

**FAMILY LIFE CHURCH OF THE VALLEY  
RIVERSIDE COUNTY**

**Reference: From the Book of Rick Warren**

**Title: 40 Days of Love**

**Session Five: Love Is Not Selfish**

Key Verse: Love isn't selfish 1 Corinthians 13:5 (CEV)

We are a "self" conscious society.

They all turn to their own way, each seeks his own gain  
Isaiah 56:11 (NIV)

You can't be selfish and loving at the same time.

Selfishness only causes trouble  
Proverbs 28:25 (TEV)

**Antidotes to Selfishness**

**1. Build \_\_\_\_\_.**

You are members of God's very own family...and you belong in God's Household with every other Christian.  
Ephesians 2:19 (TLB)

Let us not give up the habit of meeting together...instead, let us encourage One another.  
Hebrews 10:25 (TEV)

**2. Give \_\_\_\_\_.**

(God has) given us new lives from Christ Jesus, and long ages ago he planned that we should spend these lives in helping others.  
Ephesians 2:10 (TLB)

"Only those who throw away their lives for my sake and for the sake of the Good News will ever know what it means to really live."  
Mark 8:35 (TLB)

## Session Five: Love Is Not Selfish (con't)

### 3. Practice \_\_\_\_\_.

4 Look out for one another's interests, not just for your own. 5 The attitude you should have is the one that Christ Jesus had.

Philippians 2:4-5 (TEV)

"If anyone would come after me, he must deny himself and take up his cross daily and follow me."

Luke 9:23 (NIV)

**On the list below, put a check beside the areas where God is challenging you to grow.**

#### **Denying Yourself Is When:**

\_\_\_ You can watch other people prosper and succeed without feeling jealous, but rather rejoice in their success.

\_\_\_ You see other people's needs being met with abundance, while your needs are far greater, yet you don't question God or fail to be grateful for what you do have.

\_\_\_ You choose to serve someone else and you choose to put their needs ahead of yours.

\_\_\_ You share your faith knowing that you may be insulted or put down.

\_\_\_ You don't seek praise or fish for compliments. You don't seek the approval of others. You can live without constantly being recognized and applauded.

\_\_\_ You draw out the other person in conversation instead of telling your stories and opinions.

\_\_\_ You can accept criticism willingly and learn from it with a teachable attitude.

\_\_\_ You can be content with less than the best of circumstances without griping or complaining.

\_\_\_ You accept interruptions that God places in your schedule and you patiently endure irritations.

**Session Five: Love Is Not Selfish (con't)**

**Discovery Questions**

**1. When do you feel the most self-centered? Why is that?**

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**2. Turn to the checklist on page 2 of your outline notes. Which example is the most challenging to you? Why? How will growth in this area affect your relationships?**

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**3. How is selfishness the enemy of strong relationships?**

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**4. Tell about when someone did something unselfish for you. How did it impact you?**

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