

Building your life around LOVE makes sense.

Love ↔ Link 5 = Love ↔ CREATOR:

• You are made in God's Image ^A, and God is LOVE (W) ^B. • Believe it!

THE TRUTH ABOUT YOUR LOVE AND WORTH: • Love is fun. Love can also be hard work! • No matter what the circumstance, "to love someone" is always a choice you can make. • Everyone, even those who have chosen evil, deep down are searching for and desire love. • To love someone does not always mean you approve of their actions. • Learning to love and be loved is a life-long task. • There is no area of our lives that cannot be improved by adding love to it. • Genuine love never demands a response. Why? Love, to be love, must be free to love. Love is always a choice. You can never force someone to love you, and they can never force you to love them. This is why God will not force you to love him. • We best learn how to love by being loved, and by loving, we learn better how to be loved. • Experiencing love from others adds worth to our lives. This is true about God's love for us. • There is no better way to know someone than by loving them, and the better we know someone, the better we can love them. The same is true about our relationship with God. He will always love you ^C. • Psychologists call genuine love "non-possessive" love; Jesus calls it grace, or unconditional love. • You are made in God's Image ^A, and God is LOVE (W) ^B. Believe it!

TAKE ACTION: Waiting for others to love us before loving them is a mistake. Avoid pitying yourself and feeling unloved. Loving is a choice; choose to "love them first!" Remember that love, to be love, must always be a free choice, and so beware of trying to make someone love you – kids, spouses, parents, friends, etc. Love them without expecting them to love you in return. When or if they do choose to love you, it will be genuinely love. If not, keep loving them! You can change your beliefs!

LIES: Nobody really loves me. I am not worth loving. I am unlovable. *Don't believe them!*

5 ACTIONS for GROWTH

① LOVE: **Make a list** of those you "want to love". Next, write down ways that you can accomplish this love without any expectations of what you want from them. ② BE LOVED: **Make a list** those from whom you have "received kindness or love". Next, **schedule a time** to thank them, and then share some love in return. ③ **Check (✓)** all on your list where you will "need patience". Remember that love is patient, forgiving, unselfish, not demanding, and free ^D. ④ For each person on your list, **check (✓) each of these 5 qualities** as you practice them in your loving of others. ⑤ Where loving is tough, **check (✓)** those you need to "let God love through you". God can love someone "through you" that you cannot easily love with your own resources and energies.

Learn the joy of loving and being loved as a choice.

HOW & WHY IT WORKS: • Our willingness to love and be loved is a major element of our **Developmental-Self**; love is the central component of our lives, and how we are most like our Creator. • Love is part of God-the-Son's image in our lives, which helps us understand his desire that we love like him. • Linking our LOVE (W) to God's love helps integrate every area of our lives. • We do not have to love God to be loved by God, but we if we make this choice, it changes our lives on earth and eternally. • Learning to love and be loved is always part of a healthy life. • Accepting love is sometimes harder than loving. • The ultimate definition and example of unconditional love comes from Jesus. He stated that the greatest love is when someone gives their life to save another ^L, and then he did that for us by dying in innocence to give us forgiveness and freedom from our sins ^M. • LOVE (W) is our *God-Image Element*® #5.

