

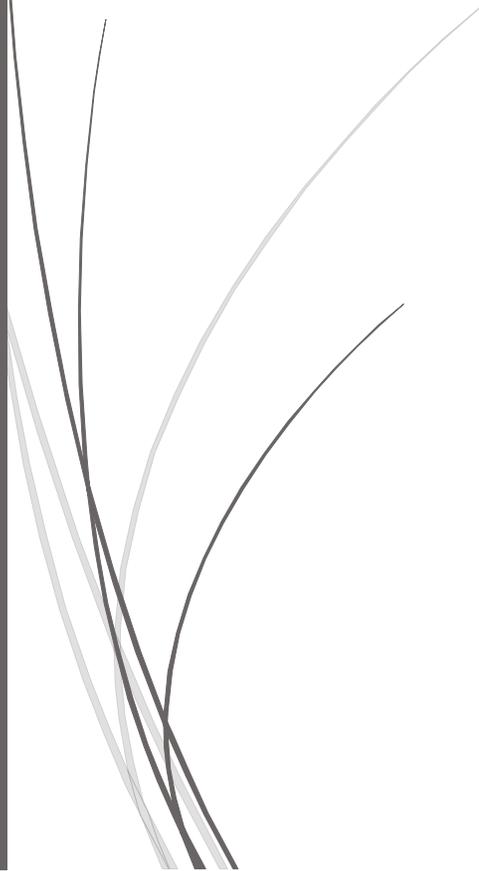
Lesson 1

THE PATH TO SOUL SATISFYING LOVE

INTRODUCTION AND WHAT IS LOVE?



MarriageHelper





Introduction and What is Love?

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UNDERSTANDING THE LOVE THAT YOU HAVE...

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. (1 Corinthians 13:4-8)

This workbook accompanies *The Path to Soul Satisfying Love* video program you have selected.

If you are not in a relationship, the Biblical teaching in this chapter applies to you, but the surveys do not apply now. They will, however, be very handy when you follow the LovePath to have a significant love in your life.

THE WAY TO USE THIS WORKBOOK

Each chapter of the workbook coincides with the corresponding segment in *The Path to Soul Satisfying Love* video. We designed each segment to build on the segment before it. Before doing the exercises in this workbook, we strongly recommend that you first watch the video.

Please meditate on the Biblical introduction to each chapter of the workbook.

BIBLICAL VIEWS OF LOVE

The New Testament was written primarily in Koine Greek language. Differing from Classical Greek, you might call it “the Greek of the street” – the language of the common person. For our consideration in this study, we refer to four distinct Koine words that refer to love. Because the Greek language may employ many variations of a word – some nouns used as verbs, differing prefixes and suffixes for specific reasons, etc. – we use only the primary word rather than listing the variations that occur in some passages.

The New Testament uses two of these words in the positive sense.

1. *agape* – It sometimes refers to a decision to do best for another person, even if you do not want to do it. (Matthew 5:44, 1 John 3:16) Sometimes it connotes unconditional caring for another person, even when that person does not deserve it. (1 John 4:16, Romans 5:8) In essence, it is self-sacrificing love.
2. *philia* – It refers to friendship (James 4:4) and genuinely caring for another person. In John 21:14-17, Jesus twice asked Peter if he felt *agape* for Him. Each time Peter replied that he had *philia* for Him. Then Jesus asked Peter if he had *philia* for Him. Peter replied strongly that he did. With that repeated affirmation of Peter’s friendship and caring love for Jesus, the Lord told him to feed His sheep.

It uses one word in the negative sense, but we understand the positive by that usage.

3. *storge* – It means natural affection, such as that of a mother for her child. In the New Testament we find it only in its negative form. The King James Version and the American Standard Version translate the negative form as “without natural affection” (Romans 1:31, 2 Timothy 3:3). Some Bible versions translate it as heartless, unloving, or inhuman.

The last word is not used in the New Testament, but is a part of Koine that becomes valid to this study because the Hebrew word for love in the Old Testament sometimes carries the same meaning.



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4. *eros* – In short, *eros* means passion, “the love between and man and a woman which embraces longing, craving, and desire.” (John Bisagno, *Love is Something You Do*) It is romance or being “in love.” (C. S. Lewis, *The Four Loves*)
- Some Biblical scholars ignore this word because they do not find it in the New Testament. However, the Old Testament uses this word for love – *ahav* (verb) and *ahava* (noun). God makes it clear in the Old Testament that love includes the meaning of *eros*.
 - i. “Come, let us take our fill of love until the morning: let us solace ourselves with love.” (Proverbs 7:18, King James Version)
 - ii. “Come, let's drink deep of love till morning; let's enjoy ourselves with love!” (Proverbs 7:18, New International Version)
 - Notice the use of the word “love” twice in that passage. The first is the Hebrew word that means “to boil,” while the second is the Hebrew word referenced above. There is no doubt that this refers to intense sexual loving. In the Greek version of the Old Testament known as the Septuagint, the word used in this passage is *eroti*.
 - God recognizes this type of love. Therefore, we use in this study the Koine word *eros* to often refer to a romantic love and, sometimes, pure passion. In one context it may be wonderful; in the other, it may be destructive. Why? Of the four loves, it is the most self-serving, even when focused on a lover.

In our study, we show you a path to *eros*, in the best use of the word, as well as *agape*, *philia*, and *storge*. While they may occur on their own with specific circumstances – particularly *storge* when parents welcome a newborn – our concern in this study is to show the path to make each of these grow as they should. We call it the LovePath.



A SURVEY FOR EACH OF YOU

Rather than asking you to write your thoughts or share them verbally at the beginning, we provide a profile for each of you to complete. We provide a graph to plot your score. In a later chapter in the workbook, we ask you to complete the questions again to give you greater insight into your relationship.

THE SURVEY

The following three questions are from the Kansas Marital Satisfaction Survey. It was designed for married couples, but you may use it for a different relationship. If you are in a relationship but not yet married, replace “marriage” with “relationship” and “spouse” with either “fiancé,” “boyfriend,” or “girlfriend.” To avoid constructing awkward sentences, we use the word “marriage” even if the couple is not yet married. Similarly, we use “spouse” to refer to all relationships including fiancé, boyfriend, or girlfriend. It will be up to you to make the mental adjustment for your situation.

Note that we designed this workbook for heterosexual marriages legalized by governmental and Biblical standards.

Answer each question on a scale of 1 to 7.

1 = extremely dissatisfied

2 = very dissatisfied

3 = somewhat dissatisfied

4 = mixed

5 = somewhat satisfied

6 = very satisfied

7 = extremely satisfied

1. _____ How satisfied are you with your marriage?
2. _____ How satisfied are you with your relationship with your spouse?
3. _____ How satisfied are you with your husband/wife as a spouse?

Now add the three scores and divide by three to get an average score. _____

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On the following graph, circle the number that is your average score. In a later chapter, we will show you how to plot both your average score and your partner's average score. That will provide you a snapshot of your relationship that may be quite interesting.

You dissatisfied 1 2 3 4 5 6 7 You Satisfied

Anything less than a four means your relationship is not to your satisfaction. A four means you are unsure about your relationship. We feel the only scores that indicate a person is happy in the relationship are either a six or seven.

Do not panic if your score is not currently a six or seven. Learning the LovePath will make a difference if each of you follows it. We have seen it work miracles in relationships that seemed to have no chance of surviving, much less thriving. We have even seen it lead people to marry again after as much as ten years of divorce.

If it can do that for those couples, it can and will lead you to a higher satisfaction score if you practice the principles of the LovePath. Even if you scored a seven, the LovePath can show you how to make your relationship deeper and more meaningful.

MOVING ON

Completing the short survey is crucial to what you will do in future chapters. If you wait until then to complete the surveys, your answers will be invalid. Therefore, if you want the most from this workbook – and are in a marriage or serious relationship – make sure that you have completed every question.

In the Daily Thoughts and Prayers you will find great personal growth by taking a few minutes every day to meditate and write your thoughts. Then, pray. Pray with your heart, soul, and mind. Do it every day and watch God work in you and in your relationships.



DAILY THOUGHTS AND PRAYERS

DAY ONE

Spend a few minutes meditating about agape love. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me love more is....

DAY TWO

Spend a few minutes meditating about philia love. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me love more is....



DAY THREE

Spend a few minutes meditating about eros love. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me love more is....

DAY FOUR

If you are in love, spend a few minutes remembering the “why’s and what’s” of your falling in love. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me love more is....



DAY FIVE

Meditate today about what you love about yourself—not arrogantly or in vain—but in true evaluation of self. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me love more is....



SHARING TIME

Before sitting down to discuss with your spouse, think these through and write your answers. What we think and write about has dramatically more effect on us than what we talk about. Write your answers so that you get the most from this study.

- Describe what you feel would be the ideal love relationship between a man and a woman?

- What do you wish to gain from this study?

- What demonstrates to you that you are loved as you wish to be loved?

- Of the four types of love discussed in this chapter – agape, philia, storge, eros – which is the most important to you at this time in your life? Why?

- If you were to give the love that you wish to receive, what would you do differently?



NOTES AS YOU WATCH THE VIDEO



MARRIAGE HELPER

If your marriage is in crisis—or if you love someone whose marriage is in crisis—our success rate since 1999 is three out of four marriages. It doesn't matter if one spouse comes reluctantly or under pressure. It doesn't matter if one is madly in love with someone else. Our success rate remains just as high. It is, of course, by the grace of God Almighty.

If you wish a miracle for you or someone you love, call now toll free 866-903-0990 or visit us at www.marriagehelper.com.