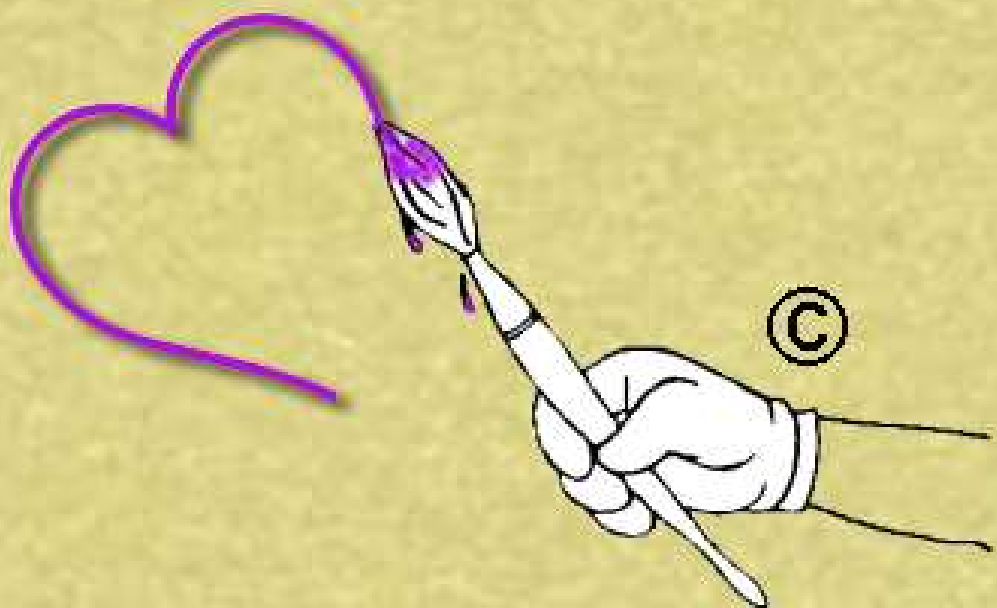
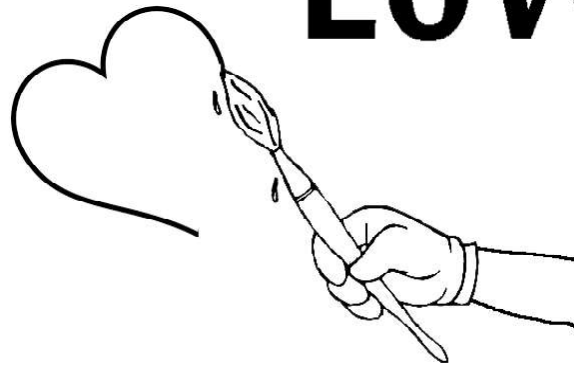


Learning to Love



Lionel Hartley, PhD

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Learn to love appropriately.
(Philippians 1:10 From *The Message*)



Love is a learned behaviour. The greatest thing that you will ever experience is to be loved and the greatest thing that you will ever learn is how to love. If you don't learn how to love, someone will surely teach you how to hate.

Do you wish to be the perfect spouse, lover, parent, colleague, pal, comrade, neighbour, companion, buddy, friend?

Right now is the time to learn to love.

Here are a forty simple biblical ways that we can love...

1. Listen Without Interrupting

A fool takes no pleasure in understanding, but only in expressing personal opinion. If one gives answer before hearing, it is folly and shame (Proverbs 18:2,13).

2. Speak Without Accusing

You must understand this, my beloved: let everyone be quick to listen, slow to speak (James 1:19).

3. Converse Without Negativity

The mouths of fools are their ruin, and their lips a snare to themselves. Death and life are in the power of the tongue (Proverbs 18:7,21).

4. Answer Without Arguing

Better is a dry morsel with quiet than a house full of feasting with strife (Proverbs 17:1).

5. Discuss Without Quarrelling

Then he [Joseph] sent his brothers on their way, and as they were leaving he said to them, "Do not quarrel along the way" (Genesis 45:24).

6. Speak Without Harshness

Those who love a pure heart and are gracious in speech will have the king as a friend (Proverbs 22:11).
A soft answer turns away wrath, but a harsh word stirs up anger (Proverbs 15:1).

7. Give Without Sparing

All day long the wicked covet, but the righteous give and do not hold back (Proverbs 21:26).

... Remembering the words of the Lord Jesus, for he himself said, “It is more blessed to give than to receive” (Acts 20:35).

8. Provide Without Resentment

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus (Philippians 2:3-5).

9. Help Without Procrastinating

Through sloth the roof sinks in, and through indolence the house leaks (Proverbs 11:8).

10. Forbear Without Grudging

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, [and] endures all things (1 Corinthians 13:4-7).

11. Share Without Pretending

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another (Ephesians 4:25).

Then she said to him, “How can you say, ‘I love you,’ when your heart is not with me” (Judges 16:15)?

12. Enjoy Without Complaining

Do all things without murmuring and arguing, so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world (Philippians 2:14,15).

13. Praise Without Condescension

Ah, you are beautiful, my love; ah, you are beautiful. (Song of Songs 1:15).

How beautiful you are, my love, how very beautiful (Song of Songs 4:1)!

14. Be Patient Without Cruelty

With patience, bearing with one another in love (Ephesians 4:2).

With patience a ruler may be persuaded (Proverbs 25:15).

As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another (Colossians 3:12-13).

15. Support Without Wearying

Bear one another’s burdens, and in this way you will fulfil the law of Christ. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith (Galatians 6:2, 9,10).

16. Forgive Without Punishing

Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony (Colossians 3:13, 14).

17. Yield Without Remembering

[love ...]endures all things (1 Corinthians 13:7).

18. Express Displeasures Without Sinning

Be angry but do not sin; do not let the sun go down on your anger (Ephesians 4:26).

The Lord is slow to anger, and abounding in steadfast love (Numbers 14:18).

19. Disagree Without Being Disagreeable

Live in harmony with one another; do not be haughty, ... do not claim to be wiser than you are (Romans 12:16).

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind (1 Peter 3:8).

20. Be Honourable Without Negotiation

To do righteousness and justice is more acceptable to the Lord than sacrifice (Proverbs 21:3).

21. Trust Without Wavering

[Love] bears all things, believes all things, hopes all things, endures all things (1 Corinthians 13:7).

22. Promise Without Forgetting

Hope deferred makes the heart sick, but a desire fulfilled is a tree of life (Proverbs 13:12).

When you make a vow ... do not delay fulfilling it; for [God] has no pleasure in fools. Fulfil what you vow. It is better that you should not vow than that you should vow and not fulfil it (Ecclesiastes 5:4-5).

23. Keep Confidences Without Betrayal

Do not disclose another's secret or else someone who hears you will bring shame upon you, and your ill reputation will have no end (Proverbs 25:9,10).

24. Be Honest Without Deceit

But speaking the truth in love, we must grow up in every way into him who is the head, into Christ. ... So then, putting away falsehood, let all of us speak the truth to our neighbours (Ephesians 4:15, 25).

25. Become Besotted Without Alcohol

Let him kiss me with the kisses of his mouth! For your love is better than wine (Song of Songs 1:2).

Enjoy life with the wife whom you love (Ecclesiastes 9:9).

Rejoice in the wife of your youth ... may you be intoxicated always by her love (Proverbs 5:18, 19).

26. Touch Without Demanding

Oh that his left hand were under my head, and that his right hand embraced me! (Song of Songs 2:6).

Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. May her breasts satisfy you at all times; may you be intoxicated always by her love (Proverbs 5:18, 19).

27. Be Faithful Without Compromise

My beloved is mine and I am his (Song of Songs 7:10).

I am my beloved's, and his desire is for me (Song of Songs 2: 16).

Drink water from your own cistern, flowing water from your own well. Should your springs be scattered abroad, streams of water in the streets? Let them be for yourself alone, and not for sharing with strangers. Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. May her breasts satisfy you at all times; may you be intoxicated always by her love. Why should you be intoxicated, my son, by another woman and embrace the bosom of an adulteress? For human ways are under the eyes of the Lord, and he examines all their paths (Proverbs 5:15-21).

28. Keep Faith Without Ceasing

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you (James 1:5).

Pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you (1 Thessalonians 5:17-18).

29. Rejoice Without Reservation

Rejoice in the wife of your youth (Proverbs 5:18).

Rejoice in the Lord always; again I will say, Rejoice (1 Thessalonians 5:16).

Rejoice always (Philippians 4:4).

30. Love Without Limits

Each of you ... should love his wife as himself, and a wife should respect her husband (Ephesians 5:33).

31. Encourage Without Flattery

Therefore encourage one another and build up each other. (1 Thessalonians 5:1)

32. Keep Confidences without Gossiping

A time to keep silence, and a time to speak.(Ecclesiastes 3:7b) One who spares words is knowledgeable; one who is cool in spirit has understanding. Even fools who keep silent are considered wise; when they close their lips, they are deemed intelligent. (Proverbs 17:27, 28 NRSV)

33. Forgive Without Punishing

Bear with one another and, if anyone has a complaint against another, **forgive each other**; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. (Colossians 3:13, 14) Remember ye not the former things, neither consider the things of old.(Isaiah 43:18) And their sins and iniquities will I remember no more. (Hebrews 10:17)

34. Spend Time Together Without Keeping a Record of It

Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again. (1 Corinthians 7:5)

35. Comfort With Compassion Not Sympathy

As God's chosen ones, holy and beloved, clothe yourselves with compassion... (1 Thessalonians 5:11) Wherefore comfort yourselves together, and edify one another, even as also ye do. (Colossians 3:12)

36. Pray Without Ceasing

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. (James 1:5) **Pray without ceasing**, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. (1 Thessalonians 5:17-18)

37. Remember the Precious Moments

But thou shalt remember the Lord thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day. (Deuteronomy 8:18) **Remember the days of old**, consider the years of many generations: ask thy father, and he will show thee; thy elders, and they will tell thee. (Deuteronomy 32:7) Some trust in chariots, and some in horses: but we will remember the name of the LORD our God. (Psalms 20:7) Remember his marvellous works that he hath done; his wonders, and the judgments of his mouth. (Psalms 143:5) I remember the days of old; I meditate on all thy works; I muse on the work of thy hands. (Psalms 105:5)

38 Know the Other's Love Language

So this is my prayer: that your love will flourish and that you will not only love much but well. **Learn to love appropriately.** You need to use your head and test your feelings so that your love is sincere and intelligent, not sentimental gush. Live a lover's life, circumspect and exemplary, a life Jesus will be proud of: bountiful in fruits from the soul, making Jesus Christ attractive to all, getting everyone involved in the glory and praise of God. (Philippians 1:9-11 From *The Message*)

39. Be Faithful Unto Death.

Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame. **Many waters cannot quench love, neither can the floods drown it.** (Song of Songs 8:6-7)

40. Never stop loving...

You will find Colossians 3:14 and 1 Corinthians 13:8 in the booklet. However here is another verse specifically for this supplement: Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. (Proverbs 3:3)

Finally, never, ever, stop loving

... Above all, clothe yourselves with love, which binds everything together in perfect harmony (Colossians 3:14). Love never ends (1 Corinthians 13:8).

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