



# Men of Covenant

October 2024

Love & Grace

# 01 Is Unconditional Love Really Possible?



Psychology Today - January 2, 2018

John Amodeo Ph.D

Bottom Line: It's "an unrealistic ideal" and unhealthy

# 02 Is Unconditional Love Actually Healthy?

Oprah Daily - Aug 29, 2022

Stephanie L. King -

Bottom Line: You'll be disappointed because it "kinda goes against human nature"

# 03 Why we shouldn't unconditionally love



The Womens Therapy Institute - May 28th 2019

Bottom Line: No such thing and it's not healthy. "Loving unconditionally sets a tone that says people can walk all over us with no consequences."

# 04 Unconditional Love is Possible— But Only From Yourself



Psychology Today - March 28, 2014

Leo F Seltzer PHD

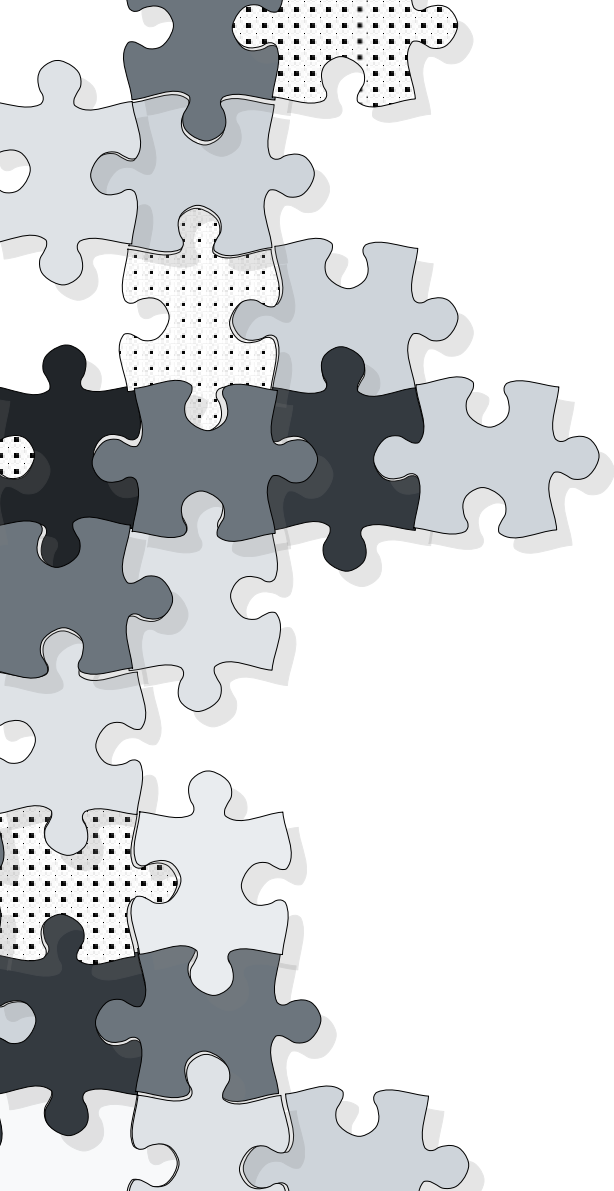
Bottom Line: You can only love yourself unconditionally.

LOVE

GRACE

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Men of Covenant, we will “love better” when we are filled and guided by the Holy Spirit and we will struggle to love better when captured by our flesh and the world around us.

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The former because IT IS love

The latter because it KNOWS NOT love



LOVE

GRACE

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# Big Buckets

Salvation

(John 14:16)

Submit to God

(James 4:7)

***Receive His grace***

***(Titus 2:11)***

Be filled by the Holy Spirit

(Ephesians 5:18)

Bear fruit of the spirit of Christ (John 15:16)

LOVE

GRACE



# Grace

“Committed love – on steroids!” ... it is the strongest, most powerful inclination which God has towards human beings. It’s outrageously lavish and totally counter-intuitive.

- Gary Gibbs, Director REACH



LOVE

GRACE

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## **01 Let God love you**

Accept His grace, to know  
His unconditional love

## **02 Love God**

Be filled with the Holy Spirit,  
and love what God loves,  
unconditionally

## **03 Love each other**

Bear fruit of the Spirit from that  
unconditional love

## Man of Covenant Loving God

Loves God with all his heart  
Loves God with his entire soul  
Loves God with all his mind  
Loves God with persevering strength  
Hates sin and a sinful world  
Is at war with his flesh  
Spends time with God daily  
Yields to the Holy Spirit  
Seeks Gods direction for life  
Loves God as Jesus loves him (agape)

*How can a man who*



## Man of Covenant Loving Each Other

Is kind to others  
Is patient with others  
Is selfless with his time  
Is hopeful for others (always)  
Speaks the truth in love  
Protects what God loves (always)  
Trusts in others (always)  
Perseveres (always)  
Is NOT envious, boastful, proud,  
dishonoring, self-seeking, easily  
angered, vengeful, delighting in evil

*... then not?*

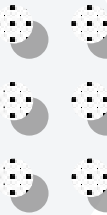
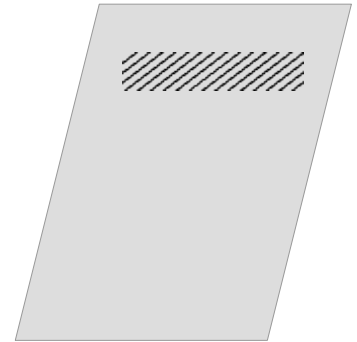


# A Look in the Mirror



How do we love God?

How do we love others?



LOVE

GRACE

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## Ephesians 3:17–19

17 That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, 18 May be **able** to **comprehend** with all saints what is the breadth, and length, and depth, and height; 19 And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fullness of God.

able: exischyō

Eminently competent, Full strength

comprehend: katalambanō

Apprehend, Seize, Make your own



LOVE

GRACE

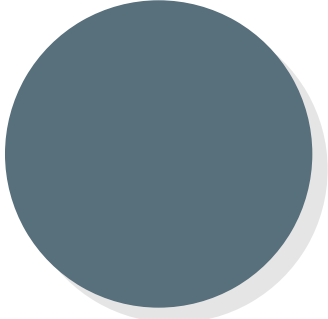
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# Because of Christ ...



God  
Loves Us



So We **Can**  
Love Each Other



And We  
Become Holier

*Seize God's love and the "can" moves to "will"*