

1 CODEPENDENCE WORKSHOP

Love Systems

2 What is Love?

1 Corinthians 13: 1-8

If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing. Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. (NLT)

3 The Power of Love

- Love is a power, a force, an act – not a feeling
- All of God's work is empowered by love – all of it!!!
- 1 Corinthians 13 clearly states that a lack of love makes all Christian efforts useless. If it doesn't contain love – it wasn't produced by Him, and therefore it has a root of something else (guilt, shame, fear, etc.)

4 The Action of Love

- God's love abolishes fear and replaces it with security
- God's love abolishes shame and guilt (the residue of sin) and replaces it with grace (the redemptive work of Christ)
- God's love brings connection and removes disconnect (the void within)
- God's love empowers us as we receive His resources to live this life
- God's love brings acceptance - where all striving to earn love will cease
- God's love gives us hope and vision for our future (Chapter 10) "I know the plans I have for you, says the Lord, plans to prosper you and not to harm you, plans to give you hope and a future"
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5 God's Love System


- God's Love System
- "Jesus said to him, "you shall love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself." - Matthew 22:37-38

6 God's Love System

1. Love God (agape) above everything and everyone
2. Love yourself.
3. Love others.

7 Assessing Love Styles

- God's love – what is it?
- Self love – Is it ever okay?
- Love others – giving and receiving
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8  **Dysfunctional Love Systems**

- Proving Our Worth – assessing value by what we do
- People Pleasing – forming our security and sense of acceptance by making people like us and accommodating their needs and desires
- Perfectionism – believing we must do everything right in order to be “okay”. One thing wrong makes everything wrong (lack of grace)
- Disassociation (hiding) – creating an outward life that is entirely different from our inner life.

9  **Receiving God’s Love**

- We receive love through the place of emptying and brokenness where our efforts dissolve
- We receive love when we genuinely extend our hands and ask for it
- We receive love when we believe it is accessible and available
- We receive love when we are humble and willing to let God do for us what we can’t do for ourselves.