

Living Well

FOR SENIORS, ADULTS AND TEENS

Find More Love

with friends, family and God

Learn to:

...Find greater love and lasting happiness by using sacred wisdom to direct your thoughts and action.

"...More and more, I'm surprised by little glimmers of love. Sometimes when I see wildflowers along the road or sit with friends in church, I feel connected in a way that's different.

"I wish I knew how to say it. ...It's like everything – each flower, each person – is a gift or a hint that Love is there – just waiting to be noticed. If I'm calm, and focus on just this moment, I can almost see little sparkles of love in everything – and somehow I'm part of it. ...I never knew that before.

From *Waiting for Spring—part 2* — a *Being Your Best* story



Do you want to grow little glimmers of love into a steady glow that illuminates your relationships with others, your family and God?



If yes, try using these ideas from *Living Well* a program for teens, parents and seniors:

The *Greatest Commandment* and the *Golden Rule* are beacons that *call us* to love.

The Lord's Prayer and the *Ten Commandments* show us *how* to love.

But, it is your thoughts and actions that determine how *much* love you will enjoy.

CALLING US TO LOVE

The Greatest Commandment and the Golden Rule

"Teacher, which is the greatest commandment in the Law?"

Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment.

And the second is like it: 'Love your neighbor as yourself'"

- Matthew 22: 36-39 NIV

Are these commandments important in your life? If so, how much time (each day or week) do you spend actually loving God? ...and the others in your life?

What does "love" mean to you? ...and how can you find more of it?

Many people think there are different kinds of love, such as love for friends; love for family; sexual love and love for God and from God,

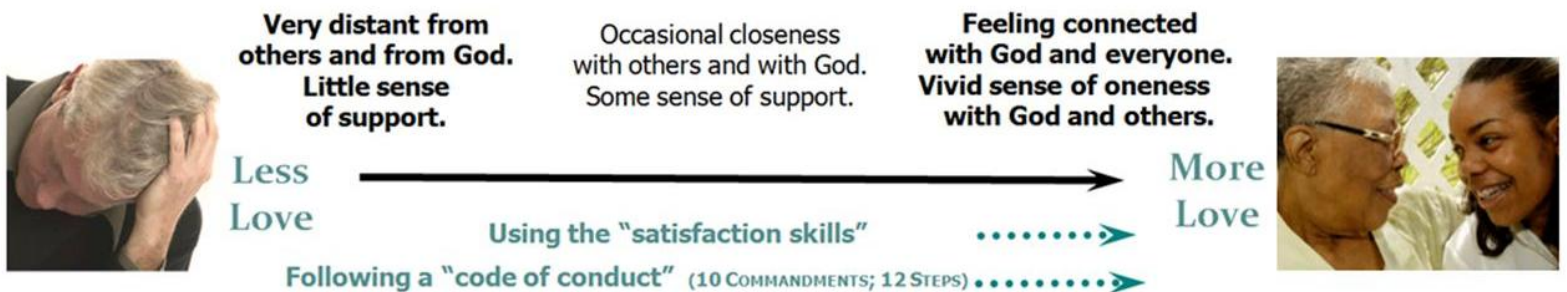
However, as illustrated below, you can also **think of love** (for others and for God as **"a sense of oneness, closeness and connectedness."**)

USE THE FOLLOWING GRAPHIC TO REFLECT ON THESE QUESTIONS:

Think about some people in your life. How close or connected do you feel with them?

Now, think about your relationship with God. How close or connected do you feel with God?

What keep you from feeling more love with others? ...and with God?



Imagine that you used the four *Satisfaction Skills* (shown at right) more often to communicate with others or pray to God. *How would that affect how much love you feel with friends?with family?and with God?*





What if you used the Satisfaction Skills most of the time, but sometimes made the mistake of lying, stealing or being disrespectful to others? ...or to God? *How would that influence whether you experienced "more love" or "less love" ?*

Thus, in addition to good communication and prayer, how important is it to follow a "code of conduct" ...like the 10 Commandments or the 12 Steps in Alcoholics Anonymous?

So What? How have your thoughts, words and actions affected the love you've had with friends and family? ...and with God? What would friends and family think if you changed?

Now What? What could you do to find more love with others? ...and with God? What could you do to help your friends, family, church and community to find more love? Who could help and support you?

© Center for Health Management, 2014 - www.BeingYourBest.org

May be copied without permission by churches in the Upper New York Conference of the United Methodist Church
www.NeverTooOld.net
 or the Upstate New York Synod of the Evangelical Lutheran Church of America
www.NEFOSA.org