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RESOURCES



SOLUTIONS

real people, real life

Loving People, 1: The Nature of Love

Featuring

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I. The nature of love

No matter what, the primary concern of the other is “Are you okay?”

Love is the fuel for life

Recall a time in your life when you experienced being loved

Nobody can really love who hasn't been loved

Love is an evaluator of how well life has gone

Benefits of love

- Loving people have better relationships
- Loving people develop freedom
- Loving people are able to move forward and to have goals
- Loving people can heal better from emotional wounds

¹If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. ²If I had the gift of prophecy, and if I understood all of God's secret plans and possessed all knowledge, and if I had such faith that I could move mountains, but didn't love others, I would be nothing. ³If I gave everything I have to the poor and even sacrificed my body, I could boast about it, but if I didn't love others, I would have gained nothing.

—1 Corinthians 13:1-3

II. Defining love

Love is seeking and doing the best for another

Seeking: We are supposed to feel constraint for others' betterment

Acting: Doing something about it

Foundational words:

Aheb (Hebrew) 'seeking and doing what other people need'

Agape (Greek)

Because he loved your ancestors, he chose to bless their descendants, and he personally brought you out of Egypt with a great display of power.
—Deuteronomy 4:37

This is my commandment: Love each other in the same way I have loved you.
—John 15:12

Love is beyond emotion and passion

Its goal and intent: that this person I care about is better for it

Love is something you determine, not what the other person judges as loving

God never defines love by what others say they need, but by his judgment of what they need

You need to be able to figure out what you need to do that's in another's best interest

Upcoming episodes in this series:

- Connection
- Truth Telling
- Healing
- Letting Go
- Romance

III. Aspects of love

The myth of "loving yourself"

The Bible doesn't teach this

Matthew 22 is more about loving as you would like to be loved

Love always involves a relationship with another person

Love is good for your body

The more love you have, the better your immune system functions

There may be a neurological aspect to empathy

The more you love, the greater your capacity to love the unlovable

Don't love people because they deserve it: love them because they need it

People who love well have to learn how to hate well

Take a stance against things that are anti-love

The myth of “being drained by love”

That’s not love, that’s an inability to say no

Love because you choose to love

Love takes work

³I will refuse to look at anything vile and vulgar. I hate all who deal crookedly; I will have nothing to do with them. ⁴I will reject perverse ideas and stay away from every evil. ⁵I will not tolerate people who slander their neighbors. I will not endure conceit and pride. ⁶I will search for faithful people to be my companions. Only those who are above reproach will be allowed to serve me. ⁷I will not allow deceivers to serve in my house, and liars will not stay in my presence.

—Psalm 101:3-7

III. Steps and tips

- Talk to God and say, “Show me about love”

God wants to make us more loving, but we have to ask

You do not have, because you do not ask God.

God wants to give us the deepest part of who he is

—James 4:2a

- Make sure you’re in some kind of growth context

Love works best when we see its result as growth

- Begin to get out of your comfort zone

You may need to feel feelings or hear things or say things you haven’t done before

- Begin to think about those who need love from you

Seek out those who need what you have to give

Next week on *Solutions*: “Loving People, 2: Bridging the Gap”

Resources:

BOOKS:

Loving People

By Dr. John Townsend
www.cloudtownsend.com

Who’s Pushing Your Buttons?

By Dr. John Townsend
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
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