



## Saved By What?

### Sin is Science

Ephesians 2:4-9(NIV): "But because of his great love for us, God, who is rich in mercy, <sup>5</sup> made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. <sup>6</sup> And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, <sup>7</sup> in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. <sup>8</sup> For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— <sup>9</sup> not by works, so that no one can boast."

"Love is the world's oldest medicine; your ability to give and receive love is your greatest gift and your greatest power.... I find it hard to think of any force that is more powerful than love." Dr. Vivek Murthy(former U.S. Surgeon General)

### Love ISN'T Natural, Normal, or Easy

"The truth is, you cannot love yourself unless you have been loved and are loved. The capacity to love cannot be built in isolation." Dr. Bruce Perry

"Moral progress is possible, but history suggests it is neither natural nor inevitable." Dr. Steven Pinker

"Humanity has a deep-rooted tendency toward violence, tribalism, and cruelty..." Dr. Robert Sapolsky

1 Corinthians 13:4-8(NIV): "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. <sup>5</sup> It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. <sup>6</sup> Love does not delight in evil but rejoices with the truth. <sup>7</sup> It always protects, always trusts, always hopes, always perseveres. <sup>8</sup> Love never fails."

### Love Saves

1 Corinthians 13:1-3(NLT): "But because of his great love for us, God, who is rich in mercy, <sup>5</sup> made us alive with Christ..."

Ephesians 2:4,5(NIV): "If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. <sup>2</sup> If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. <sup>3</sup> If I gave everything I have to the poor and even sacrificed my body, I could boast about it; but if I didn't love others, I would have gained nothing."

"Human nature is not just inherently selfish—it is tribal. We seek our own group's advantage at the expense of others, even when we claim to be fair-minded." Dr. Jonathan Haidt

### Love is our Meditation Medicine

Ephesians 3:17-20(NIV): "And I pray that you, being rooted and established in love, <sup>18</sup> 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, <sup>19</sup> and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. <sup>20</sup> 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."

*All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.*