# Fresh Fruit Part 2 - Sunday

September 11, 2022

#### Love!

**Galatians 5:22-23** 

**Galatians 5:22**, But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

**1 Corinthians 13:4**, Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.

## **How to Develop or Re-Develop a Sincere Love:**

## 1. **COMMUNICATE** Lovingly

**Ephesians 4:29**, Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

**Ephesians 5:33**, However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

# 2. Forgive **LAVISHLY**

**Ephesians 4:32**, Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**Matthew 18:21**, Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" 22 Jesus answered, "I tell you, not seven times,

but seventy-seven times.

### 3. Create an Atmosphere of FUN

**Proverbs 15:13**, A happy heart makes the face cheerful, but heartache crushes the spirit.

**Proverbs 17:22**, A cheerful heart is good medicine, but a crushed spirit dries up the bones.

#### 4. Practice Consistent KINDNESS

**Ephesians 4:31**, Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

**Colossians 3:19**, Husbands, love your wives and do not be harsh with them.

#### 5. Encourage Each Other **DAILY**

**Philippians 4:8**, Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

**1 Peter 3:8**, Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. 9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.

## 6. Surround Yourself With Supportive FRIENDS

**Proverbs 12:26**, The righteous choose their friends carefully, but the way of the wicked leads them astray.

**Proverbs 18:24**, One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

Proverbs 27:9, Perfume and incense bring joy to the heart, and the

pleasantness of a friend springs from their heartfelt advice.