

## How to Love your spouse (or anyone else)

“if” affection---

“because” affection ---

“in spite of” love --- “regardless of the circumstances”

**How do I learn to love others? Start with your self (you are naturally going to anyway)**

- Confess to God and yourself that you are selfish and self-centered  
The word “self” is almost a synonym for “sin”, or sin nature
- If you won't do this then stop here until you will  
Prov 28:13 He that covers his sins shall not prosper: but whoso confesses and forsaks them shall have mercy.
- Seek first the kingdom of God and His righteousness  
“Lord, I need you to govern my life.”  
“ As you rule over me, please help me to rule over my selfishness  
Prov 16:32 He that is slow to anger is better than the mighty; and he that rules his spirit than he that takes a city.  
Pray that God would work in your heart: (deny self, reckon self to be dead in Christ)

**I can truly love only when I humble myself**

Rom 12: 3

**Love them as you would love yourself**

Matt 22: 39 ...you shall love your neighbor as yourself

(It would be foolish and incorrect to assume that Jesus is teaching that we should love our self more (deny self)

Love= doing good with unselfish motives

**Ask the right questions** (Matt 22: 39 ...you shall love your neighbor as yourself)

Will my words do this person good?

Would it make me happy if someone else ate the last slice of pie?

Is this the attitude I would want someone to show to me?

**Will I exchange my selfish affections for the genuine love of God?**

**Will I constantly confess and forsake my lack of love and pray that God will fill me with His love?**

I Cor 13:4-8

- Am I being “long-patient” at the same time being kind?
- Am I rejoicing in their good and not envious thinking “That should be me”?
- Am I proud or self-absorbed?
- Am I putting myself and my wants ahead of others?
- Am I giving in to attitudes and actions that are not appropriate?
- Does it matter enough to me that I might “stumble” them? (scandalize)
- Do I measure things by whether it I come out ahead, even if I am the only one who profits?
- Am I short-tempered? Do I assume the worst about others?
- Are my values biblical, or do I compromise for selfish reasons?
- Will I continue to love under all circumstances?