

RESTING: CULTIVATING SELF-CARE

Ben Deaver at Mosaic Church on March 5, 2023

1 John 4:19

So what? We must love ourselves well to love our neighbor well.

Feel what? Love

Now what?

- **Beginning Practice:** Choose one act of self-care this week and receive it as a gift from yourself. Incorporate breathwork into your experience of God's love for you and your love for others.
- **Baseline Practice:** Discern a specific scary step of faith to cultivate self-care (E.g. get therapy, join a fitness community, draw a boundary, etc.).

VISION CASTING

The mission of Mosaic Church is to unite people in the Way of Jesus.

INTRODUCTION/PROBLEM

Doesn't that park bench look like a place you could just take a deep breath and rest?

Have you ever experienced not being able to breathe?

- Evan's Plunge
- Putting on my Comfy and experiencing slight claustrophobia
- Our beloved Barb had a lung transplant nearly five years ago. She had to have a lung to be able to breathe.
- What do you experience if you can't breathe? Fear, panic, and eventually death, right?

- Our Rule of Life is to help give us space and capacity to breathe in life. Our Rule of Life doesn't feel like a life-or-death situation but it very much IS a matter of either experiencing the abundant life God has for you or experiencing boredom at worst or damaged relationships.
- Jesus says in John 10:10, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

A RULE OF LIFE

- What is a Rule of Life, you may be asking? Well, just go to mosaicmhk.com/ruleoflife and you'll find this answer:
 - "A Rule of Life is a set of principles and practices that guide our lives as followers of Jesus. It provides a framework to focus our time, attention, and affection so we align each part of ourselves to be with Jesus, be like Jesus, and do the things Jesus does. This intentionality, over time, helps cause maximum fruitfulness, just as a trellis trains a vine to grow healthy, strong, and produce an abundance of grapes."
- We're spending several weeks on a set of practices to give us time to learn them and practice them.
- **Gym analogy:** We run cycles to cover different movements while remaining proficient in everything but not completely specialized. It's called functional fitness, fitness that actually functions in real life.
 - We might focus on back squat, bench press, and pull-ups for 6-8 weeks and then focus on deadlift, push press, and double unders the next 6-8 weeks.
- We've been in a RESTING cycle and today's focus is CULTIVATING SELF-CARE.

Heart, Soul, Mind, Strength

In Mark chapter 8, Jesus is asked, "Of all the commandments, which is the most important?"

Mark 12:29-31 ²⁹ "The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' ³¹ The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

- To love our neighbor well, we must love ourselves well first.

PRAY

There's a story in 1 Kings 19 where Elijah had just had a great victory and was being chased by Jezebel. He was on the run and afraid for his life. He left his servant (so he left community) and went into the wilderness and sat under a tree and prayed that he would die. He said, "I have had enough, LORD. Take my life" We pick it up at verse 5.

1 Kings 19:5-6 ⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." ⁶ He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

1 Kings 19:7-9 ⁷ The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night.

- Eat, drink, sleep, repeat
- Then Elijah is ready to engage with God for the next chapter ahead.
- Let's dive right into the practical, then dig deeper into the Scriptures.

Put This Into Practice:

Beginning: Choose one act of self-care this week and receive it as a gift from yourself.

- We'll add one more practice here later this morning.

My Beginning Self-Care Practices for a Healthy Heart, Soul, Mind, and Strength:

- Josh preached some of this for me last week when he talked about RECREATION. Thanks, Josh! What re-creates you?
- Our Mingle Questions this morning really help us with this!
- If you created a perfect day, what things would you do?
 - Coffee & Contemplation – “Mornings are for coffee and contemplation!” -Hopper
 - Food & Drink decisions
 - Walking & Hiking
 - Keeping a Gratitude Journal & Journaling
 - Reading – Big area of growth for me!
 - Meditation & Mindfulness
 - Hair & Beard Care—Urbanity; Duke Cannon; Beard oil
 - Music
 - *Sound Mind* by Melissa Helser
 - *Be Kind to Yourself* by Andrew Peterson
- Puppies or kittens? BOTH!

Baseline: Discern a specific scary step of faith to cultivate self-care (E.g. get therapy, join a fitness community, draw a boundary, etc.).

My Baseline Self-Care Practices for a Healthy Heart, Soul, Mind, and Strength:

- Gym & Yoga (including Breathwork)
- Spiritual Direction AND Therapy
- Supplements &/or Medication
- *Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace* by J.P. Moreland
 - Are you experiencing the double whammy of being a depressed of anxious Christian?
 - You're depressed and then your depressed about your depression because Christians aren't supposed to be sad.
 - You're anxious and then your anxious about your anxiety because Christians aren't supposed to be anxious.
- Now let's do a little more digging into the Scriptures.

Love Your Neighbor AS Yourself

- **Romans 13:8-10** ⁸ Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law. ⁹ The commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not covet," and whatever other command there may be, are summed up in this one command: "Love your neighbor as yourself." ¹⁰ Love does no harm to a neighbor. Therefore love is the fulfillment of the law.

- **Galatians 5:13-14** ¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself."
- **James 2:8** If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right.
- Ok, this is wonderful. I get it. I've heard it before. Love our neighbor as we love ourselves. But, I'm still struggling to love myself. I'm kind of either with Elijah with great depression and anxiety or can see how I could get there. I'm not sure I'm loving myself very well. So how will I love my neighbor well? Let's keep going.
- **Ephesians 4:32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
 - You have to be in close enough relationships with one another that you'll have some relational bumps and bruises that require forgiveness.
 - Most of the New Testament is written to a group of people that know one another and can put this stuff into practice in their churches and neighborhoods.
 - So for some, having "neighbors" that you know well enough to put the Scriptures into practice may be a first step.
 - *Just as in Christ God forgave you...*
 - Remember the Gospel Circles I introduced a few weeks back? Here it is again.
 - **Gospel:** Christ died for our sins. That's what Ephesians 1-3 is all about.
 - **Gospel Truth:** In Christ God forgave you.
 - **Gospel Behavior:** Be kind and compassionate to one another, forgiving each other.

SOLUTION

1 John 4:7-11 ⁷ Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸ Whoever does not love does not know God, because God is love. ⁹ 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. ¹⁰ This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. ¹¹ Dear friends, since God so loved us, we also ought to love one another. **GOSPEL CIRCLES!!!**

1 John 4:19-21 ¹⁹ We love because he first loved us. ²⁰ Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. ²¹ And he has given us this command: Anyone who loves God must also love their brother and sister.

- “love” 18x in these 15 verses and several other times in the verses between these sections.
- Love who you can see. If you can’t do that, then you cannot love God, whom you have not seen. And loving God is the greatest commandment and the most important relationship.
- Loving one another is a prerequisite to loving God.
- And to love one another well means you’ve got to love yourself well.
- **NO SLIDE—1 John 1:1** That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched—this we proclaim concerning the Word of life.
- Imagine hearing His voice say, “I love you!” The best we have is the voice of Jonathan Roumie in *The Chosen* which is pretty good...but not quite Jesus Himself.

- Imagine seeing Jesus smile at you. Imagine Him hearing you share all the thoughts in your mind and feelings in your heart and Him looking at you with tenderness and care.
- Imagine receiving a hug from Jesus.
- No wonder Paul prays what he prays in Ephesians 3.
- **NO SLIDE—Ephesians 3:14-15** ¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family in heaven and on earth derives its name.
- **Ephesians 3:16-19** ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.
- **Instagram DM** from a friend: "Do you think that God loves me?"
- **Facebook Post** by a pastor friend recently: Sermon prep. Tried multiple times to type the word "belovedness" and my phone doesn't recognize it. Keeps autocorrecting to "beloved mess." And there's probably a whole sermon there.
- **Tim Keller:** "The gospel says you are more sinful and flawed than you ever dared believe, but more accepted and loved than you ever dared hope."
- Paul talks about love, love, love throughout the book of Ephesians and then talks about spiritual warfare and the armor of God in chapter 6. This is serious and there's a lot at stake here.
- **NO SLIDE—Ephesians 3:20-21** ²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Instructions for Christian Households

More like, Christ and the Church

NO SLIDE—Ephesians 5:21-24 ²¹ Submit to one another out of reverence for Christ. ²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.

Ephesians 5:25-30 ²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰ for we are members of his body.

NO SLIDE—Ephesians 5:31-33 ³¹ "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." ³² This is a profound mystery—but I am talking about Christ and the church. ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

- Christ loves Himself well by loving the church well...because we are united to Him. We are presented to Him as His beautiful bride.
- Did Jesus practice self-care? Yes! He cared for His own body, the church.
- Which comes first, the husband loving his wife or loving himself? You've got to love yourself well to be able to love those around you well.
- The oneness of marriage is a picture of oneness with Christ.

- **NO SLIDE—John 17:20-23** ²⁰ “My prayer is not for them alone. I pray also for those who will believe in me through their message, ²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. ²² I have given them the glory that you gave me, that they may be one as we are one— ²³ I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.
- **Ephesians 4:15-16** ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.
- This is the big picture! This is our mission. The mission of Mosaic Church is to unite people in the Way of Jesus.

APPLICATION

4-7-8 Breathing

- Connect this to God’s Love for Me & My Love for Others
 - Inhale (Receive): God first loved me.
 - Exhale (Give): I now love others.
- Lying down or sitting up.
- Exhale fully through the mouth.
- Inhale through the nose for a count of 4.
- Hold your breath for a count of 7.
- Exhale through the mouth for a count of 8.
- Do this for 4 cycles.
- Practice this 2x daily for 6 weeks.
- This builds capacity.

Breathwork

- Focus on breathwork as a keystone self-care habit/practice
- Incorporate meditation/memorization
- **Psalm 23:1-3**
 - Cycle 1: (Inhale) The LORD is my shepherd,
(Hold, then Exhale) I lack nothing.
 - Cycle 2: (Inhale) He makes me lie down
(Hold, then Exhale) In green pastures,
 - Cycle 3: (Inhale) He leads me beside quiet waters,
(Hold, then Exhale) He refreshes my soul.
 - Cycle 4: (Inhale) He guides me along the right paths
(Hold, then Exhale) For his name's sake.
- Practice anywhere and everywhere doing anything — walking, gym, conversation, etc.
- Connected to musicians and vocalists, slowing down, mental health (parasympathetic), etc.
- Breathe in God's love, breathe out God's love
- Plane crash — you breathe first, then help others

Invite the Worship Team up

INSPIRATION

Vision of Your Love

- Give us a vision of Your love, Lord
- Let us fall in love with You again (or for the first time)
- 'Cause You are more beautiful than anything
- I love You God and all my life is for You now

CONCLUSION

Put This Into Practice:

- **Beginning:** Choose one act of self-care this week and receive it as a gift from yourself. Incorporate breathwork into your experience of God's love for you and your love for others.
- **Baseline:** Discern a specific scary step of faith to cultivate self-care (E.g. get therapy, join a fitness community, draw a boundary, etc.).

Next Week: Pastor Dave will teach us about embracing limits.

Lord's Supper

This Is the Air I Breathe

- This is the air I breathe, Your holy presence, Living in me
- This is my daily bread, Your very Word, Spoken to me

Matthew 6:9b-13

⁹ "Our Father in heaven,
hallowed be your name,
¹⁰ your kingdom come,
your will be done,

on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one."

Chopping Block:

IDEAS:

- Best Practices:
 - Breathwork—breathing box (4-8 count); big sniff in at the top; alternate nostril breathing
 - Exercise—gym; yoga; running; mobility
 - Mindfulness (*Soulful Spirituality: Becoming Fully Alive and Deeply Human* by David G. Benner)
 - Heart work (Moreland)
 - Bilateral Stimulation (Moreland)
- Reflection Questions:
 - What is your default Rule of Life?
 - How is your Rule of Life serving...
 - Your spouse?
 - Your kids?
 - Your friends?
 - Your neighborhood?
 - Your coworkers?
 - YOU?
 - Are there any ways you are currently self-sabotaging? How?
 - How might you turn self-sabotage into self-care?
- Eliminating Hurry Applications: Relationships, Recreation, Habits, Challenges
- Resting Series
 - First week: Rule of Life Intro
 - Second Week: Sarah talked about the practice of Sabbath.
 - Last Week: Josh talked about Eliminating Hurry
 - This Week: I'm talking about Cultivating Self-Care
 - Next Week: Dave will talk about Embracing Limits. Elijah
- We've got space to practice these things.
- You have to cultivate self-love before you can cultivate self-care.
- Giving yourself a hug
 - <https://www.healthline.com/health/hugging-self>
- Resources:
 - *Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace* by J.P. Moreland

- *Soulful Spirituality: Becoming Fully Alive and Deeply Human* by David G. Benner
- *Liturgy of the Ordinary: Sacred Practices in Everyday Life* by Tish Harrison Warren
- *The Spiritual Journey* series by David G. Benner
 - *Book 1: Surrender to Love: Discovering the Heart of Christian Spirituality*
 - *Book 2: The Gift of Being Yourself: The Sacred Call to Self-Discovery*
 - *Book 3: Desiring God's Will: Aligning Our Hearts with the Heart of God*
- *Liturgy of the Ordinary: Sacred Practices in Everyday Life* by Tish Harrison Warren
 - "The new life into which we are baptized is lived out in days, hours, and minutes. God is forming us into a new people. And the place of that formation is in the small moments of today." -p. 21
 - "Alfred Hitchcock said movies are 'life with the dull bits cut out.' Car chases and first kisses, interesting plot lines and good conversations. We don't want to watch our lead character going on a walk, stuck in traffic, or brushing his teeth—at least not for long, and not without a good soundtrack." -pp. 21-22
 - "We tend to want a Christian life with the dull bits cut out." -p. 22
 - "Yet God made us to spend our days in rest, work, and play, taking care of our bodies, our families, our neighborhoods, our homes. What if all these boring parts matter to God? What if days passed in ways that feel small and insignificant to us are weighty with meaning and part of the abundant life that God has for us?" -p. 22
 - "Annie Dillard famously writes, 'How we spend our days is, of course, how we spend our lives.'" -p. 23
 - *Shocking but true: students prefer jolt of pain to being made to sit and think: Report from psychologists at Virginia and Harvard Universities tackles question of why most of us find it so hard to do*
 - [nothinghttps://www.theguardian.com/science/2014/jul/03/electric-shock-preferable-to-thinking-says-study](https://www.theguardian.com/science/2014/jul/03/electric-shock-preferable-to-thinking-says-study)
 - <https://www.theatlantic.com/health/archive/2014/07/people-prefer-electric-shocks-to-being-alone-with-their-thoughts/373936/>
- **AWAKE**
 - My Word of the Year for 2023 is AWAKE. This is mostly because I've felt a general lethargy and fatigue in life and a lot of that, I believe, is being dragged down to our culture's level of immaturity, especially by utilizing technology and digital media in unhealthy ways.
 - I want to AWAKE to experience the fullness of life with you all and my Creator. I need to establish technology parameters personally, for my family, and as a faith community so we have a fighting chance to move towards spiritual formation and human flourishing in our Digital Age.

PASSAGES:

Psalm 23:1-6

¹ The LORD is my shepherd, I lack nothing.
² He makes me lie down in green pastures,
 he leads me beside quiet waters,
³ he refreshes my soul.
 He guides me along the right paths
 for his name's sake.
⁴ Even though I walk
 through the darkest valley,
 I will fear no evil,
 for you are with me;
 your rod and your staff,
 they comfort me.
⁵ You prepare a table before me
 in the presence of my enemies.
 You anoint my head with oil;
 my cup overflows.
⁶ Surely your goodness and love will follow me
 all the days of my life,
 and I will dwell in the house of the LORD
 forever.

Ephesians 2:8-10 ⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—⁹ not by works, so that no one can boast. ¹⁰ For we are God's handiwork/poema/mosaic, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 5:1-2 ¹ Follow God's example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Revelation 2:1-3 "To the angel of the church in Ephesus write: These are the words of him who holds the seven stars in his right hand and walks among the seven golden lampstands. ² I know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false. ³ You have persevered and have endured hardships for my name, and have not grown weary.

Revelation 2:4-7 ⁴ Yet I hold this against you: You have forsaken the love you had at first. ⁵ Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place. ⁶ But you have this in your favor: You hate the practices of the Nicolaitans, which I also hate. ⁷ Whoever has ears, let them hear what the Spirit says to the churches. To the one who is victorious, I will give the right to eat from the tree of life, which is in the paradise of God.

1 John 4:7-21 – “love” 26x

⁷ Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. ⁸ Whoever does not love does not know God, because God is love. ⁹ 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. ¹⁰ This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. ¹¹ Dear friends, since God so loved us, we also ought to love one another. ¹² No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

¹³ This is how we know that we live in him and he in us: He has given us of his Spirit. ¹⁴ And we have seen and testify that the Father has sent his Son to be the Savior of the world. ¹⁵ If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. ¹⁶ And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them. ¹⁷ This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. ¹⁸ There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

¹⁹ We love because he first loved us. ²⁰ Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. ²¹ And he has given us this command: Anyone who loves God must also love their brother and sister.

John 3:1-4

¹ The elder, To my dear friend Gaius, whom I love in the truth.

² Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. ³ It gave me great joy when some believers came and testified about your faithfulness to the truth, telling how you continue to walk in it. ⁴ I have no greater joy than to hear that my children are walking in the truth.

Love God with all your heart, soul, strength, and mind.

Love your neighbor as yourself.

- **Matthew 22:34-40** ³⁴ Hearing that Jesus had silenced the Sadducees, the Pharisees got together. ³⁵ One of them, an expert in the law, tested him with this question: ³⁶ “Teacher, which is the greatest commandment in the Law?” ³⁷ Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ ³⁸ This is the first and

greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.' ⁴⁰ All the Law and the Prophets hang on these two commandments."

- **Mark 12:28-34** ²⁸ One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?" ²⁹ "The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' ³¹ The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." ³² "Well said, teacher," the man replied. "You are right in saying that God is one and there is no other but him. ³³ To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices." ³⁴ When Jesus saw that he had answered wisely, he said to him, "You are not far from the kingdom of God." And from then on no one dared ask him any more questions.
- **Luke 10:25-29** ²⁵ On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?" ²⁶ "What is written in the Law?" he replied. "How do you read it?" ²⁷ He answered, "'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'" ²⁸ "You have answered correctly," Jesus replied. "Do this and you will live." ²⁹ But he wanted to justify himself, so he asked Jesus, "And who is my neighbor?"
- **Leviticus 19:18** Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD.
- **Leviticus 19:33-34** ³³ When a foreigner resides among you in your land, do not mistreat them. ³⁴ The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the LORD your God.
- **Deuteronomy 10:19** And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.
- **Romans 13:8-10** ⁸ Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law. ⁹ The commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not covet," and whatever other command there may be, are summed up in this one command: "Love your neighbor as yourself." ¹⁰ Love does no harm to a neighbor. Therefore love is the fulfillment of the law.
- **Galatians 5:13-15** ¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." ¹⁵ If you bite and devour each other, watch out or you will be destroyed by each other.
- **James 2:8** If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right.
- **Matthew 5:43-48** ⁴³ "You have heard that it was said, 'Love your neighbor and hate your enemy.' ⁴⁴ But I tell you, love your enemies and pray for those who persecute you, ⁴⁵ that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. ⁴⁶ If you love those who love you, what reward will you get? Are not even the tax collectors doing that? ⁴⁷ And if you greet only your own people, what are

you doing more than others? Do not even pagans do that? ⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.

- **Luke 6:27-35** ²⁷ "But to you who are listening I say: Love your enemies, do good to those who hate you, ²⁸ bless those who curse you, pray for those who mistreat you. ²⁹ If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. ³⁰ Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. ³¹ Do to others as you would have them do to you. ³² "If you love those who love you, what credit is that to you? Even sinners love those who love them. ³³ And if you do good to those who are good to you, what credit is that to you? Even sinners do that. ³⁴ And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. ³⁵ But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. ³⁶ Be merciful, just as your Father is merciful.