



WHAT'S LOVE GOT TO DO WITH IT?

Introduction:

Last week we talked about myths and misconceptions that the media portrays as it relates to love and relationships. We ended by giving you two biblical principles about love:

1. Love is a Person.
 - a. God is love.
 - b. He defines love and is the greatest example of it.
2. Love is a Verb
 - a. Therefore love is not a feeling or an emotion, it is Action.

I. We All Need It!

- a. Everyone is created to love and to be loved.
- b. All love is not the same and is not equal. ("Greater love has no one than this...." John 15:13)
- c. Media tends to focus on one kind of love, romantic love.
- d. The underlying message is that if you don't have that kind of love, you are inadequate or your life is incomplete.

A. Five Kinds of Love

1. Philautia -

- a. Having healthy self-compassion
- b. Love towards oneself
- c. Recognizing your self-worth and not ignoring your personal needs
- d. "...love your neighbor as yourself." Matt. 22:39

2. Storge -

- a. The love that is found in families (Mary, Martha and Lazarus; Jacob and his Sons)
- b. It flows between children and parents

3. Philia - (Where we get the word - Philadelphia)

- a. A brotherly love
- b. A love that runs deep in friendships
- c. "Be kindly affectionate to one another with brotherly love..." Romans 12:10

4. Eros

- a. A passionate love displayed through physical affection
- b. A romantic love
- c. Scripture examples: Song of Solomon

5. Agape

- a. An empathetic attitude of love for everyone and anyone
- b. It is a decision and the highest level of love that can be offered
- c. "For God so loved the world that He gave His only begotten Son..." John 3:16

B. Love in Action - I Corinthians 13:4-8 AMP

4 Love endures with patience and serenity, love is kind and thoughtful, and not jealous or envious; love does not brag and is not proud or arrogant. 5 It is not rude; it is not self-seeking, it is not provoked [nor overly sensitive and easily angered]; it does not take into account a wrong endured. 6 It does not rejoice at injustice, but rejoices with the truth [when right and truth prevail]. 7 Love bears all things [regardless of what comes], believes all things [looking for the best in each one], hopes all things [remaining steadfast during difficult times], endures all things [without weakening].

8 Love never fails [it never fades nor ends].

- Here, Paul talks about what love is and what love is not.
- If you are experiencing in a relationship the things that love is not - it may be an indication that you might be in an unhealthy relationship.

II. Healthy Relationships

A. Unhealthy Relationships

John 4:10-17 (NLT)

10 Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water."

11 "But sir, you don't have a rope or a bucket," she said, "and this well is very deep. Where would you get this living water?" 12 And besides, do you think you're greater than our ancestor Jacob, who gave us this well? How can you offer better water than he and his sons and his animals enjoyed?"

13 Jesus replied, "Anyone who drinks this water will soon become thirsty again. 14 But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."

15 "Please, sir," the woman said, "give me this water! Then I'll never be thirsty again, and I won't have to come here to get water."

16 "Go and get your husband," Jesus told her.

17 "I don't have a husband," the woman replied.

Jesus said, "You're right! You don't have a husband— 18 for you have had five husbands, and you aren't even married to the man you're living with now. You certainly spoke the truth!"

- A Picture of dysfunction in relationships (love unfulfilled)
- Distortion leads to Dysfunction; Dysfunction leads to Destruction

B. Signs of a Healthy Relationship

*"A great relationship is a safe place for both people to love, honor, and respect one another,"
You can communicate your wants, needs, and boundaries, as well as listen to the other person"*
- Jennifer Howell, a leadership and relationship coach

1. You Feel Safe

- a. Physically and emotionally
- b. You know the other person has your best interest at heart.
- c. Boundaries are Honored and Respected.
- d. Boundaries keep bad things out and good things in.
- e. Boundaries teach us how to relate to one another.
- f. Trust - Confidence that your partner is not going to do anything to hurt you or the relationship.
- g. Honesty - You can be truthful and candid without fearing how the other person will respond.
- h. This opens the door to transparency and vulnerability.

2. They are Mutually Beneficial

- a. Healthy relationships have "give and take" - without keeping score.
- b. You support each other with kindness and empathy.
- c. They encourage the best in each other - bringing out the God qualities, the highest and best version of you.
- d. There is equality and balance (one person is not dominating the other).
- e. *"So let's strive for the things that bring peace and the things that build each other up." Romans 14:19 CEB*

3. Manages Conflict Well

- a. Conflict is inevitable in any relationship, how you deal with it determines the fate of that relationship.
- b. Agree to Disagree (pick your battles - everything doesn't have to mean something).
- c. *"The quality of our lives depends not on whether or not we have conflicts but on how we respond to them" - Tom Crum*

- d. Attack issues and not each other.
- e. No name calling, blaming or assuming what the other person is thinking.
- f. *"To Practice The Process Of Conflict Resolution, We Must Completely Abandon The Goal Of Getting People To Do What We Want."* – Marshall B. Rosenberg

4. **Possess Shared Values**

- a. Values are the ideals that are most important to you.
- b. Shared Values are reflected in your expectations, goals and beliefs.
- c. You can have different opinions on how to reach your goals, but be like minded on what the goal and expectation is.
- d. Shared values are the glue that holds a relationship together.
- e. Shared values are needed when it comes to faith, family and finances.
- f. *"How can two walk together unless they are agreed?" Amos 3:3*

5. **Fun and Enjoyable**

- a. You feel comfortable in your own skin.
- b. You enjoy being around the other person.
- c. There's a sense of hope and optimism in the relationship.
- d. Requires Flexibility - giving the other person space to evolve.

Believing God to Do Three Things In Relationships:

1. Bring Hope
2. Bring Help
3. Bring Healing

"He heals the brokenhearted And binds up their wounds [healing their pain and comforting their sorrow]." Psalms 147:3 AMP