



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF APRIL 10, 2006



**“This Thing Called Love:  
In the Beginning, Love”**

**Featuring:  
Dr. John Townsend**

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## **I. Introduction**

If my significant relationship had more love, how would my life be different?

Love is important because it is the primary ingredient in a relationship

## **II. The Definition of Love**

A. Biblical Definition:

Matthew 22:36-39

Love the Lord your God with all your heart, and with all your soul and with all your mind...  
and love your neighbor as yourself

B. John Townsend's Definition:

Seeking the welfare of another

## **III. The Purpose of Love**

A. Love is a Delivery System For the Ingredients of Life

B. The Ingredients of Life:

- Comfort
- Safety and Acceptance
- Encouragement
- Confrontation
- Wisdom
- Exists for its Own Sake
- Reduces Me and Enlarges My Heart
- Leads Us to God

#### **IV. The Elements of Love**

- A. Love Requires the Experience of Need
- B. Love Requires That You Develop Empathy
- C. The Lovability of the Other Person is Irrelevant
- D. Love is a Development

#### **V. The Problems with Love**

- A. Disconnecting
- B. Controlling

#### **VI. How to be a More Loving Person**

- A. Take Risks of Vulnerability
- B. Ask Someone How They Experience You
- C. Stop, Drop and Connect
- D. Ask God to Let Love Lead You to Him

## Next Week on “Solutions”

### “This Thing Called Love: Family Matters”

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## Resources:

### BOOKS:

#### **Rescue Your Love Life**

By Drs. Henry Cloud and John Townsend  
[www.integritypublishers.com](http://www.integritypublishers.com)

#### **How People Grow**

By Drs. Henry Cloud and John Townsend  
[www.zondervan.com](http://www.zondervan.com)

#### **Hiding From Love**

By Dr. John Townsend  
[www.zondervan.com](http://www.zondervan.com)

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