

GATHER: God's Promises  
March 10, 2026

1 John 4:18

**“There is no fear in love. But perfect love drives out fear...”**

**1 John 4:7-13; 15-19: God Is Love**

**7** Beloved, let's **love** one another; for **love** is from God, and everyone who **loves** has been born of God and knows God. **8** The one who does not **love** does not know God, because God is **love**. **9** By this the **love** of God was revealed in us, that God has sent His only Son into the world so that we may live through Him. **10** In this is **love**, not that we **loved** God, but that He **loved** us and sent His Son *to be* the propitiation for our sins. **11** Beloved, if God so **loved** us, we also ought to **love** one another. **12** No one has ever seen God; if we **love** one another, God remains in us, and His **love** is perfected in us. **13** By this we know that we remain in Him and He in us, because He has given to us of His Spirit...

**15** Whoever confesses that Jesus is the Son of God, God remains in him, and he in God. **16** We have come to know and have believed the **love** which God has for us. God is **love**, and the one who remains in **love** remains in God, and God remains in him. **17** By this, **love** is perfected with us, so that we may have confidence in the day of judgment; because as He is, we also are in this world. **18** There is no fear in **love**, but perfect **love** drives out fear, because fear involves punishment, and the one who fears is not perfected in **love**. **19** We **love**, because He first **loved** us.”

**Fear's Origin: Genesis 3:8-10**

**8** Now they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. **9** Then the Lord God called to the man, and said to him, “Where are you?” **10** He said, “I heard the sound of You in the garden, and **I was afraid** because I was naked; so I hid myself.”

2 Timothy 1:7 “God has not given us a spirit of fear, but of power and love and of a sound mind.”

Romans 8:15 “For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons (and daughters), by whom we cry. ‘Abba! Father!’”

Luke 14:6-7 “Are five sparrows not sold for two assaria? And yet not one of them has gone unnoticed in the sight of God. But even the hairs of your head are all counted. Do not fear; you are more valuable than a great number of sparrows.”

### “Perfect Love”

It is a process. It grows. It expands and as it does, it casts far away. In 1 John 4:11, it tells us to love one another and it is in each act of loving one another that it is perfecting. It grows and takes the space that fear would like to consume.

-Valerie Elliot Shepard shares her inspiring personal story of the power of love being perfected, casting out over fear.

### Small Group Questions

1. What are some real fears you have faced or you combat in your “sound mind”?
2. Have you experienced or witnessed love being perfected, through taking on the spirit of love over the spirit of fear?
3. Through today’s study or through Val’s story, is there someone or something you are feeling called to love?

*“Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened.”*

Billy Graham