

LOVE

Jesuit Father John Powell in his book *The Secret of Staying in Love* discusses seven aspects of true love.

- Think about your relationship with your family and friends.
 - Think about your relationship with God and how He loves you.
1. **Love is not a feeling.** Feelings change too much for love to be based on them. Feelings might start off a love relationship, but they cannot sustain it.
 2. **Love is a decision-commitment.** Love involves primarily giving, not receiving. It is a decision to spend time with and follow through on responsibilities made to the loved one. It takes work.
 3. **Effective love is unconditional.** True love is love with no strings attached. Unconditional love is caring for a person for the way he or she is, not the way I want him or her to be.
 4. **Love is forever.** True love does not waver. No condition of time is put on it.
 5. **Commitment of love involves decisions.** If I love you, I must feel responsible for your life, growth, and the development of all your human powers.
 6. **The essential gift of love is a sense of personal warmth.** The great gift of love is that I help you love yourself.
 7. **Love means the affirmation, not the possession of the one loved.** True love allows the loved one the freedom to be himself or herself.

God has made a **covenant** with us. He is always faithful to His commitment of Love and Mercy even though we may turn away from Him.

