



# Loving People Without an Agenda



Explore genuine love through scripture, learning to embrace others selflessly and build authentic, God-centered relationships.

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## Introduction

Welcome to this 7-day journey on **Loving People Without an Agenda**. In a world often driven by what we can gain from others, the call to love selflessly is both radical and healing. When Jesus taught us to love our neighbors as ourselves, He was inviting us into a life marked by genuine care that does not keep score or expect anything in return.

True relationships are not transactions but testimonies of God's love expressed through us. This Bible study will help you explore how to love people without hidden motives or expectations, reflecting God's unconditional love. Through Scripture, prayer, and reflection, you'll gain insight into the heart of Christ and how to mirror His love in your daily interactions.

Each day, you will explore key verses, supportive Scriptures, and devotional thoughts that will guide your understanding and practice of selfless love. Be prepared to challenge your own perspectives on relationships and open your heart to God's transformative grace. By embracing this journey, you will learn to foster connections that are authentic, freeing, and deeply rooted in God's love.

*Let's begin this beautiful adventure together, allowing God to guide our hearts toward loving freely and fully, without agendas.*





## Day 1: The Foundation of Selfless Love



Day 1: ❤️ The Foundation of Selfless Love

## Your Verse

*1 Corinthians 13:4-7 - Love is patient, love is kind. It does not envy, it does not boast, it is not proud.*

## Supporting Scriptures

- *John 15:12 - 'My command is this: Love each other as I have loved you.'*
- *Romans 12:9 - 'Love must be sincere. Hate what is evil; cling to what is good.'*



Day 1: ❤️ The Foundation of Selfless Love

## Devotional: Understanding the Heart of Genuine Love

**Love is the cornerstone of all meaningful relationships.** Paul's description in 1 Corinthians 13 paints a picture of love that looks beyond personal gain and seeks the good of others. When we choose to be patient and kind without envy or pride, we begin to remove agendas that often cloud our relationships.

Jesus commanded us to love as He loved — sacrificially, unconditionally, and without strings attached. Genuine love doesn't measure how much we get back, but how much we give freely. This love reflects God's nature and draws others to Him through authentic connection.

*As you reflect on these verses today, ask yourself how your love matches this standard. Are your relationships free from selfish agendas? Are you embracing a love that gives without keeping count?*



## Reflect and Apply

1. How do I currently show love in my relationships? Is it conditional?

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2. What attitudes or expectations might I need to release to love selflessly?

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3. In what ways can I imitate Christ's love more intentionally today?

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# Journaling Prompts

1. Write about a relationship where love feels conditional. How can you change that?

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2. List qualities of love from 1 Corinthians 13 and reflect on which you need to grow in.

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3. Describe how unconditional love can transform your interactions tomorrow.

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Day 1: ❤️ The Foundation of Selfless Love

## Prayer for Today

**Lord, teach me to love like You love.** Help me to be patient and kind, to love without envy or pride. Remove any selfish motives in my heart and fill me with Your unconditional love, so my relationships may reflect Your grace and truth. *May I love freely, expecting nothing, and give wholly, as You give to me.* In Jesus' name, Amen. ❤️ 🙏 ✨





## Day 2: 🤝 Embracing Others Without Expectations



## Your Verse

*Luke 6:35 – But love your enemies, do good to them, and lend to them without expecting to get anything back.*

## Supporting Scriptures

- *Matthew 5:44 – 'Love your enemies and pray for those who persecute you.'*
- *Romans 5:8 – 'But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.'*



Day 2: 🧡 Embracing Others Without Expectations

## Devotional: Loving Without Expectation or Repayment

**Loving without expecting is a radical challenge.** Jesus calls us to love even those we might consider enemies, without looking for repayment. This kind of love refuses to be transactional or self-serving.

God's love is proactive and sacrificial; He loved us at our most undeserving moments. We, in turn, are invited to offer kindness to others without keeping score or demanding recompense.

*Today, consider who you might find difficult to love and how you can extend kindness without expecting anything in return.* This is how we mirror Christ's unmerited grace, breaking the chains of bitterness and selfishness.



## Reflect and Apply

1. Who in my life do I find hard to love? Why?

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2. What expectations do I hold when I love others, and how do they impact those relationships?

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3. How can extending grace like God's love reshape my views on difficult relationships?

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# Journaling Prompts

1. Reflect on someone you can offer unsolicited kindness to this week.

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2. Describe moments you have loved expecting something in return and what changes if you don't.

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3. Write a prayer asking God to soften your heart toward those you struggle to love.

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Day 2: 🧡 Embracing Others Without Expectations

## Prayer for Today

**Father, help me love without expecting anything back.** Give me the grace to show kindness to all, even those I struggle with, just as You love me unconditionally. Free me from the desire to keep score and fill my heart with Your generous spirit. *May my love reflect Your selfless nature.* In Jesus' name, Amen. 🧡 ❤️ 🙏





## Day 3: 🛡️ Guarding Against Manipulative Love



Day 3:  Guarding Against Manipulative Love

## Your Verse

*Proverbs 3:5 – Trust in the Lord with all your heart and lean not on your own understanding.*

## Supporting Scriptures

- *Jeremiah 17:9 – 'The heart is deceitful above all things and beyond cure. Who can understand it?'*
- *Galatians 5:22-23 – 'But the fruit of the Spirit is love, joy, peace...' (include love as key fruit)*



Day 3:  Guarding Against Manipulative Love

## Devotional: Discernment in Loving Without Manipulation

**Not all love is healthy or sincere.** Manipulation and self-interest can disguise themselves as love, causing harm in relationships. The Bible warns us to trust God's wisdom rather than our flawed human understanding.

By seeking the fruit of the Spirit—love, joy, peace, patience—we can discern genuine love from manipulative actions. When love is selfless and Spirit-led, it builds up rather than tears down.

*Today, pray for wisdom to recognize unhealthy patterns and strength to choose God-honoring love that frees and uplifts.*



## Reflect and Apply

1. Have I ever experienced or exhibited manipulative love?

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2. What signs reveal true, Spirit-led love versus unhealthy agendas?

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3. How can trusting God's wisdom help me navigate complex relationships?

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## Journaling Prompts

1. Identify a relationship where boundaries need strengthening to prevent manipulation.

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2. Reflect on how the fruit of the Spirit shows up in your love for others.

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3. Write about a time God helped you see or change a flawed approach to love.

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Day 3: 🛡️ Guarding Against Manipulative Love

## Prayer for Today

**Lord, grant me discernment to recognize genuine love.** Help me to rely on Your wisdom and not my own understanding. Lead me to cultivate the fruit of the Spirit in all my relationships and guard my heart against manipulation. *May my love be pure and honoring to You.* Amen. 🛡️ 🙏 🌿





## Day 4: Loving Through Forgiveness



## Your Verse

*Ephesians 4:32 – Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

## Supporting Scriptures

- *Colossians 3:13 – ‘Bear with each other and forgive one another if any of you has a grievance against someone.’*
- *Matthew 6:14 – ‘For if you forgive other people when they sin against you, your heavenly Father will also forgive you.’*



## Devotional: The Freedom of Forgiving Love

**Forgiveness is a powerful expression of selfless love.** Holding onto hurt or resentment clouds our ability to love freely. Scripture challenges us to forgive as God forgave us through Christ, releasing others from debts and offenses.

Forgiveness does not mean forgetting or excusing wrongs, but it opens the door for healing and restored relationships. When we forgive, we break free from bondage and create space for God's love to flow abundantly.

*Consider who you need to forgive today and ask God for the strength to do so. Experience how forgiveness transforms your heart and your connections.*



## Reflect and Apply

1. Who am I holding unforgiveness toward, and how is it affecting my love?

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2. What steps can I take to forgive and release past hurts?

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3. How does knowing God's forgiveness of me inspire my forgiveness of others?

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# Journaling Prompts

1. Write a letter (not necessarily to send) to someone you need to forgive.

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2. Reflect on the difference forgiveness has made in your life before.

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3. Describe what forgiveness feels like and what you hope to experience through it.

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Day 4: ❤️ Loving Through Forgiveness

## Prayer for Today

**Jesus, help me to forgive as You forgive.** Soften my heart toward those who have hurt me. Remove bitterness and fill me with Your compassion and kindness. Teach me to love freely by releasing offenses and extending grace. *Thank You for healing my heart through forgiveness. Amen.* ❤️ 🙏 🕊️





## Day 5: Growing Patience in Relationships



## Your Verse

*James 1:19 – Everyone should be quick to listen, slow to speak and slow to become angry.*

## Supporting Scriptures

- *Galatians 5:22 – 'But the fruit of the Spirit is love, joy, peace, forbearance...'*
- *Ecclesiastes 7:8 – 'The end of a matter is better than its beginning, and patience is better than pride.'*



## Devotional: Patient Love Builds Lasting Bonds

**Patience is essential for nurturing selfless love.** Relationships take time, grace, and understanding. Being quick to listen and slow to anger allows us to respond with love rather than react with selfishness.

God's Spirit cultivates patience within us, enabling us to bear with others and grow together in love. This kind of patience reflects humility and trust in God's timing rather than demanding immediate change.

*As you meditate on this today, ask God to help you grow in patience and to listen deeply to those around you.*



## Reflect and Apply

1. In what situations do I struggle with patience in relationships?

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2. How can active listening improve my interactions and reduce conflict?

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3. What does patience reveal about my heart and trust in God's plan?

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# Journaling Prompts

1. Recall a time when patience in a relationship created peace or healing.

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2. Write about ways you can practice being slow to anger and quick to listen.

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3. Pray for the Spirit's fruit of patience in your daily interactions.

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Day 5: 🌱 Growing Patience in Relationships

## Prayer for Today

**God, cultivate patience in my heart.** Help me listen more and react less. Teach me to bear with others in love and humility, trusting Your timing and wisdom. Fill me with Your Spirit so that I may grow in kindness and understanding. *May patience transform my relationships and reflect Your love.* Amen. 🌱 🙏 🕊





## Day 6: ✨ Loving Without Seeking Recognition



Day 6: ✨ Loving Without Seeking Recognition

## Your Verse

*Matthew 6:3-4 – But when you give to someone in need, do not let your left hand know what your right hand is doing.*

## Supporting Scriptures

- *1 John 3:18 – 'Dear children, let us not love with words or speech but with actions and in truth.'*
- *Philippians 2:3 – 'Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.'*



Day 6: ✨ Loving Without Seeking Recognition

## Devotional: Humble Love Honors God, Not Self

**Loving without agenda means loving humbly and anonymously.** Jesus teaches us to give and love without broadcasting our actions to gain praise or approval.

True love acts quietly, with humility, not seeking recognition or status but desiring only the good of the other and glory to God. When love is rooted in action and truth, it pierces through superficiality and builds deep trust.

*Reflect today on ways you can love others with humility, allowing God to be glorified rather than yourself.*



Day 6: ✨ Loving Without Seeking Recognition

## Reflect and Apply

1. Do I sometimes seek recognition when I love others? Why?

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2. How can I practice loving in ways that focus solely on the good of others?

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3. What does humility look like in my relationships today?

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Day 6: ✨ Loving Without Seeking Recognition

## Journaling Prompts

1. Write about a time you loved without seeking acknowledgment or thanks.

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2. Reflect on how your motivation changes when love is done in secret.

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3. Commit to one act of humble love to perform this week.

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Day 6: ✨ Loving Without Seeking Recognition

## Prayer for Today

**Lord, help me to love without seeking praise.** Teach me humility and sincerity in my actions. May my love reflect Your glory, not my own, and may I find joy in serving others quietly and faithfully. *Thank You for loving me first and setting the perfect example.* Amen. ✨ 🙏 ❤️





## Day 7: ✨ Reflecting God's Love to the World



Day 7: ✨ Reflecting God's Love to the World

## Your Verse

*1 John 4:7 – Dear friends, let us love one another, for love comes from God.*

## Supporting Scriptures

- *John 13:35 – 'By this everyone will know that you are my disciples, if you love one another.'*
- *Ephesians 5:1-2 – 'Follow God's example, therefore, as dearly loved children and walk in the way of love...'*



Day 7: ✨ Reflecting God's Love to the World

## Devotional: Living Out God's Love Daily

**Our love is a reflection of God's character to the world.** Love originates from God, and as His children, we are called to live it out authentically. Our relationships serve as a testimony of God's grace and goodness.

By loving without agenda—freely, humbly, and patiently—we show the world a glimpse of God's kingdom. This love draws others to Christ, making us visible disciples through our actions and heart attitudes.

*As you conclude this study, renew your commitment to be a vessel of God's pure love, shining brightly in all your relationships.*



## Reflect and Apply

1. How does my love reflect God's love to those around me?

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2. In what ways can my relationships be stronger testimonies of Christ?

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3. What daily choices affirm my commitment to love without agenda?

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# Journaling Prompts

1. Write about how your understanding of love has grown through this study.

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2. Identify practical ways to reflect God's love in your community.

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3. Pray for courage and grace to live out loving relationships authentically.

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Day 7: ✨ Reflecting God's Love to the World

## Prayer for Today

**Heavenly Father, thank You for Your perfect love.** Help me to reflect that love daily in my relationships – freely, humbly, and intentionally. May my life be a testimony of Your grace and truth, drawing others closer to You. Empower me to love without agenda and with a pure heart. *In Jesus' name, Amen.* ✨ ❤️ 🙏





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