

The 4th Sunday of Epiphany ~ Sunday, February 1, 2026

“Living in the Light: God’s Love”

1 John 4:7-12 & John 13:1-17, 34-35

Week 1: Integrity = Our worth isn’t _____, nor is our place in His family _____. We are children of God by grace through faith. That identity is the anchor of everything else. Without it, our faith becomes _____.

Week 2: God’s Word = Christian life isn’t guided by _____, trends, or personal preference, but by _____. God’s Word is the light that shows us who He is and who we’re called to be. It shapes our thinking, _____ our wandering, and grounds our lives in something _____.

Week 3: Repentance and Grace = Even with a strong identity and a deep respect for God’s Word, we still _____, drift, and are in need of _____. Thankfully, when we repent, God meets us in our brokenness, not to shame us, but to _____ us.

We could summarize the entire journey like this: Identity grounds us, God’s Word guides us, grace restores us, and love _____ us.

Love isn’t _____ for the Christian, it’s the _____ that God’s life is at work within us.

In other words, love is _____, love is movement, love is faith made _____.

If Jesus is our Teacher and Lord, what should our lives look like?

3 TRUTHS ABOUT LOVE

Truth #1: _____.

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.” (1 John 4:7-8)

Love isn’t something God turns on and off. It’s not a mood or reaction, it’s His very _____.

Christian love, then, is rooted in God’s nature, and not in our _____. When John tells us to love one another, he isn’t asking us to manufacture something artificial in our own _____. He’s inviting us to _____ something divine.

Christian love isn’t self-generated. It’s God’s love _____ through God’s people.

We’re not the source, we’re the _____. We’re not the origin, we’re the _____. When love flows through our lives, it points beyond us to the God who first loved us.

We love because of who we _____ to. We love because of who now lives in us. We love because God has made us His children. We don’t love to become God’s family, we love because we _____ are.

Despite this spiritual reality, we can sometimes experience frustration in the Christian life because we try to produce love in our own _____, without remaining rooted in God and in His love.

Because love that isn’t continually received can’t be continually _____.

Love shines in us only as long as we remain _____ to God.

When our prayer life grows thin, our love often grows _____. When our worship becomes _____, our compassion often becomes shallow. When our relationship with God becomes distant, our relationships with people usually follow.

This isn’t failure, it’s _____. Love is evidence of our relationship with, and connection to, God; its evidence of the spiritual life. It’s not perfection, it’s _____. It’s not flawless behaviour, it’s growing _____.

“By this everyone will know that you are my disciples, if you love one another.” (John 13:35)

This should both _____ and challenge us because it means that love isn’t optional decoration on the Christian life. It’s the _____ mark of it. It’s not something we practice when it’s easy or feel like it—it’s _____.

Where am I drawing my strength to love from?

Am I trying to love out of obligation or out of overflow?

Am I staying close enough to God to receive the love I’m being asked to give?

We’re not called to be _____ of love, we’re called to be rivers of love. And rivers only flow as long as they’re fed by a _____.

Before love becomes something we give, it must remain something we _____.

Truth #2: _____.

“This is how God showed His love among us: He sent His one and only Son into

the world that we might live through Him. This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins.” (1 John 4:9)

John doesn’t leave love vague, he _____ it.

In our culture, love is often reduced to a _____; it’s emotional, romantic, or affirming. Love, as it’s described in Scripture, isn’t primarily something we feel, it’s something we _____. It isn’t measured by comfort, it’s measured by _____.

God showed His love not with words, not with _____, not with intention alone, but with _____. God didn’t love us from a safe distance. He loved us at great _____ cost.

The cross isn’t just a _____ of salvation, it’s the _____ of love.

“This is love: not that we loved God, but that He loved us.” (1 John 4:10)

This sentence _____ everything. It means love doesn’t begin with our devotion to God. It begins with God’s devotion to us. We don’t earn love by being worthy, we _____ love while we’re still _____.

Grace always comes _____. Grace always opens the door. We don’t repent in order to be loved. We repent because we’re already _____. The cross proves that God’s love is _____.

God didn’t wait for us to clean ourselves up, to get our theology right, or to behave better. He loved us in our _____, and in our brokenness. In the same way, Christian love isn’t _____. It isn’t based on convenience, nor is it reserved for the deserving. It’s modelled after the _____.

This _____ how we treat one another. We don’t love only when it’s easy, when it’s reciprocated, or when it’s appreciated. We love when we choose patience instead of frustration, _____ instead of resentment, humility instead of pride.

The cross also teaches us that love always costs something. It costs comfort, pride, and _____. However, love that costs nothing usually _____ nothing.

Love always asks us to _____ ourselves away. Love isn’t defined by emotion, it’s defined by _____.

Truth #3: _____.

“Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and His love is made complete in us.” (1 John 4:11-12)

This is a _____ statement. John is telling us here that the invisible God chooses to make Himself _____ through the love of His people—through us!

The world can’t see God directly, but it can see what God looks like when His people love the way _____ loves.

In other words, love is God’s chosen _____ window, and the world can’t fully see or know His love if we, His people aren’t _____ it.

“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.” (John 13:34-35)

In God’s kingdom, authority expresses itself through _____, greatness expresses itself through _____, and love expresses itself through _____. Jesus doesn’t simply tell His disciples to love. He _____ them what love looks like. He gets down on His knees and does the work of a servant.

“Now that you know these things, you will be blessed if you do them.” (John 13:17)

John told us in our first reading that God’s love is “made complete” in us. However, Jesus is telling us here that love isn’t complete until it is _____. This doesn’t mean God’s love is lacking. It means God’s love reaches its intended _____ when it flows through His people who are living it out, into the lives of others. In other words, love finds its fulfilment when it moves _____.

The church doesn’t _____ God’s love, but when God’s love burns within us, our lives allow the world to see it. We become, in a sense, the _____ evidence of an invisible God.

The way we love speaks loudly about what we _____. And the way we treat one another becomes a _____ to who God is.

We sometimes think love must be dramatic or heroic to be _____. However, it’s just often quiet and _____.

Where is God calling you to make His love visible in your home, your workplace this church, your relationships?

Love isn’t only something we receive, love is something we _____.