



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF FEBRUARY 19, 2007



SOLUTIONS
real people, real life

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

**Featuring:
Dr. John Townsend**

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”

“Superman”

Resources:

BOOKS:

Rescue Your Love Life

By Drs. Henry Cloud and John Townsend
www.integritypublishers.com

How People Grow

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Hiding From Love

By Dr. John Townsend
www.zondervan.com



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