

Loving

...treating others the way you want to be treated,
and insisting others do the same.

Accept Without Condition

Spiritual Acceptance

- Grace- the unmerited favor of God- the basis for our creation, forgiveness, salvation, justification, election, and spiritual gifts (Eph. 1:7; Rom. 3: 24; 11:5-6; Eph. 2: 8-9; Rom. 12:6)
- Faith- the complete and unconditional acceptance, trust and love of God (Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Proverbs 3: 5-6)

Self Acceptance

- God alone has given you importance, by creating you and giving you life, a body, mind and soul; by Jesus, the Son of God, giving His life to eternally save yours; by the Holy Spirit dwelling within you to guide and grow you into the image of Jesus; all to have a loving relationship with you forever.
- There is nothing you or others can think, say or do in your life that will raise or lower the importance God gave you. In the eyes of God we are all equal.
- Treat yourself the way God treats you; and the way you want others to treat you. Treasure and care for the life, body, mind, heart and soul you have.

Acceptance in Relationships

- You have a responsibility to accept others unconditionally- for who they are as children of God, for the utter uniqueness of their lives, and for the exercise of their free will.
- Accept without tampering others' opinions, thoughts, beliefs, feelings, preferences, desires, choices, hopes and dreams as the most valued belongings of others.
- Ask others to accept you unconditionally when they are not, and insist upon it for their own good and for the sake of your relationship, as a prerequisite for continuing your experience with them. Make a stand for loving as the most important act anyone can do at any moment.
- Be mindful of what you say and do, how you say and do it, how others receive "the message you are sending", and be ready to affirm acceptance.

Loving Rejecting Rejection

Spiritual Rejection

- Lucifer, the most beautiful of all the angels and worship leader of heaven, was the first to choose to turn away from loving God and His love, instead to value only and believe in himself (Sin). (Isaiah 14: 12-14)
- Renamed Satan (the Adversary) he was cast out of heaven by God, along with a third of the angels loyal to him, to possess the earth.
- In the Garden of Eden Satan deceived Eve, whose nature and purpose was to love God and Adam, to only value herself for the first time.
- The Fall from God's grace set the nature of man as a creature who would value himself above loving God and others.

Self Rejection

- As young children we are only aware of our own experience and desires, powerfully motivated to satisfy our desires, drawing on our own experience as the source of our methods to satisfy desires.
- As we come into conflict with the desires of others, we can come to believe we are unwanted or unloved when others say "No", are annoyed as our desires interfere with theirs, or when others ignore us, put us down, push us aside, or use us to get what they want.
- As time passes we learn to treat ourselves the way others have treated us, and to a degree we will be rejecting of ourselves, living with this hurt, fear and lie which will weaken our relationships, and orient us to a way of life involving fighting, fleeing and comforting ourselves.

Rejection in Relationships

- In the vacuum of loving, obtaining what we want is paramount. Rejection is the art and craft of using illusion and abusing power to obtain what is desired.
- One assumes the authority to be another's judge, claiming to have the truth about another's worth, loveableness or capableness. *If* the other renders what is desired, judgment will be favorable; and rejecting *if* the other does not provide what is desired.
- Accumulated rejection experiences shape Giver and Taker relating styles, strengthening self rejection and "legitimizing" the practice of rejection, which is so common, it is accepted as a feature of reality.
- Rejection is the ultimate source of stress, conflict, trauma, and disease.

With all our might, heart, mind and soul we must reject rejection in our lives, and in relationships with God and others, while embracing loving as the only way to obtain what we want with others.

Loving Respect

Spiritual Respect

- God, the Great I AM, the Creator, the Savior, the Holy Spirit leading us all to Him, and the glorious gifts of His love and grace, deserves our purest and most passionate praise, our unrelenting and complete thankfulness, the offering of the life He gave us, the absolute dedication of our will to follow and serve Him, placing Him above everyone and everything in our lives.
- Curiously, respecting God will protect us from rejection, harm, fear, doubt, discouragement, helplessness and hopelessness; while giving us comfort, healing, hope, joy, wisdom, understanding, perspective, strength, patience, truth, determination, peace, trust, faith and love.

Self Respect

- You are a Child of God (Phil. 2: 15); you are a Redeemed Person (Isaiah 51: 11-12); a Forgiven Person (1John 1: 9); a New Creation (2Cor. 5: 17); and a Victor (Romans 8: 35-37).
- **God has given you priceless importance**, equality with anyone, and infinite limitations to keep you humble and engaged with Him and others to love your way through life.
- Value the life, and care for the body, mind, heart and soul God gave to you, especially when faced with rejection.

Respect in Relationships

- You have the responsibility, the honor and pleasure of respecting everyone, at all times.
- You have the right and entitlement to respect from everyone, at all times- ask for it and insist on it for the benefit of others and relationships.
- How we treat each other is vastly more important than any desire we will ever have. Let's make a stand together for respect in relationships, in each other, and in ourselves.

Praise, Thank, Offer Help and Kindness, Place Others Above Yourself,
Treat Others As God Treats You, and Give God the Glory.

Loving Peace Making

Spiritual Peace

- “Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14: 27)
- Acquaint now thyself with him, and be at peace: thereby good shall come unto thee. (Job 22: 21)
- He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. (Isaiah 9: 6)

Making Peace with Yourself

- Invest time in your relationship with the Prince of Peace, take in the Light of the world, drink the Living Water, read the Word of God- your daily bread, talk with Him and listen (pray), let Him be your constant companion.
- Stand still, breathe, step into the present moment, clear your mind, choose to calm down before saying or doing anything.
- Live a practice of forgiveness- seek it from Jesus, receive it fully from Him, then offer it and seek it from others.
- Lead by example, speak and act safely, work with- not against others; rather than forcing or pressuring others, invite them to join you in peace.

Making Peace in Relationships

- Proactively plan with everyone close to you, and form agreements for each one taking responsibility to calm down in conflict; and to help the other to calm down so that you can work together to resolve conflict.
- Interrupt “working against” relating patterns (tension, anger, hurt or fear will be evident) without blaming or rejecting. Be still and quiet until there is calm; ask for a “time-out”; ask the other to describe what they want; ask for an agreement to continue peacefully together.
- Repair hurt through forgiveness: take responsibility; empathically listen; express genuine sorrow; make amends; commit to a peaceful way of acting in the future. Lead by example and ask others to join you.
- If needed, ask one or two others to help restore peace.

Blessed are the peacemakers, for they will be called the sons of God.

Matthew 5: 9

Loving Actively Listen

Spiritual Listening

- “But seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you.” (Matt. 6: 33)
- “For I came down from heaven, not to do mine own will, but the will of him that sent me.” (John 6: 38)
- “Not by might nor by power, but by My Spirit,” says the LORD of hosts. (Zechariah 4: 6)
Yield to the Holy Spirit.
- The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5: 22-23).

Listening Actively

- Be patient; put aside momentarily what you are thinking, feeling and wanting.
- Ready yourself to seek and receive what the other is thinking, feeling and wanting. Give your undivided attention. Make eye-contact.
- Listen for the message the person is sending. Acknowledge and affirm the feeling they are conveying. Focus on the desire they have in the moment. Give importance to accurately receive what they are sending. Don't give importance to “noise”, i.e. rejection. Be careful not to make assumptions or “mind read”. Reflect and ask questions to clarify.

Actively Listening in Relationship

- Propose slowing down and making sure we help each other to listen and understand.
- Be willing to listen first. Hear out what the person has to say; reflecting back, using their words, what they think, feel and want; asking for clarification until they confirm you've got it.
- Seek specificity, simplicity, and truth, in positive, descriptive statements of what the person wants to see happen.
- If the message is getting too complex or running on, ask to take one thing at a time. Ask if they would like to hear your reaction, before moving on to another part of their message. Consider resolutions together for each part of any complex message; or come to an agreement about how to deal with the various parts of the complex message before going over each part in detail.

...my beloved brethren, let every man be swift to hear, slow to speak,
slow to wrath...

James 1: 19

Loving Expressing Desires

Spiritual Expression of Desires

- Love the LORD, your God with all your heart, mind, soul and strength, and others as yourself. This is what God wants, His will. He puts it first, above any of our desires.
- God's will be done for your protection, your benefit, and for His glory.
- Be cautious of any desire that is not in line with the Great Commandment.
- "Until now, you have not asked for anything in my name. Ask, and you will receive, and your joy will be complete." (John 16:24)
- "What do you want?" Even though Jesus knew the answers, he repeatedly asked this question to emphasize the importance of seeking *and* giving this information to one another in the spirit of love.

Self Expression of Desires

- Every moment desires surface into everyone's awareness, drawing us to take care of them.
- Because desires pose a risk of conflict, many are not spoken; missing ("I don't know."); evasively stated in the form of vague, abstract generalizations (intending to avoid conflict yet ironically provoking conflict); or stated in a negative form (confrontation) in an attempt to remove barriers to desires.
- It is important to be aware of both, our own *and* others desires, acknowledging them and expressing them in a "here and now", descriptive, specific, positive statement of exactly what we want to see happen.

Expressing Desires in Relationships

- Give priority & focus to desires in relationships, both others and your own.
- Be prepared to help others and yourself to describe clearly, exactly what you want to see happen.
- Ask others or yourself, to calmly reflect with an open mind on what truly is important that is desired right now. Share it when it comes to mind.
- Ask others or yourself to visualize the moment when you obtain what is desired, as if in a photograph or in a movie, and describe what you see in detail at that moment.
- If desires surface in the mind or communication, in negative forms (e.g. Stop, Don't, I don't like it when you...); ask what you would like to see happen *instead*. What would the "happy ending" look like when the desire was satisfied?

Delight thyself also in the LORD;
and He shall give thee the desires of thine heart.

(Psalm 37:4)

Loving Collaboration

Let's search together for ways to help each other fulfill our desires, and not rest until we are both content.

Spiritual Collaboration

- "...all I have is yours and all you have is Mine..." (John 17:10a) It is infinitely more important that we take care of our desires together in love, than getting anything we want.
- Blessed be God... who comforted us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. (2 Corinthians 1:3) By the grace and love of God we are given our hearts' desires when we believe and love Him. So we are encouraged to take care of desires in love for His glory and our joy.
- Jesus, knowing that they intended to come and make Him come by force, withdrew... (John 6:15) Make a stand, insist desires are taken care of together in love; and refuse to do it any other way.

Personal Collaboration

- Our nature, our "automatic pilot" or habit is to pursue moment-to-moment desires alone; as if our happiness depended only on having what we want.
- By our will, or by our deliberate choice, we can step into the present moment, value others' desires as our own, and join with others to explore how everyone's desires can be met in acceptance, respect and peace.
- Everyone and relationships win with collaboration, the best way to take care of desires, feelings, problems and conflicts.

Collaboration in Relationships

- Orient each other to the supreme importance of helping each other, over individuals getting what they want. Collaboration is complete when everyone is content. Take care of the "Goose that lays golden eggs".
- Brainstorm ideas together without critical thinking or communication. Play off each others' ideas, be creative. Pray. Take the time you need to get a good pool of ideas. Consider asking others for ideas.
- Without force or pressure, review together the ideas, looking for ways to take care of the desires that will work for everyone.
- Ask and insist that anyone working "against" you, "work with" you.

But by an equality, that now... your abundance may be supply for their want, that their abundance also may be supply for your want; that there may be equality... (2 Cor. 8:14)