



Experiencing Love in Your Relationships

Try this exercise as a way to equip you to love others well. Sit down with family members, your spouse or close friends and initiate a genuine conversation about how to love one another uniquely.

You might start by reading this well-known definition of love:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes and always perseveres.

THESE DIAGNOSTIC QUESTIONS will help put a practical perspective on what loving our family and friends might look like. There are many good answers to each question, but we've provided a few to get you thinking. We've offered one possibility for each question, but they're not in order.

First, match the question on love with the answers we've suggested.

Secondly, ask each person to provide individual answers to the questions above. Listen carefully to how you might demonstrate this attribute of love for them. Remember— this is your chance to listen to how you might love each person better.

Lastly, you might also take turns sharing about times when a family member has exhibited this aspect of love.

1. How can I show you that I am patient?
 By not reminding you of your past failures.
2. How can I show you special kindness?
 By being helpful to you during sickness or disappointment.
3. How can I show you that I am not envious?
 By understanding the struggle and praising your standard.
4. How can I show you that I am not trying to impress you?
 By not sharing your defeats with others.
5. How can I show you that I am not proud?
 By not getting irritated when you don't understand me.
6. How can I show you that you are more important to me than I am to myself?
 By not reacting when you show me that I am wrong.
7. How can I show you that I am not defensive?
 By making your personal needs a priority in my schedule.
8. How can I show you that I have erased the memory of an offense?
 By not promoting my own skills or accomplishments, but praising the efforts of others.
9. How can I show you that I am not delighting in your defeat?
 By treating you as I would want to be treated.
10. How can I show you that I am happy when you make difficult but right decisions?
 By telling others how God is working through you.