

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

REFERENCE: FROM THE BOOK OF RICK WARREN

TITLE: 40 DAYS OF LOVE

SESSION SIX: THE HABITS OF A LOVING HEART

**KEY VERSE: (LOVE) ALWAYS PROTECTS, ALWAYS TRUSTS, ALWAYS HOPES,
ALWAYS PERSEVERES. 1 CORINTHIANS 13:7 (NIV)**

“I have loved you with an everlasting love.” Jeremiah 3:13 (NIV)

**Love knows no limit to its endurance, no end to its trust, no fading of its hope;
it can outlast anything. 1 Corinthians 13:7
(PH)**

1. Develop habits that refresh me _____,

Three physical habits of a loving heart:

- _____

It is senseless for you to work so hard from early morning until late at night...
God wants His loved ones to get their proper rest.

Psalm 127:73 TLB

- _____

You made my body, Lord; now give me sense to heed your laws.

Psalm 119:73 TLB

- _____

Honor God with your body.

1 Corinthians 6:20 NLT

2. Develop habits that recharge me _____

Three emotional habits of a loving heart:

- _____

THE HABITS OF A LOVING HEART (CON'T)

So many people were coming and going...(Jesus) said to them, "come with me by yourselves to a quiet place and get some rest."

Mark 6:31 NIV

- _____

(Jesus) came, enjoying life...

Luke 7:34 PH

- _____

Being cheerful keeps you healthy.

Proverbs 17:22 TEV

3. Develop habits that renew me _____

Take time and trouble to keep yourself spiritually fit.

1 Timothy 4:7 PH

Three spiritual habits of a loving heart:

- _____

- _____

Two are stronger than one.

Ecclesiastes 4:9

- _____

I will sing of your strength, in the morning I will sing of your love; for you are my...refuge in times of trouble.

Psalms 59:16 NIV

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."

Matthew 11:28 NLT

The quality of your relationship to God determines the quality of every other relationship you have.

THE HABITS OF A LOVING HEART (CON'T)

Did you pray with Pastor Rick and open your life to Jesus Christ for the first time? Speak to your host or one of the group members now or after the meeting and tell them of your decision.

DISCOVERY QUESTIONS

1. Which habit of a loving heart do you need to work on the most – physical, emotional, or spiritual? How would strengthening that habit help your love to last?

2. What is something practical you can do to develop that habit? Share thoughts and practical tips with the group.

3. What is the greatest lesson you have learned about love in the last six weeks? How has it impacted your relationships?

4. How has this study helped you to rely on Christ's strength to love others?