

## **Self-examination with Love**

Think of someone you love and answer the following questions as best you can.

Who do you love?

What are you doing to demonstrate your love?

Are you doing it for the sake of love or to get something in return? Is it to repay a debt, satisfy guilt, relieve shame, grow selfish pride because your so good, or improve self image to tell others how good you are? Is it being done because your supposed to do it?

Are you doing it with the hope of promoting spiritual goodness, for the sake of doing what's right, to bring righteousness or positive feeling, and to connect with or touch them inside? Is it to bring blessings or happiness?

Do you feel love when you do it? What does it feel like; good, evil, encouraging, or discouraging?

Do they feel love when you do it? How do you know? How are they communicating or showing it? What do you see that shows they feel love? Are there tears of joy, or a smile beyond normal? Do they feel compelled to hug, touch, or kiss you in response to their deep affection?

How moved are they inside? How much are they touched by your demonstration of love?

When you witness such an affectionate response from them, how are you impacted? How might you feel if and when you love someone like this? Wouldn't you be encouraged to do it again?

The sensational rewards we can experience through the giving and receiving of such love is the goal. It's God's goal. It's who and where God exists. It's the place for us to be with God. Those who freely love for the sake of love experience God.

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