How to Love People Who Hurt You

Study Outline

Passage: 1 John 3:15-16, John 6:60-64, John 13:1-30

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> **Memory verse.** "We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren" (New American Standard Bible, 1995, 1 John 3:16).

Opening Prayer

Father, thank You for the love You showed us in Jesus. Open our eyes to see how He loved, and give us grace to love the same way. In the name of Jesus, amen.

I. Jesus Is the Standard of Love

A. What Jesus did defines love

> **1.** "We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren" (New American Standard Bible, 1995, 1 John 3:16).

a. A novel, a film, and a song do not define love. Jesus does.

b. To lay down your life means that you take what is rightfully yours and set it aside for the good of someone else.

> **2.** "Everyone who hates his brother is a murderer; and you know that no murderer has eternal life abiding in him" (New American Standard Bible, 1995, 1 John 3:15).

a. This verse leaves no room for "I love Jesus, but I hate that man."

b. "You do not know what he did to me" does not change what John wrote.

B. Love is who God is

> **1.** "The one who does not love does not know God, for God is love" (New American Standard Bible, 1995, 1 John 4:8).

a. God is not merely good at love. He is love.

> **2.** "Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails" (New American Standard Bible, 1995, 1 Corinthians 13:4-8).

a. This passage describes how God treats you.

b. This passage describes how you treat other people when you follow Him.

> **3.** "And although you were formerly alienated and hostile in mind, engaged in evil deeds, yet He has now reconciled you in His fleshly body through death, in order to present you before Him holy and blameless and beyond reproach" (New American Standard Bible, 1995, Colossians 1:21-22).

a. God does not judge you by your worst day. He sees you in Christ.

> **4.** "Above all, keep fervent in your love for one another, because love covers a multitude of sins" (New American Standard Bible, 1995, 1 Peter 4:8).

a. A ministry of exposing the faults of others is not the ministry of Jesus.

Transition: The standard is clear. The question is how it works with a person who keeps doing wrong. Jesus answers with His own example.

Application Questions

Whose name comes to mind when you read 1 John 3:15?

Which phrase in 1 Corinthians 13:4-8 describes how God has treated you this week?

II. Jesus Loved Judas for a Year, Knowing What Judas Would Do

A. Jesus knew from the beginning

> **1.** "Therefore many of His disciples, when they heard this said, 'This is a difficult statement; who can listen to it?' But Jesus, conscious that His disciples grumbled at this, said to them, 'Does this cause you to stumble? What then if you see the Son of Man ascending to where He was before? It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life. But there are some of you who do not believe.' For Jesus knew from the beginning who they were who did not believe, and who it was that would betray Him" (New American Standard Bible, 1995, John 6:60-64).

a. The grumbling came from disciples, in a meeting of disciples.

b. Jesus knew their private grumbling. He knows ours.

c. The crowd wanted natural bread. Jesus offered Himself, the bread of life.

2. John sets this scene near a Passover (John 6:4). The betrayal came at the next Passover (John 13:1), about a year later.

B. Jesus did not change toward Judas

> **1.** "All that the Father gives Me will come to Me, and the one who comes to Me I will certainly not cast out. For I have come down from heaven, not to do My own will, but the will of Him who sent Me. This is the will of Him who sent Me, that of all that He has given Me I lose nothing, but raise it up on the last day" (New American Standard Bible, 1995, John 6:37-39).

a. The knowledge of what Judas would do did not change who Jesus was, His purpose, or His attitude toward Judas.

> **2.** "Jesus summoned His twelve disciples and gave them authority over unclean spirits, to cast them out, and to heal every kind of disease and every kind of sickness" (New American Standard Bible, 1995, Matthew 10:1).

a. Judas received the same authority as the other eleven.

b. Jesus sat at the same table with Judas every day for that year.

C. The Holy Spirit leads you with difficult people

> **1.** "But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come" (New American Standard Bible, 1995, John 16:13).

a. The answer to "Should I separate myself from them?" is to follow the Holy Spirit, who is love.

> **2.** "If possible, so far as it depends on you, be at peace with all men" (New American Standard Bible, 1995, Romans 12:18).

a. You do not decide for the other person. You decide how you treat that person.

Transition: Jesus carried that knowledge for a year. John 13 shows what He did with it on the last night.

Application Questions

How do you treat the person who spoke against you and thinks you do not know?

What would change if you asked the Holy Spirit before you answered that person?

III. Jesus Served Judas to the End

A. He loved them to the end

1. "Now before the Feast of the Passover, Jesus knowing that His hour had come that He would depart out of this world to the Father, having loved His own who were in the world, He loved them to the end. During supper, the devil having already put into the heart of Judas Iscariot, the son of Simon, to betray Him, Jesus, knowing that the Father had given all things into His hands, and that He had come forth from God and was going back to God, got up from supper, and laid aside His garments; and taking a towel, He girded Himself. Then He poured water into the basin, and began to wash the disciples' feet and to wipe them with the towel with which He was girded" (New American Standard Bible, 1995, John 13:1-5).

a. Judas is in the number of those Jesus loved to the end.

b. Verse 3 is the anchor. Jesus knew where He came from and where He was going.

c. Peter objected. Judas did not. Jesus washed his feet as He washed the others.

B. He gave the morsel to Judas

1. "Jesus then answered, 'That is the one for whom I shall dip the morsel and give it to him.' So when He had dipped the morsel, He took and gave it to Judas, the son of Simon Iscariot" (New American Standard Bible, 1995, John 13:26).

a. John calls it a morsel (ψωμίον / psōmion).

b. The one person John names as receiving a morsel from the hand of Jesus that night is Judas.

2. "So after receiving the morsel he went out immediately; and it was night" (New American Standard Bible, 1995, John 13:30).

a. Jesus did not rebuke Judas. He served him.

C. The Lord's table declares this love

1. "For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, 'This is My body, which is for you; do this in remembrance of Me.' In the same way He took the cup also after supper, saying, 'This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until He comes" (New American Standard Bible, 1995, 1 Corinthians 11:23-26).

a. God does not need to do anything else to prove that He loves you.

b. Receive the love He demonstrated, and then give it.

Transition: A mentor said, "I made a decision to walk in love even if no one else does." Make that decision today.

Application Questions

What have you done with the life that Jesus gave for you?

What one act of service will you do this week for the person who hurt you?

Closing Prayer

Lord Jesus, You laid down Your life for me. I receive Your love today. I forgive the person who hurt me, and I choose to walk in love even if no one else does. Holy Spirit, lead me in how I treat that person this week. Amen.

References

Holy Bible: New American Standard Bible. (1995). La Habra, CA: The Lockman Foundation.