SIX BARRIERS TO LOVE
AND HOW CHRIST OVERCOMES THEM

3 Letters From John – July 13, 2025

KEY SCRIPTURES

- 1 John 4; 2 Thessalonians 1:3; John 15:12-13; 2 Corinthians 5:21; 2 Timothy 1:7; James 3:14

KEY POINTS

- God's love is *perfect* and drives out fear; it's not based on our performance or merit.
- 1 John 4 teaches us that love is evidence of being born of God and knowing God.
- We are commanded to love others as He loved us, but first we must let Him love us.
- God's perfect love was shown in Christ's atoning sacrifice—the propitiation for our sins.
- Loving others requires confronting six barriers: Selfishness, Pride, Fear, Jealousy, Bitterness, and Distraction.
- Each barrier is overcome not by effort alone, but by receiving God's love and abiding in Him.
- Perfect love transforms us so others can see God at work in us.
- Our call is to daily pause, let God love us, and intentionally love others in the details of everyday life.

DISCUSSION

- How would you explain the difference between human love and God's perfect love?
- Which of the six barriers (Selfishness, Pride, Fear, Jealousy, Bitterness, Distraction) do you most struggle with, and why?
- Why do you think it's so important to "pause" and let God love you before trying to love others?
- Perfect love casts out fear. What does that mean in your own walk?
- How can you practice seeing God "in the details of your day" this week?