

"Loving the Unlovely" Seven Ways to Explode God's Love in the World

- 1. Read 1 Corinthians 13 for 7 days in a row thinking of no one just reading and meditating on it.
- 2. Take the person who has wronged you and pray for that person every day for seven days. Don't talk about the person. Simply pray for them.
- 3. Say nothing negative about that person for seven days.
- 4. Refuse any negative thought about that person for seven days.
- 5. Think about as many positives about that person as possible. Even if there is only one positive, let that positive permeate your mind.
- 6. Listen with compassion to someone who is extremely self-centered. Can I identify with something that has happened to them? Could I do the same thing as they have?
- 7. For seven days do a good deed each day for that person. Affirm, send cards, take to lunch.



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