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## 29. Definition of Love

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While loving self and maintaining good boundaries:

Loving others is the **“will” and “choice”**

- to **nurture the growth** of others by:
  - praising
  - blessing
  - touching
- to unconditionally **accept and forgive** – with no condemnation and keeping no record of wrongs
- to **compassionately care** for others, by:
  - attending to
  - listening to
  - taking an interest in
  - being concerned for
  - looking after
  - supporting
- to **serve** others by:
  - giving
  - helping
  - protecting

And to do these for the well-being of the other (not for your own well-being)

And carried out in a way that is

- selfless
- unconditional
- upbuilding
- sacrificial

And having the following characteristics:

- gentle, considerate, kind, patient
- with grace, mercy and humility
- in truth, fairness, and peacefulness
- with sincerity, loyalty, endurance and gratitude

### **How is it possible to love in this way?**

With a healed heart and mind, where your “feeling” of being loved is integrated with “knowledge” of your True-Self-In-Christ, producing a coherent, peace filled soul.

