

## Love Health Check

1. The first duty of love is to listen. Are you a great listener? Do you give people your undivided attention? Do you probe and ask follow-up questions? Do the people around you consider you a great listener?
2. Do you serve people? Are you always looking to serve people in practical ways, from helping with the dishes and giving someone a call to helping someone in need? Do you find ways to serve at church? Are you more a giver than a taker?
3. Forgive people the way your God forgives you. Forgiveness may be the biggest test of love, and the hardest. Do you freely forgive people who hurt you? Or do you hold grudges, keep score, and give the silent treatment?
4. Prayer for someone, especially for someone with a big need, might be the most powerful way you can love them, yet it is unseen and often not done. Do you pray frequently and fervently for people? When you tell someone you will pray for them, do you wholeheartedly pray and ask them later how the prayer was answered?
5. Do you accept people who are different? Do you enjoy the differences in people and readily accept others who are different in ethnic background, racial background, economic status, political affiliation, personality, and more? Do you revel in the glorious way that God has made us different, but all in His image?

6. Do you verbalise your love? Do you say the words “I love you”? Do you write the words “I love you”? These are the three most life-breathing words in your tool belt.
7. Do you express love through generosity? Are you happy to share what you have with someone in need? Do you tithe, giving back to God what He has so generously blessed you with?
8. Encouragers show love. Are you an encourager? Are you always alert to encourage and affirm people? Do you speak to people’s fears and give them hope and confidence?
9. Do you consistently speak well of people? Do people know that you will not slander them behind their backs because when you are talking with these people you never slander others? Do you consistently say good things about people?
10. Romans 12:15 gives us this important test of love. Both are crucial, but the latter, rejoicing with someone, is much rarer. When someone has a broken heart, just show up and care. When someone has lots of success, then dance and sing. Do you weep with those who weep, and rejoice with those who rejoice?

Why does loving God lead us to love people?

What is one way you can show your love for God through loving people this week?