

## Know and Believe

**Love** – AGAPE.

- “the love that God has for us” – known from the actions it prompts; not drawn out by any excellence in its objects; Jesus is the perfect expression of love. [Vine’s]
- **Ephesians 2:4, 5** [AMP] – “*But God – so rich is He in His mercy! Because of and in order to satisfy the great and wonderful and intense love with which He loved us, <sup>5</sup> even when we were dead (slain) by [our own] shortcomings and trespasses, He made us alive together in fellowship and in union with Christ; [He gave us the very life of Christ Himself, the same new life with which He quickened Him, for] it is by grace (His favor and mercy which you did not deserve) that you are saved (delivered from judgment and made partakers of Christ’s salvation).*”

**I John 4:16** – *And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.*

- “we have known” – to come to know. **AMP adds** – *[by personal observation and experience]*.
  - **Note**: many don’t know!
- “and believed” – to commit oneself faithfully; to have faith directed towards. **AMP adds** – *[with deep, consistent faith]*
  - **Richards**: immovable trust.
  - **Note**: very few believe.

**Why would we know but not believe?**

- Known and unknown negative images, unhealthy beliefs, destructive cellular memories, and physical issues.

## How can we tell if there's a believing problem?

- Self-sabotage.

**Romans 7:21-25** – *I find then a law, that evil is present with me, the one who wills to do good. <sup>22</sup> For I delight in the law of God according to the inward man. <sup>23</sup> But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. <sup>24</sup> O wretched man that I am! Who will deliver me from this body of death? <sup>25</sup> I thank God—through Jesus Christ our Lord!*

**Prayer:** “I pray that all known and unknown negative images, unhealthy beliefs, destructive cellular memories, and all physical issues related to \_\_\_\_\_ would be found, opened and healed by filling me with the light, life and love of God. I also pray that the effectiveness of this healing be increased by 100 times or more.”

**Results of knowing & believing:** **I John 4:17, 18** [AMP] – *In this [union and fellowship with Him], love is completed and perfected with us, so that we may have confidence in the day of judgment [with assurance and boldness to face Him]; because as He is, so are we in this world.<sup>18</sup> There is no fear in love [dread does not exist]. But perfect (complete, full-grown) love drives out fear, because fear involves [the expectation of divine] punishment, so the one who is afraid [of God's judgment] is not perfected in love [has not grown into a sufficient understanding of God's love].*