

# Staying in Love 2.0, part 2: “Get a Plan!”

Falling in love requires a pulse. Staying in love requires a Plan.

Jesus takes a word that we normally use as a noun and he makes it a verb.

*John 13:34*

I want you to love (verb) each other, but I want you to do it in a way that reflects my love for you.

Simple but not easy...

Simple but not easy when life gets difficult...

The truth is, very few people have ever been around an emotional healthy, relationships, including marriages.

You need to grow up in a home where you get in massive doses: respect, encouragement, comfort, security, support, acceptance, approval, appreciation, attention, and affection.

So, consequently, what happens for most of us is we come into adulthood looking for someone from whom we can get: respect, encouragement, comfort, security, support, acceptance, approval, appreciation, attention, and affection!

*John 13:34-35*

Love Languages

- Serving
- Words of affirmation
- Quality time
- Touch
- Gifts

What does it look like specifically to make love a verb? What does it look like to actually not just fall into love, the noun, but to do love, the verb, within the context of a real relationships, which are messy relationships?

*Philippians 2:1-2*

*Philippians 2:3*

Narcissism: A person who has excessive interest/admiration for themselves  
Narcissists think the world revolves around them...

*Philippians 2:3*

*James 4:6*

Want to stay in love? Decide every day to treat that person like he or she is more important than you, not because he/she is, but because you're deciding to love him/her that way.

What would that look like in your relationship right now? What would have to change in you, your attitudes, your behaviors?

*Philippians 2:4*

*In relationships, don't focus exclusively on the things you're interested in. Learn to focus, give attention to, time to, sincere interest in, the things that are of interest to them.*

In your relationship, what is it, that's just not your thing? How could you make it your thing?

*Philippians 2:5-8*

He placed himself under... and guess who he placed himself under? You, me, all humanity. He placed himself under. He placed himself under. Not because he had to but because he "verbed" to. He chose to. **That's what love looks like!**

*This is a make a break with the way you discovered and thought about love in the past and thought about relationships in the past. Put a whole new lens, a different filter in front of you when it comes to relationships.*

To stay in love is to adopt the same attitude and approach toward the person you want to stay in love with that Jesus adopted toward you.

Memorize John 13:34-35

Five Love languages

What is at least one specific way you can demonstrate a new commitment to value your spouse/or other above yourself this week?

Extra Credit!

- Kersey/Bates test
- Make a list of what makes you feel loved/appreciated/respected etc... and share with your person or people! But there is a catch!