses above?

Jacob had to work seven more years than he had agreed upon to earn the hand of Rachel in marriage. What kept him going?

How can you show hopeful love wherever you go today?

Write out a personal prayer of response to today's verses.

DAY 20

LOVE DOES NOT STOP LOVING

**“always perseveres.”
1 Corinthians 13:7**

Yesterday we looked at what it means to love based on hope.
What is the difference between hope and perseverance?

Is there a correlation between hope and perseverance?

Do you have a situation in your life where you know you need to
continue to love even though you would prefer to quit?

How are you going to handle that situation?

How can you show a love that perseveres?

Write out a personal prayer of response to today's verses.

DAY 21

LOVE WILL LAST FOR ETERNITY

**“Love never fails. But where there are prophecies, they will cease; where
there are tongues, they will be stilled; where there is knowledge, it will
pass away. For we know in part and we prophesy in part, but when
perfection comes, the imperfect disappears. “
1 Corinthians 13:8-10**

**“We know that we all possess knowledge. Knowledge puffs up, but love
builds up. The man who thinks he knows something does not yet know as
he ought to know.”
1 Corinthians 8:1-2**

What is the primary thought in 1 Corinthians 3:8-10?

Based on Paul's counsel, which should you prefer, love or
knowledge? Why?

What do think God wanted the Corinthian people to grasp when
He tells them all the spectacular gifts will come to an end?

Are there things in your life that you have been chasing after that
have been more important to you than love? What are they?

Write out a personal prayer of response to today's verses.

DAY 22

LOVE IS THE REAL SIGN OF SPIRITUAL MATURITY

“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.”
1 Corinthians 13:11-12

What role does love play in distinguishing the difference between a spiritual infant and a spiritual adult?

As Paul draws his discourse on love to a close, he is wanting his readers to draw a conclusion about love. What is it?

What personal conclusion have you drawn?

What are you going to do about it today?

Write out a personal prayer of response to today's verses.

DAY 23

LOVE HAS A HEART FILLED WITH JOY

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”
Galatians 5:22-23

We have already looked at a number of words to describe “love.” These verses in Galatians 5 provide us with even more insight.

Many Bible scholars believe that because the word “fruit” is in the singular, the text is saying that there is one fruit, love and many ways to express it.

The first expression of love in these verses is “joy.”

Write out a definition of the word “joy.”

In what ways does a joyful heart demonstrate love?

Would people characterize you as being joyful? Why or why not?

What do you plan to do today to demonstrate joyful love?

Write out a personal prayer of response to today's verses.

DAY 24

LOVE HAS A HEART THAT CHERISHES PEACE

**“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”
Galatians 5:22-23**

**“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”
John 14:27**

Love is also demonstrated through a heart of peace

Go back and look at Day 13. How is peace related to not being easily angered?

How is peace that flows out of a heart filled with the Holy Spirit different from the peace the world offers?

What opportunities do you have during the day to demonstrate God's peace?

Write out a personal prayer of response to today's verses.

DAY 25

LOVE HAS A HEART FOR SPIRITUAL EXCELLENCE

**“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”
Galatians 5:22-23**

**“Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”
Galatians 6:10**

**“To this end also we pray for you always, that our God will count you worthy of your calling, and fulfill every desire for goodness and the work of faith with power, so that the name of our Lord Jesus will be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ.”
1 Thessalonians 1:11-12**

Goodness has the idea of moral excellence.

If we genuinely desire a heart of love, what part does goodness play in demonstrating love?

What are your plans today to model moral goodness as an expression of love?

Write out a personal prayer of response to today's verses.

DAY 26

LOVE HAS A HEART THAT IS LOYAL

**"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."
Galatians 5:22-23**

**Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.
Lamentations 3:22-23**

Faithfulness has the idea of being loyal and trustworthy

What are we told about the connection between God's love and His faithfulness?

What should we be doing based on God's example to us?

Would people say that you are loyal and trustworthy? How well do you model loyal love?

What is your plan for improving this area of your love life?

Write out a personal prayer of response to today's verses.

DAY 27

LOVE HAS A HEART THAT IS DISCIPLINED

**"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."
Galatians 5:22-23**

**"For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love."
2 Peter 1:5-6**

By now you have observed the number of times that these various descriptions of love appear together.

How might self-control and living a disciplined life be a reflection of love?

Are you perceived as living a disciplined life? Do you feel that your life is under control?

What plans might you make today to begin to improve this area of your love life?

Write out a personal prayer of response to today's verses.

DAY 28

OUR SOURCE FOR A HEART OF LOVE

**“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.”
1 John 4:7-8**

What is the prerequisite for having a heart of love?

Describe what John is talking about when he says that to love we need to be born of God and know God.

Does this describe your life? Have you been born of God? Do you know God? Explain

What is your understanding of the statement “God is love?”

Write out a personal prayer of response to today's verses.

DAY 29

LOVE DOES NOT SET CONDITIONS

**“This is love: not that we loved God, but that he loved us and sent his Son
as an atoning sacrifice for our sin.”
1 John 4:10**

**“But God demonstrates his own love for us in this: While we were still
sinners, Christ died for us.”
Romans 5:8**

If you had been God, what kinds of conditions would you have put on humanity before sending someone to deal with our sins?

According to the verses just read, what conditions did God put on us before He sent Jesus?

How conditional is your love? Do you have certain expectations of your spouse or children or friends? Do you withhold love if they do not measure up?

What are you going to do today to offer unconditional love?

Write out a personal prayer of response to today's verses.

DAY 30

LOVE IS WILLING TO SACRIFICE

**“Greater love has no one than this, that he lay down his life for his friends.”
John 15:13**

**“Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness.”
Philippians 2:5-7**

Have you ever had to risk your own life to save the life of another person? What was that like?

Have you ever chosen to not make a sacrifice that you knew you should make? Explain

How did you feel?

What might you do as a sacrifice that would demonstrate your love to someone else?

Write out a personal prayer of response to today's verses.

DAY 31

LOVE AS AN EVANGELISM TOOL

**“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. If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? Dear children, let us not love with words or tongue but with actions and in truth.”
1 John 3:16-18**

**“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you: Love your enemies and pray for those who persecute you,”
Matthew 5:43-44**

How might the expression of love be used as an evangelism tool?

When have you used an expression of love to build a relationship that eventually enabled you to share Christ?

Is there someone in your life that you could begin to reach out to through expressions of love?

What are you going to do today?

Write out a personal prayer of response to today's verses.

DAY 32

LOVE BINDS THE FAMILY TOGETHER

“Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.”

Ephesians 5:25-28

“Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to love their husbands, to love their children.”

Titus 2:3-4

Why is love such an essential component of a good marriage?

Why is love such an essential component of a good family?

What do you plan to do to improve your expression of love in your home?

Write out a personal prayer of response to today's verses.

DAY 33

LOVE IS OBSERVANT AND RESPONSIVE

“As Jesus started on his way, a man ran up to him and fell on his knees before him. ‘Good teacher,’ he asked, ‘what must I do to inherit eternal life?’ Jesus looked at him and loved him.”

Mark 10:17, 21

“As he approached Jerusalem and saw the city, he wept over it”

Luke 19:41

“When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”

Matthew 9:36

What was Jesus' reaction when he looked at the man who ran up to him?

What was Jesus' reaction when He saw Jerusalem?

Can you remember the last time you were moved to tears and compassion because of what you saw?

What could you begin doing today that would heighten your awareness of the needs of people around you?

Write out a personal prayer of response to today's verses.

DAY 34

DON'T LOVE THE WRONG THINGS

“Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does—comes not from the Father but from the world.”

1 John 2:15-16

“Whoever loves money never has money enough; whoever loves wealth is never satisfied with his income. This too is meaningless.”

Ecclesiastes 5:10

Are there things in your life currently that you know you are in love with but shouldn't be?

What are they?

What plans do you have to remove them from your life?

Write out a personal prayer of response to today's verses.

DAY 35

DON'T LOSE YOUR FIRST LOVE

“I know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked men, that you have tested those who claim to be apostles but are not, and have found them false. You have persevered and have endured hardships for my name, and have not grown weary. Yet I hold this against you: You have forsaken your first love.”

Revelation 2:2-4

The Ephesian church sounds like a rather strong church. What were they doing well?

What was the problem?

How do you think the problem arose? What can cause us to lose our first love? What is our first love?

Are you at risk of losing your first love? Have you already lost it?

What plans do you have to reverse course?

Write out a personal prayer of response to today's verses.

DAY 36

LOVE OFFERS WORDS OF ENCOURAGEMENT

**“Therefore encourage one another and build each other up,
just as in fact you are doing.”
1 Thessalonians 5:11**

**“And we urge you, brothers, warn those who are idle, encourage the
timid, help the weak, be patient with everyone.”
1 Thessalonians 5:14**

Can you remember a time when someone came up to you and thanked you for your work or offered you a word of encouragement during a difficult time?

What did that feel like?

When was the last time you came along your spouse, children or a friend and told them how much you appreciate them?

What plan do you have to encourage someone today?

Write out a personal prayer of response to today's verses.

DAY 37

LOVE HOLDS OTHERS ACCOUNTABLE

**“My son, do not despise the LORD's discipline and do not resent his rebuke,
because the LORD disciplines those he loves, as a father the son he
delights in.”
Proverbs 3:11-12**

Holding someone accountable is never easy. Can you remember what kind of response you received the last time you held someone else accountable?

Can you remember the how you responded the last time someone held you accountable?

Offering words of encouragement more often can go a long way to creating an environment conducive to receiving corrective instruction.

What plans do you have to create such an environment at home or at work?

Write out a personal prayer of response to today's verses.

DAY 38

LOVE THRIVES ON PRAYER

**“Then Jesus told his disciples a parable to show them that they should always pray and not give up.”
Luke 18:1**

**“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
Philippians 4:6-7**

Why is prayer so important in the journey to develop a heart of prayer?

What does prayer accomplish?

What plans do you have today to pray for those you are seeking to impact with a heart of love?

Write out a personal prayer of response to today's verses.

DAY 39

LOVE IS IMPOSSIBLE BUT POSSIBLE

**“We love because he first loved us.”
1 John 4:19**

**“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.”
John 15:5**

**Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”
Ephesians 3:20-21**

Learning to love does not come naturally. These verses make that very clear.

How many times did you think about quitting?

How often do you find yourself trying to live the Christian life in your own power and strength?

Have you learned how God can help you love far beyond anything you ever thought possible?

What changes do you need to make to be more dependent on God and less dependent on self?

Write out a personal prayer of response to today's verses.

DAY 40

LOVE HOLDS EVERYTHING TOGETHER

**"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."
Colossians 3:12-14**

What have been the most profound lessons God has taught you during this journey to a more compassionate life?

What plans do you have to continue expressing love so that the bond of unity does not disappear?

Write out a personal prayer of response to today's verses.