

## LOVE OUT LOUD

### Day Two: Love Begins with God's Love for Us

**Scripture:** *"We love because He first loved us."* — 1 John 4:19

Before we can love others out loud, we must first recognize the source of love itself—God. Love is not something we manufacture on our own; it's something poured into us by our Creator. Every act of kindness, every patient word, every selfless deed flows from an awareness that God loved us first.

The truth is, God's love is unconditional. He doesn't love us more when we succeed or less when we fail. He simply loves—fully, freely, and forever. When that truth takes root in our hearts, it overflows into the way we treat others.

Loving out loud starts with being filled up by His love. When you know you are loved, you no longer need to strive for approval or compete for worth. Instead, you can freely give what you've already received.

#### **Life Illustration:**

Imagine a cup placed under a flowing fountain. As the cup fills, the water naturally spills over. That's what God's love does in our lives. When we allow Him to fill us with His love, it spills over—into our families, friendships, workplaces, and even to strangers.

Parents understand this deeply. When children grow up and move out, that love we poured into them feels both tender and a little painful. We want to hold on, yet we know they must go experience the world for themselves. And sometimes, the world isn't gentle—it pushes back, it wounds, it disappoints. But just like God does for us, we as parents stand ready to love

them, to refill their hearts when they're empty, and to remind them of who they are and Whose they are. That's love out loud.

If the cup is empty, there's nothing to pour out. But when it's full, it overflows. The more aware we are of God's love, the more we can love others out loud—even when it hurts, even when it costs us.

### **Reflection Questions:**

- Do I truly believe God loves me unconditionally?
- Where in my life am I running on “empty” and need to be refilled by His love?
- Who in my family or circle can I love out loud today—especially someone who may need to be reminded they're still cherished?

### **Prayer:**

Heavenly Father, thank You for loving me first. Teach me to rest in the truth that nothing can separate me from Your love. Fill me so completely with Your Spirit that Your love overflows into my words, actions, and relationships. Give me tender strength to love those closest to me—even when that love stretches my heart. And when my children, my family, or my friends are bruised by the world, let me be a safe place that reflects Your unconditional love. In Jesus Name We Pray, Amen.