**Live a Life Filled with**

**Unconditional Love**

**By John J. Liptak, Ed.D.**

***“Let all that you do be done in love.” - 1 Corinthians 16:14 (ASV)***

***“God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. Dear friends, since God loved us that much, we surely ought to love each other. No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us.” - John 4:9-12 (NLT)***

***John 3:16 (NLT) reiterates God’s unconditional love for all people: “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”***

**How do you show unconditional love?**

**As God loves me unconditionally….**

* I love ***all*** other people entirely and unconditionally.
* I accept people for who they are and do not try to change them.
* I overlook other people’s minor offenses.
* I am grateful to others and tell them how much I appreciate them.
* I don’t criticize others even when I disagree with them.
* I express my feelings without judging others.
* I make myself available to support others.
* I do things for others without being asked or expecting payment.
* I comfort others when they are troubled.
* I forgive others who have harmed me.
* I love people who are different from me
* I love others as God loves me.

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| **My Score** | **What My Score Means** |
| 0 to 4 | You are like a seed planted by the Holy Spirit, containing all the nutrients needed to grow as a person. To bear the Fruit of the Holy Spirit on Earth and in Heaven, you must live with the Holy Spirit. |
| 5 to 7 | Like a seedling, you are growing in the image of the Holy Spirit and will develop leaves and flowers used to produce fruit for life on Earth and in Heaven. |
| 8 to 12 | The Holy Spirit is pollinating you, and you are producing the Fruit of the Spirit. The fruit contains additional seeds and eventually grows into new fruit on Earth and Heaven. |

**THIS ASSESSMENT IS FOR SELF-EXPLORATION ONLY! See A Medical Professional or Religious Leader for help if you need it.**

**Please see my book Calculating the Essentials of Christian Life for tips and journaling prompts on living a Christian life. You can think about them or write about them in your journal. You are doing great! Please keep up your excellent work.**

**For More Information, Contact John Liptak at jjliptak1@verizon.net or go to:**

**www.calculateyourfaith.com**

**Unconditional Love Defined**

Unconditional love is loving people freely, compassionately, and without any conditions or “strings” attached to the relationship. There are many different ways to show unconditional love. Some of these include:

* Jamie shows love for other people regardless of their appearance or how much money they have.
* Ebony loves people without thinking about how it will benefit her.
* Juan loves everyone for who they are without any conditions. He does not try to change them.
* Shauna loves and cares about people and their happiness without thinking about what she will get from the relationships.

**Showing Unconditional Love**

You can use the following strategies to demonstrate unconditional love to the people in your life:

* Serve others without expecting to benefit.
* Go out of your way to help all people.
* Be open and direct when communicating with others.
* Listen to others as well as talk. People want to tell their stories.
* Don’t try to “fix” people. Remember that God is in control and has a plan for everyone’s life.
* Look for opportunities to serve others. Opportunities are everywhere.
* Refrain from feeling like other people “owe” you something.