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ENACTING

GOD'S LOVE

IN CHRIST JESUS



CEFMORSI GLOBAL WORKSPACE TEAM

ENACTING GOD’S LOVE IN CHRIST JESUS

Love is not merely a concept to be admired, a doctrine to be defended, or a feeling to be experienced. In Christ Jesus, love is a life to be lived.

This edition invites us to move beyond the familiarity of hearing about God’s love into the deeper responsibility of enacting it - intentionally, consistently, and visibly. The scripture does not present love as optional behavior for believers, but as the very proof of our rootedness in Christ and the clearest witness of our discipleship.

The Apostle Paul prays that believers would be “rooted and grounded in love” (Ephesians 3:17–19). This tells us something profound: love is not sustained by willpower alone, but by depth - depth of relationship, depth of understanding, and depth of union with Christ. Only when love becomes our foundation can it become our expression.

In a world driven by reaction, retaliation, and self-preservation, the call to love - genuinely, sacrificially, and without hypocrisy - stands as a countercultural mandate. Romans 12 challenges us to let love be sincere, to overcome evil with good, and to respond not from wounded pride but from renewed minds. This is not a weakness; it is spiritual maturity in action.



1 Corinthians 13 further reminds us that spiritual activity without love is hollow. Gifts impress, but love transforms. Knowledge informs, but love builds. Power may draw attention, but love endures. Love is not only the more excellent way - it is the eternal way.

Jesus Himself settles the matter when He says, “A new commandment I give to you, that you love one another as I have loved you” (John 13:34–35).

ENACTING GOD'S LOVE IN CHRIST JESUS

Our love is not modeled after human standards, but after Christ's own life - obedient, self-giving, faithful to the end. This love becomes an unmistakable mark by which the world recognizes those who truly belong to Him.

As you journey through this edition, you are encouraged to reflect honestly:

- Is God's love merely known, or actively expressed through you?
- Has love become your response, your language, and your posture?
- Are your relationships shaped by grace, truth, patience, and sacrifice?

To enact God's love is to allow Christ to live through us - loving through our words, our decisions, our forgiveness, and our service. It is love translated into action, faith working through love, and truth embodied in daily living.

May this edition guide you beyond understanding love to walking in it, so that Christ may be seen, glorified, and revealed through you - today and always.



ACHIEVER'S FAITH DIGEST

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“...that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which surpasses knowledge, that you may be filled with all the fullness of God” - Ephesians 3:17–19.

WELCOME TO FEBRUARY 2026: Enacting God’s Love in Christ Jesus



What Does It Mean to Enact God’s Love?

Love: The More Excellent Way

Why Love Is the Excellent Way

WELCOME TO FEBRUARY 2026: Enacting God's Love in Christ Jesus

"...that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which surpasses knowledge, that you may be filled with all the fullness of God" Ephesians 3:17–19.

I warmly welcome you to February 2026, the second month of the year of our Lord, under the divinely inspired theme: "Enacting God's Love in Christ Jesus."

It is my earnest prayer that, through the teaching and unveiling of God's written Word, you will come to understand both the why and the how of enacting God's love in Christ Jesus as you do life and live godly in His grace.



What Does It Mean to Enact God's Love?

To enact means to activate, reinforce, and bring into operation something that already exists. It is the movement from potential to expression - awakening what is already present and allowing it to function tangibly.

In this context, enacting God's love means bringing into visible reality the divine love that has already been deposited in us through redemption. It is not about striving to manufacture love, but about expressing the love-DNA of God that now defines our new creation identity in Christ Jesus.

To enact is to act out - to cause to materialise, represent, and demonstrate in every situation what God has already accomplished within us by grace.

Love: The More Excellent Way

The love of God in Christ Jesus is not merely one of many options for Christian living - it is the highest, most excellent way to do life and fulfil divine purpose.

"But earnestly desire and zealously cultivate the greatest and best gifts and graces... and yet I will show you a still more excellent way-love." 1 Corinthians 12:31 (Amplified Classic).

Love is the divine framework through which every aspect of spiritual life finds its true meaning and power.

Why Love Is the Excellent Way

Below are key scriptural reasons why love stands as the supreme pathway for living victoriously in Christ:

WELCOME TO FEBRUARY 2026: Enacting God's Love in Christ Jesus

1. Love Is of the Holy Spirit

Love is poured into our hearts by the Holy Spirit and sustained by His indwelling presence. (Romans 5:5, 8; John 14:15–17)

2. Love Activates Faith

Faith works effectively through love and overcomes the world's systems by it. (Hebrews 11:6; Galatians 5:6; 1 John 5:4–5)

3. Love Enables Acceptable Service and Worship

True service to God and to one another in the Kingdom must flow from love. (Galatians 5:13; Philippians 3:3; John 4:19–24)

4. Love Identifies Us as Christ's Disciples

Love is the defining mark of authentic followership and ambassadorship in Christ. (John 13:34–35)

5. Love Governs Spiritual Gifts and Growth

Spiritual gifts must operate within the character and fruit of love to build the Body of Christ. (1 Corinthians 13:1–4; Galatians 5:22–25; Ephesians 4:11–16)

6. Love Opens the Door to Divine Revelation

God's plans, purposes, and pursuits are revealed within the atmosphere of love. (1 Corinthians 2:9–10; Romans 8:28–30; Ephesians 1:10–12)

7. Love Enacts the Redemption Mandate

We love because He first loved us, and through love we reflect the fullness of redemption in Christ. (Revelation 1:4–6; John 15:9–17)

Prayer

My prayer for you is that you will know the love of God in Christ Jesus, not merely intellectually, but experientially - so that you may do life and live godly in the excellent way, and ultimately be filled with all the fullness of God through the Holy Spirit who dwells within you.

Blessed regards.

FURTHER SCRIPTURAL STUDY:

John 3:16-17/NKJV, Romans 5:5, 8/NKJV, Revelation 1:4-6, Ephesians 3:17-19/NKJV, John 13:34-35, John 15:9-17, Romans 12:9-10, 1 John 4:7-21/NKJV, 1 John 3:1, Romans 5:8, Romans 5:5, Romans 8:26-27, 1 Corinthians 13:1-13/NKJV.

TRIUMPHING BY LOVE: The Love That Gives and Serves

"For God so LOVED the world, that he GAVE his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. 17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved. 18 He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God" John 3:16-18.



God Is Love - Love Defined by Giving

God is love - not merely in action, but in essence. Love cannot be rightly understood outside the Person who is love, nor separated from the way He has lavishly expressed that love toward us through the Holy Spirit given to us in redemption through Christ Jesus. (1 John 4:8, 16; Romans 5:5, 8; John 14:16–17; John 3:16)

Love, therefore, is not a concept we invent; it is a personified reality revealed in Christ.

The Gospel's First Message: "God Loves Me"

When I first heard the Gospel of Christ - decades ago - the message that struck my heart then, and remains unwavering to this day, was this simple yet profound truth: God loves me. Through every season, every ascent and descent in the journey of faith, that revelation has never diminished. It is the anchor of Christian living and the foundation upon which faith operates.

"For in Christ Jesus neither circumcision nor uncircumcision avails anything, but faith working through love... By love serve one another" Galatians 5:6, 13.

Love That Gives Brings Liberty

God did not merely declare His love - He gave. He gave Christ Jesus so that we might be justified, qualified, and liberated from the grip and consequences of sin: spiritual death, bondage, sickness, and lack.

This liberty was once denied us under the dominion of darkness, but through redemption, we are now made alive, free, and reconciled to God (Ephesians 2:1–22).

True love, therefore, is not demanding - it is giving. And no one can live out genuine, godly love beyond the depth of revelation they possess of God's love in Christ.

Love Expressed Through Service

Jesus redefined greatness - not by authority exercised, but by service rendered. "Yet I am among you as the One who serves" Luke 22:25–27.

TRIUMPHING BY LOVE: The Love That Gives and Serves

As I grew in grace and in the knowledge of Christ, I discovered that His incarnation, suffering, and sacrifice were all driven by one purpose: to serve humanity through love (Hebrews 2:14–15; John 1:14; John 13:1–17; John 15:9–16). His service was not detached from love - it was love in action.

Redemption: Triumph Through Love

Christ's redemptive work was an act of triumphing love. Through giving His life and serving humanity, He disarmed principalities and powers and secured an eternal victory for us. "Unto Him that loved us, and washed us from our sins in His own blood..." Revelation 1:4–6.

Redemption is a finished triumph - one expressed through love that gave all and served completely (2 Corinthians 2:14; Colossians 2:8–15).

Walking in Love: The Believer's Mandate

To preserve the integrity of the Gospel, Christ charged believers to walk in love - the same love that gives and serves without prejudice (Ephesians 5:1–2; John 13:34–35).

Apostle Paul reinforced this truth, reminding the Church that it is more blessed to give than to receive and that liberty must never be separated from love-driven service (Acts 20:35; Galatians 5:1, 6, 13).

A Call to Triumph by Love

In Christ, we have already triumphed. Yet that triumph finds expression in how we love, how we give, and how we serve.

I therefore challenge us – today - to be genuine followers of Christ by walking in love, not through entitlement or demand, but through self-giving service, as Christ did (Ephesians 5:1–2; Romans 8:28–30; Ephesians 1:11–12).

May this writing awaken you to a renewed expression of grace-filled living in Christ Jesus. I sincerely welcome you to February – to triumphing by Love: a love that gives, a love that serves, and a love that is without prejudice, sentiment, or dissimulation (Romans 12:9–21; Proverbs 25:21–22; Matthew 5:38–48; Hebrews 11:6).

FURTHER SCRIPTURAL STUDY:

Colossians 2:15, 2 Corinthians 2:14/Amplified, Ephesians 3:17-19, Galatians 5:6, 13, 1 Corinthians 16:13-14/Amp, Ephesians 5:1-2, Acts 20:35, Luke 22:25-27 [Matthew 20:25-28; Mark 10:35-45].

God's Love in Christ Jesus Stead: The Moment-Driven Love-Based vs the Purpose-Driven Love-Based Personalities

"Now before the Passover Feast, Jesus knew that His hour had come [and it was time] for Him to leave this world and return to the Father. Having [greatly] LOVED His OWN who were in the world, He LOVED them [and CONTINUOUSLY LOVES them with His PERFECT LOVE] to the END (eternally) . . .

34 I am giving you a NEW COMMANDMENT, that you LOVE ONE ANOTHER. Just as I have LOVED you, so you too are to LOVE one another. 35 By this everyone will know that you ARE My DISCIPLES, if you have LOVE and UNSELFISH concern for one another" **John 13:1, 34-35/Amplified.**



Love Under Pressure in a Fractured World

We live in a world where love is tested daily. Patience is thinning, tolerance is shrinking, and relationships - whether marital, business, ministerial, or relational - are constantly strained by the pressures of life. In many instances, people are no longer willing to allow time for understanding, growth, refinement, or restoration. The process that once nurtured love is often aborted prematurely.

What once began with trust, hope, and promise - believed to be foundations for greatness, goodness, and fulfilment - is now frequently discarded without remorse. Relationships that were once vibrant are quickly placed on the altar of impatience.

A spiritual X-ray reveals deep pain and unresolved wounds. Formerly integrated bonds of love are collapsing at alarming rates, often degenerating into bitterness, wrath, hatred, and resentment. One is left wondering whether there was ever anything worthwhile at the beginning. Yet, when examined through the lens of God's Word and the illumination of the Holy Spirit, one often discovers gracious signals that were ignored. A lack of understanding of purpose and process - by one or both parties - becomes the trigger that brings the house down.

Love Must Be Sincere, Active, and Enduring

"Let love be sincere and active—the real thing—without guile and hypocrisy... Be devoted to one another with brotherly affection... never lagging behind in diligence, fervent in spirit, serving the Lord" Romans 12:9–11 (Amplified).

God's Love in Christ Jesus Stead: The Moment-Driven Love-Based vs the Purpose- Driven Love-Based Personalities

While the enemy rejoices over broken relationships, the individuals involved often sink into depression, questioning the genuineness of the other's faith or love. Rarely do they pause to examine themselves through the mirror of God's Word or to lean into God's love in Christ Jesus - the very love that ought to have guided them through the process of becoming all that grace intended.

The Moment-Driven Love-Based Personality

The Moment-Driven Love-Based personality is characterised by impatience and immediacy. Such individuals desire instant results and quick answers, with little tolerance for process. When outcomes do not align with their expectations, they seek alternatives or escape routes, abandoning commitments that require time, cultivation, and maturity.

This personality despises process. There is no willingness to till the ground, plant patiently, nurture growth, or wait for harvest. Everything must happen now. When gratification is delayed, obligations are shut down, rules are broken, and relationships are sacrificed on the altar of self - I, me, and myself.

"He who cultivates his land will have plenty of bread... but he who hurries to be rich will not go unpunished" Proverbs 28:19–22 (Amplified).

Such a person cannot build lasting structures - spiritually, relationally, or practically - because endurance, faithfulness, and discipline are absent.

The Purpose-Driven Love-Based Personality

In contrast, the Purpose-Driven Love-Based personality is anchored in longevity. This believer is committed to patience, willing to walk through process, and prepared to nurture growth within the right spiritual and relational environment. There is no appetite for shortcuts, scams, or compromises, because purpose is intentional and resolved.

This personality understands that process defines outcome, not the other way round. Faith is not microwave-driven but cultivated through diligence, endurance, and trust in God's timing.

Purpose-driven love is faith standing in grace - rooted firmly in God's love in Christ Jesus. Just as Christ came at the fullness of time, so too does every divine purpose unfold according to God's ordained process.

"But when the fullness of the time had come, God sent forth His Son... to redeem them that were under the law" Galatians 4:4–5.

God's Love in Christ Jesus Stead: The Moment-Driven Love-Based vs the Purpose-Driven Love-Based Personalities

John 3:16-17/
NKJV, Romans 5:5, 8/
NKJV, Revelation
1:4-6, Ephesians 3:17-19/
NKJV, John
13:34-35, John
15:9-17, Romans
12:9-10, 1 Corinthians
13:1-13/NKJV.

God's Redemptive Love: A Model of Process

Human redemption was not an instant intervention. It was a divine process planned from eternity. Isaiah prophesied of a Child born, who would grow to become a Son given, prepared and presented for the sacrificial work of salvation.

"For unto us a child is born, unto us a son is given..." Isaiah 9:6-7.

God's love was costly, intentional, and patient. It unfolded through prophecy, preparation, incarnation, suffering, and glory. This is the ultimate model of purpose-driven love.

"For God so loved the world that He gave His only begotten Son..." John 3:16-18.

Empowered by the Spirit of Love

Believers are empowered to live purpose-driven love by the Holy Spirit, who pours God's love into our hearts. Therefore, it is inexcusable for a believer to remain moment-driven in love when God Himself has demonstrated purposeful love in Christ Jesus.

"The love of God is shed abroad in our hearts by the Holy Ghost" Romans 5:5.

"All things work together for good to them that love God, to them who are the called according to His purpose" Romans 8:28.

When Love Languages Clash in Relationships

Many marriages, partnerships, and ministries today are fractured because one party enters with a moment-driven mindset while the other operates purpose-driven love. The result is tension, misunderstanding, and eventual separation. One is eager to abandon ship; the other is willing to endure storms to reach the intended destination.

Without mutual understanding and alignment, progress becomes impossible.

"Can two walk together, except they be agreed?" Amos 3:3.

Choosing Purpose Before Partnership

Beloved in Christ, it is vital to discern whether those you journey with are purpose-driven or moment-driven in love. Discernment before commitment prevents heartbreak later. Vision must be written plainly before the race begins, because purpose requires patience.

"Though the vision tarries, wait for it... but the just shall live by his faith" Habakkuk 2:1-4.

A Call to Purpose-Driven Love

Let God's purpose-driven love rule your heart through the Holy Spirit. Embrace the process of becoming, for fulfillment lies not in haste but in obedience, faith, and patience.

Be a Purpose-Driven, Love-Based Believer in Christ Jesus - regardless of the process because therein lies true blessedness, fulfillment, and godly living.

Be blessed in the grace. Amen

The Faith That Works: Founded, Rooted, and Grounded in the Love of Christ

"For [if we ARE] in Christ Jesus neither circumcision nor uncircumcision means anything, but only FAITH ACTIVATED and EXPRESSED and WORKING through LOVE" Galatians 5:6/ Amplified.

Faith That Cannot Be Stopped

There is no geographical location, circumstance, or season of life that can halt your position, progress, or altitude when your faith works by love. Where faith is genuinely energised by love, barriers lose their power and limitations give way to divine possibilities.

Faith is the mystery - God's vital and legal currency - by which heaven is accessed from the earth, and by which heavenly authority is granted expression in earthly affairs. Yet faith reaches its highest efficacy only when it is rooted in love. One can possess faith, but without love, its expression becomes restricted, brittle, and incomplete.

Love: The Lubricant of Living Faith

Love is the purest gift God has given humanity - untainted, selfless, and free from prejudice, sentimentality, and hypocrisy. It is the divine lubricant that enables faith to function smoothly, effectively, and consistently.

Faith works best where love flows freely. Love assures us of our justification by faith and gives us confident access to God within the realm of grace. Without love, faith struggles to communicate, to endure, and to bear fruit.

"For you, my brothers, were called to freedom; only do not let your freedom become an opportunity for the sinful nature, but through love serve and seek the best for one another" Galatians 5:13 (Amplified).

The Nature of God's Love in Action

"Let love be sincere and active—the real thing—without guile and hypocrisy... Be devoted to one another with authentic brotherly affection" Romans 12:9–10 (Amplified).

The love that empowers faith is not passive or pretentious. It is sincere, active, and discerning - hating what is evil, clinging to what is good, and honouring others above self. This is the love that sustains faith in trials, stabilises faith in success, and preserves faith across seasons.



The Faith That Works: Founded, Rooted, and Grounded in the Love of Christ

Justified by Faith, Accessing Grace by Love

“Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ, by whom also we have access by faith into this grace wherein we stand” Romans 5:1–2.

Faith establishes our peace with God, but love governs how that faith is expressed in daily living. Where faith is divorced from love, peace is easily disturbed; but where faith works by love, grace becomes a living environment rather than a mere doctrine.

Faith That Thrives, Not Merely Survives

In personal relationships, family life, ministry, charity, career, business, marriage, and even governance, the faith that works by love is inevitable and indispensable for anyone who desires to thrive rather than merely survive.

Love is the ultimate hallmark and fulcrum of spiritual grace. It is the more excellent way through which spiritual endowment is expressed in life and godliness in Christ Jesus. When faith is expressed through love, it enables believers to blossom in every season of life - whether winter, autumn, spring, or summer.

“While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night shall not cease” Genesis 8:22.

A Tested and Proven Conviction

This truth is not theoretical. It is a lived revelation seen in God through Christ. It is this understanding that assures me and compels me to recommend it to you: there is divine graciousness, gracefulness, and spiritual acceleration when one chooses to live by the faith that works by love in God’s blessedness in Christ Jesus.

Such faith moves with clarity, consistency, and divine momentum - unhindered by seasons, strengthened by love, and anchored in grace.

FURTHER SCRIPTURAL STUDY

Galatians 5:6, Genesis 8:22, 1 Corinthians 12:31/1 Corinthians 13:1-13, John 13:34-35, John 15:13-14, Romans 12:9-12.

John the Beloved: The Disciple Formed by Love

SCRIPTURES: JOHN 13:23, JOHN 19:26–27, JOHN 21:20, 1 JOHN 4:7–21

WHY JOHN?

Among the twelve apostles, John stands out - not for dramatic miracles recorded in Acts, nor for missionary exploits across regions - but for his formation by divine love. He is consistently referred to as “the disciple whom Jesus loved”, not as a title of pride, but as a posture of identity.

John’s life reveals what happens when a believer allows God’s love in Christ Jesus to shape perception, character, ministry, and endurance.



**BIBLE CHARACTER
SPOTLIGHT**

FROM AMBITION TO ABIDING

John did not begin as “the Beloved”. He began as a Son of Thunder - ambitious, intense, and at times self-seeking (Mark 3:17; Luke 9:54).

Yet proximity to Christ transformed him. By abiding near Jesus - leaning on His chest at the Last Supper, remaining at the Cross when others fled, and walking in continued fellowship after the resurrection - John’s nature was reshaped. Love did not merely inspire him; love redefined him.

LOVE THAT STAYED AT THE CROSS

While many disciples scattered in fear, John stood at the foot of the Cross. It was there that Jesus entrusted His mother to John’s care (John 19:26–27). This moment reveals a powerful truth: those formed by love are trusted with responsibility, not because of strength, but because of faithfulness.

God’s love, enacted through Christ, produces believers who can be relied upon in moments of pain, transition, and fulfillment.

LOVE AS REVELATION, NOT SENTIMENT

John’s later writings show that love, to him, was not emotional language - it was spiritual reality. “God is love; and he that dwelleth in love dwelleth in God, and God in him” (1 John 4:16).

BIBLE CHARACTER SPOTLIGHT

SCRIPTURES: JOHN 13:23, JOHN 19:26–27, JOHN 21:20, 1 JOHN 4:7–21

JOHN TEACHES THAT LOVE IS:

- Evidence of regeneration
- The proof of discipleship
- The environment where faith works
- The antidote to fear
- The measure of spiritual maturity

JOHN'S LIFE MESSAGE

John's gospel and epistles reveal a singular conviction:

Love is not what believers feel. Love is what believers live. This aligns directly with the February theme - enacting God's love, not merely confessing it.



KEY LESSONS FOR FEBRUARY 2026

1. Love is cultivated through intimacy with Christ

John's transformation came from nearness, not noise.

2. Love matures believers for responsibility

Those grounded in love can be trusted with people, purpose, and legacy.

3. Love sustains faith across seasons

John lived longer than all other apostles, carrying truth across generations.

4. Love is the language of spiritual authority

John's writings carry weight because they flow from revelation, not rhetoric.

REFLECTIONS

Where has love shaped your faith - and where has fear limited it?

- Are you leaning close enough to Christ to be formed by His love?
- In what areas of life is God calling you to enact, not merely profess, His love?

Enacting Love in a Reactive World

Scriptures: John 13:34–35 · Romans 12:9–21 · 1 Corinthians 13:4–7 · Ephesians 3:17–19

We live in a time where reaction is celebrated and restraint is misunderstood. Speed has replaced discernment, outrage has replaced understanding, and self-preservation is often mistaken for wisdom. Yet Scripture calls believers to a higher posture - to enact God's love in Christ Jesus, not merely to speak of it.

To love today is not passive. It is deliberate, courageous, and counter-cultural.

Love in Disagreement

Disagreement is inevitable; division is not. In a reactive world, disagreement quickly escalates into offence, character assassination, and relational breakdown. Love, however, does not deny difference - it governs response.

Biblical love listens before speaking, seeks understanding before victory, and values unity over ego. Loving in disagreement means refusing to weaponise truth, refusing to reduce people to positions, and refusing to allow anger to override grace.

“Let love be without dissimulation... Be kindly affectioned one to another” - Romans 12:9–10. Love does not require agreement to remain godly. It requires humility.

Love in Leadership and Service

Leadership reveals the true nature of love. In Christ's model, leadership is not control but care; not dominance but responsibility. Love in leadership expresses itself through service, patience, fairness, and accountability.

Jesus taught that greatness is measured not by authority exercised, but by service rendered (Luke 22:25–27). In families, workplaces, ministries, and governance, love-led leadership creates safety, growth, and trust. Where love governs leadership, people are built - not used.

Love Under Pressure, Offence, and Misunderstanding

Pressure does not create character; it reveals it. Offence, misrepresentation, and misunderstanding are unavoidable in human relationships. Love does not pretend these wounds do not hurt - it chooses not to retaliate.

Enacting love under pressure means:

- Responding without bitterness
- Refusing to repay evil for evil
- Guarding the heart against resentment
- Trusting God with vindication

“Love bears all things, believes all things, hopes all things, endures all things” - 1 Corinthians 13:7. Love endures - not because it is weak, but because it is anchored in Christ.



HEALTH & WELLNESS

Love

Emotional Health & Inner Stability

SCRIPTURES: PROVERBS 4:23 · ROMANS 12:9-21
· EPHESIANS 4:31-32 · PHILIPPIANS 4:6-7 ·
COLOSSIANS 3:12-15

READ NOW



Love, Emotional Health, and Inner Stability

Emotional health is not sustained by denial, suppression, or constant self-defence. It is sustained by alignment - alignment with God's love in Christ Jesus. Scripture reveals that love is not only a spiritual virtue; it is a stabilising force for the inner life. When love governs the heart, the soul finds rest.

How Living in Love Stabilises Emotional Health

The human heart was designed to function from love, not from fear. When believers live consciously rooted and grounded in the love of Christ, emotional reactions begin to lose their dominance.

Love provides:

- Emotional regulation in moments of stress
- Security that is not dependent on people's approval
- A stable inner narrative anchored in God's acceptance

"Keep thy heart with all diligence; for out of it are the issues of life." Proverbs 4:23.

Living in love does not eliminate challenges, but it prevents internal collapse. Love creates emotional resilience - the ability to remain whole even when circumstances are unstable.

The Toll of Bitterness, Resentment, and Unforgiveness

Unresolved offence is one of the greatest silent threats to emotional and mental wellbeing. Bitterness burdens the mind. Resentment distorts perception. Unforgiveness anchors the heart to past pain.

These inner states drain emotional energy, cloud judgement, and often manifest as anxiety, anger, emotional numbness, or chronic unrest. Scripture consistently warns that what is harboured in the heart eventually shapes the quality of life.

"Let all bitterness, wrath, anger, clamour, and evil speaking be put away from you..." Ephesians 4:31.

Forgiveness is not denial of hurt; it is release from captivity. Love frees the soul from carrying what it was never designed to sustain.

Love as a Pathway to Peace and Mental Clarity

Peace is not the absence of conflict - it is the presence of divine order within the soul. Love ushers in that order.

When love governs the heart:

- The mind becomes less reactive
- Thoughts become clearer and more discerning
- Emotional responses become measured, not impulsive

"And let the peace of God rule in your hearts..." Colossians 3:15.

Love allows peace to take the lead. It creates mental clarity by removing the noise of offence, fear, and self-defence. In love, the believer gains the freedom to think clearly, pray honestly, and respond wisely.

A Healthier Inner Posture

Living in love is not emotional weakness - it is emotional strength under discipline. It is the decision to protect inner stability by choosing God's way of relating, even when emotions pull in another direction.

"The peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus" Philippians 4:7.

Love guards the heart. Peace guards the mind. Together, they form the foundation of emotional and mental wellness in Christ.

Reflection Pause

- What emotions have I been carrying that love is asking me to release?
- Are there unresolved offences affecting my inner peace?
- How can I consciously practise love to protect my emotional health?

I am rooted and grounded in the love of Christ.

Christ dwells in my heart by faith, and His love is my foundation, my confidence, and my way of life. I am strengthened by the Spirit in my inner being, and I grow daily in the knowledge of the width, length, depth, and height of His love.

I walk in love sincerely and without hypocrisy.

I reject dissimulation, bitterness, and selfish ambition. I cleave to what is good, I honour others above myself, and I overcome evil with good. The love of God governs my responses, my decisions, and my conduct.

I express faith through love.

My faith is active, effective, and fruitful because it works by love. I do not use my liberty as an occasion for the flesh; rather, by love I serve others joyfully and willingly. Love is the atmosphere in which my faith flourishes.

I love as Christ has loved me.

I am patient and kind. I do not envy, boast, or behave unseemly. I am not easily provoked, and I keep no record of wrongs. I rejoice in truth, endure with grace, and remain steadfast in hope. Love never fails in me because Christ lives in me.

I live as a visible witness of Christ's love.

By walking in love, I reveal that I am a disciple of Jesus Christ. My relationships reflect His heart, my service reflects His humility, and my words reflect His grace. As the Father has loved Christ, so Christ has loved me - and I abide in that love daily.

I choose love over offence. I choose love over fear. I choose love over self-preservation.

The love of God has been poured into my heart by the Holy Spirit, and I live from that supply. I am not driven by reaction, but by revelation. I am not ruled by emotion, but by Christ's commandment of love.

Today, I walk in the love of Christ. I live by it. I serve through it. I witness with it.

And through this love, I fulfil God's purpose in Christ Jesus.

Amen.

COMPANION REFLECTION WORKSHEET

Enacting God's Love in Christ Jesus

“That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love...” (Ephesians 3:17).

TAKE TIME TO REFLECT HONESTLY. THERE ARE NO RIGHT OR WRONG ANSWERS - ONLY GRACE-LED GROWTH.

1. WHERE AM I ROOTED? (EPHESIANS 3:14–19 REFLECTION)

Paul prays that believers would be **rooted and grounded in love**, not in fear, performance, approval, or control.

Reflect:

- What currently shapes my sense of worth and security?
- When challenges arise, what do I instinctively fall back on?
- Do my reactions reveal that I am rooted in Christ's love or in external validation?

Journal:

I recognise that I am most rooted in _____.

The Holy Spirit is inviting me to deepen my roots in Christ's love by _____.

2. HOW DOES MY LOVE RESPOND UNDER PRESSURE?

Pressure reveals what governs us.

Consider moments of:

- Disagreement
- Offence or misunderstanding
- Delay, stress, or unmet expectations

Reflect:

- Do I withdraw, react defensively, or seek to preserve self?
- Do I respond with patience, humility, and truth?
- How closely do my responses reflect Christ's love?

Journal:

Under pressure, my usual response is _____.

Christ is teaching me to respond in love by _____.

3. WHICH LOVE ATTRIBUTES NEED CULTIVATION? (1 CORINTHIANS 13:4–7)

Read slowly through the passage and note what stands out.

- Love is:
- Patient
 - Kind
 - Humble
 - Not self-seeking
 - Not easily angered
 - Forgiving
 - Truth-loving
 - Enduring

COMPANION REFLECTION WORKSHEET

Enacting God's Love in Christ Jesus

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TAKE TIME TO REFLECT HONESTLY. THERE ARE NO RIGHT OR WRONG ANSWERS - ONLY GRACE-LED GROWTH.

Reflect:

- Which attributes come naturally to me?
- Which ones require intentional growth?
- Where have I substituted sentiment for sincere love?

Journal:

The love attributes the Holy Spirit is cultivating in me this season are

4. PERSONAL COMMITMENTS: ENACTING CHRIST'S LOVE THIS MONTH

Love is not only received - it is enacted.

Commit intentionally to love through action.

This month, I commit to:

- Serving others in practical ways through love.
- Choosing love in conversations, even when misunderstood.
- Walking away from offence and choosing grace.
- Reflecting Christ in my leadership, relationships, and decisions.

Write your commitments:

1. _____
2. _____
3. _____

Prayer Commitment:

Holy Spirit, help me not only to know Christ's love, but to live it out daily. Strengthen my inner being, that love may guide my faith, shape my conduct, and glorify God through my life. Amen.

Q&A

WITH DR. (MRS.)
DEBBIE ADESHINA



By CEFMORSI GLOBAL WORKSPACE TEAM

Q Can you share a little about yourself?

My name is Debbie Ledisi Adeshina (Ph.d). I'm a civil servant - an academic teacher by profession, currently working under the Rivers State Ministry of Education. Also, a pastor pastoring a local church in Nih Etche in Etche LGA of Rivers State - Nigeria.

Q How did you come to know about CEFMORSI and its Christian Study sessions?

I got to know Cefmorsi and its Christians study through my Spiritual father and mentor, who happens to be the visioneer and God's set-man for the commission.

Q Is there a verse we studied that has now become a 'permanent resident' in your heart, something you find yourself whispering to yourself during the day?

Yes. I Tim. 4:6-8 and 3 Jn. Vs 2.

Q What is your favourite topic so far, studied in our Bible study and why is it your favourite?

My favourite topics so far:

a.) Wealth and Riches in God's Kingdom Prosperity - In this topic, I was enlightened on God's financial plan for His children. Light was thrown on the composition of the Kingdom of God and that of Heaven (the domain of God in the life of men on earth). b.) Contending for the faith in the grace is another topic that I can't easily forget. In this study, we were taught the need to stand firm, holding fast to our faith in the gospel of Christ. This is achieved through being grounded and rooted in the study of the word. Both studies gave me a new perspective of God's word and have enhanced my Christian maturity.

Q If you had to describe our monthly programs to a stranger, what word would you use, that isn't 'religious' or 'educational'?

The description of the monthly programs is simply expository, Impactful and superlative. A 'must' connect for life transformation.

Q Was there a specific moment during teachings where you felt like the message was written just for you?

Yes. Several times.

Q Any Challenges you have encountered while trying to join our programs?

My major challenge is the network situation of my locality and the rapid consumption of data by our network provider. Although determination and commitment are helping me to be in most of the classes.

Q When you look back at who you were a year ago, how has God's grace reshaped your perspective?

Simply wonderful! I now have better understanding and application of some of the scriptural quotes that weren't very clear to me.

Q What can we inculcate during Bible study sessions that would make you feel more comfortable and closer to God as you attend?

You're already doing the needful by asking us to read Bible passages and to explain what we understood from them.

Q We hope you have benefited in one way or the other from our study sessions, if yes, kindly share with us.

My Christian maturity is enhanced, and my prayer life has become better.
God bless CEFMORSI and more of God's blessings and grace for greater exploit

Q&A

WITH MRS. CHINWEIKPE
OGUNKA-CHUKU



By CEFMORSI GLOBAL WORKSPACE TEAM

Q Can you share a little about yourself?

I am Mrs. Golda, a dedicated member of the CEFMORSI team. I was born and raised in a Christian home, and I remain deeply committed to doing God's work and serving faithfully in His vineyard.

Q How did you come to know about CEFMORSI and its Christian Study sessions?

I've been familiar with CEFMORSI and its Christian Study sessions for quite some time, although I can't recall the exact year. I initially learned about CEFMORSI through the visionary founder, Rev. Chukie Morsi Snr. Over the years, I've had the privilege of attending the study sessions, which I have found to be truly enriching and spiritually uplifting.

Q Is there a verse we studied that has now become a 'permanent resident' in your heart, something you find yourself whispering to yourself during the day?

Yes. John 1:14:

"And the word was made flesh and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth."

This scripture continually reminds me that God's Word is not abstract - it is tangible, alive, and full of grace and truth. If only I can conceive the Word concerning me, then the Word will become flesh - tangible in my life - just as Mary received and conceived the Word that came to her.

Q What is your favourite topic so far, studied in our Bible study and why is it your favourite?

My favourite topic so far is "Living a fasted life." I consider it my favourite because it truly opened my eyes to what real and true fasting actually is. It completely reshaped my understanding. These are a few out of the many lessons I learnt.

Initially, I believed that living a fasted life meant constantly engaging in physical fasting. However, I came to understand that it truly means being completely dedicated to the promptings of the Holy Spirit, not merely performing a physical act. It is about maintaining a ready lifestyle - always open to hearing from the Holy Spirit.

Fasting without devoted time to prayer and studying the Word under the guidance of the Holy Spirit is mere starvation. Fasting does not change God, and He cannot be bribed with fasting. It is not about the number of days, but about the motives and purposes behind it.

Q If you had to describe our monthly programmes to a stranger, what word would you use, that isn't 'religious' or 'educational'? Nourishing.

Q When you look back at who you were a year ago, how has God's grace reshaped your perspective?

God's grace has reshaped me in many ways. I used to think that my ex (Satan) was everywhere, and whenever something negative occurred, I would attribute it to him. However, I have learnt that he can never be omnipresent like our Lord Jesus Christ.

I realised that when I give too much attention to my ex (Satan), it gradually affects the enjoyment of my newfound relationship with God. This does not mean I am unaware of his works and devices, but I no longer magnify them above God's sovereignty.

I have also come to understand that being abased is not punishment, demotion, or degradation. Rather, it is a place of humility in grace - a position where God gains your attention, makes you ready, and keeps you focused on Him.

Q&A

WITH MRS. CHINWEIKPE
OGUNKA-CHUKU



By CEFMORSI GLOBAL WORKSPACE TEAM

Q Was there a specific moment during teachings where you felt like the message was written just for you?

Yes. During the teaching on “The Word Became Flesh” (The Word became tangible in the light of the Scriptures), it was mentioned that forgiveness is divided into three parts, the first being, “Forgive yourself.”

Forgiving myself has always been difficult for me. But during that teaching, it felt as though my name was being called. It was a deeply personal moment that encouraged me to consistently learn to forgive myself.

Q What can we inculcate during Bible study sessions that would make you feel more comfortable and closer to God as you attend?

Nothing at all. It is just really enriching and expository.

Q Any challenges you have encountered while trying to join our programmes?

None, except network issues depending on my location most times.

Q We hope you have benefited in one way or the other from our study sessions, if yes, kindly share with us.

Yes, I have greatly benefited. I learnt how to respond to issues rather than react. Choosing to respond instead of reacting leads to more thoughtful decisions and positive long-term outcomes. It creates space between an event and your reaction, allowing for better understanding.

I have also learnt that we have the default of love in us as believers. We must always speak the truth in love. Instead of saying, “God knows the truth,” we should speak the truth ourselves - God will not come down to say it for us. Whatever we do, whether in the house of God or in the secular world, we must do it with love. Without love, God is not there, and there will be no reward in it.

CEFMORSI APP

SCAN ME



Download the Cefmorsi App

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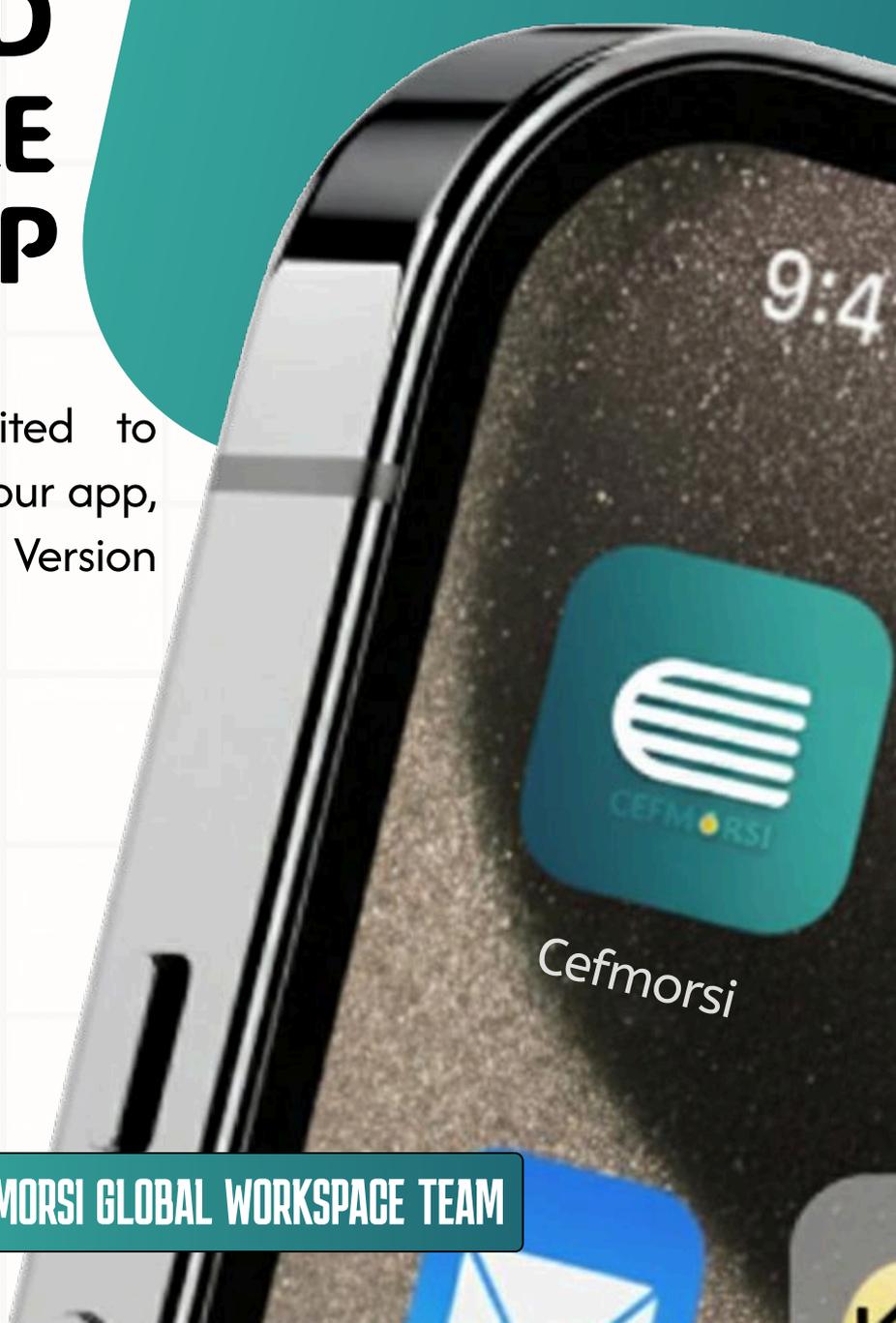
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CEFMORSI GLOBAL WORKSPACE TEAM





CEFMORSI GLOBAL WORKSPACE TEAM

JOIN OUR TRANSFORMATIVE

BIBLE TEACHING

6:30PM [LONDON TIME] || LIVE ON   zoom

EVERY 1ST/2ND TUESDAY OF THE MONTH