



Everybody, Always

Becoming Love in a World Full of Setbacks and Difficult People

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What happens when we stop avoiding difficult people and simply love everyone? In his wildly entertaining and inspiring follow-up to the New York Times bestselling phenomenon *Love Does*, Bob Goff takes readers on a life-altering journey into the secret of living without fear, care, constraint, or worry. The path toward the outsized, unfettered, liberated existence we all long for is found in a truth as simple to say as it is hard to do: love people, even the difficult ones, without distinction and without limits.

Driven by Bob's trademark hilarious and insightful storytelling, *Everybody, Always* reveals the lessons Bob learned - often the hard way - about what it means to love without inhibition, insecurity, or restriction. From finding the right friends to discovering the upside of failure, *Everybody, Always* points the way to embodying love by doing the unexpected, the intimidating, the seemingly impossible. Whether losing his shoes while skydiving solo or befriending a Ugandan witch doctor, Bob steps into life with a no-limits embrace of others that is as infectious as it is extraordinarily ordinary. *Everybody, Always* reveals how we can do the same.

My Synopsis:

Wow. While certainly not a business book, if you're looking for a way to improve yourself and your relationships with people in general, read this book.

Everybody Always

Becoming Love in a World Full of Setbacks and Difficult People

- p. viii They give away love like they're made of it
- p. viii ...instead of telling people what Jesus meant, they just loved people the way He did.
- p. ix ...we're all rough drafts of the people we're still becoming.
- p. 1 **Creepy People**
- p. 2 ...He said we would identify ourselves simply by how we loved people.
- p. 2 Love isn't something we fall into; love is someone we become.
- p. 3 ...we have to tackle a good amount of fear to love people who are difficult.
- p. 4 We make loving people a lot more complicated than Jesus did.
- p. 4 We'll become in our lives what we do with our love.
- p. 5 If I'm only willing to love the people who are nice to me, the ones who see things the way I do, and avoid all the rest, it's like reading every other page of the Bible and thinking I know what it says.
- p. 7 ...the next version of us will usually be better than the previous one.
- p. 7 ...whenever I make my opinions more important than the difficult people God made, I turn the wine back into water.
- p. 7 Arguments won't change people...Only Jesus has the power to change people, and it will be harder for them to see Jesus if their view of Him is blocked by our big opinions.
- p. 8 Loving the neighbors we don't understand takes work and humility and patience and guts.
- p. 8 Find a way to love difficult people more, and you'll be living the life Jesus talked about.
- p. 11 **Meeting Carol**
- p. 11 God doesn't just give us promises; He gives us each other.
- p. 14 You do business with buyers; you do life with neighbors.
- p. 17 Their (children's) curiosity about what they don't know outdistances their fears about what they do know by a mile.
- p. 17 Three words stand out to me in the Bible: Be. Not. Afraid.
- p. 17 People who are becoming love experience the same uncertainties we all do. They just stop letting fear call the shots.
- p. 19 **Love Everybody, Always**
- p. 19 "Love one another." What is simple often isn't easy; what is easy often doesn't last.
- p. 19 ...Jesus saw loving God and loving our neighbors as one inseparable mandate.
- p. 19 ...He knew we couldn't love God if we don't love the people He surrounds us with.
- p. 19 No one expects us to love them flawlessly, but we can love them fearlessly, curiously, and unreasonably.
- p. 21 When joy is a habit, love is a reflex.
- p. 26 Selfless love has the power to transform even the darkest places into meadows.
- p. 29 **The Yellow Truck**
- p. 29 Don't tell people what they want; tell them who they are.
- p. 31 After long enough, what looks like faith isn't really faith anymore. It's just compliance. The problem with mere compliance is it turns us into actors.
- p. 31 We'll become in our lives whoever the people we love the most say we are.

- p. 31 If we want to love people the way God loved people, let God's spirit do the talking when it comes to telling people what they want.
- p. 32 ...when we make ourselves the hall monitor of other people's behavior, we risk having approval become more important than Jesus' love.
- p. 34 Shame does that to us. It makes us leave safe places.
- p. 34 (Shame is) ...the pickpocket of our confidence.
- p. 35 When someone tries to control us, it teaches us new ways to be dumb because it reminds us of old ways we've been manipulated before.
- p. 36 Find your way back to the people you've loved and who have loved you.
- p. 39 **Limo Driver**
- p. 39 Don't build a castle when you can build a kingdom.
- p. 39 I don't know if just thinking about something is the same as praying about something. Probably not. I think people often get the two confused.
- p. 40 God isn't wowed by fancy words; He delights in humble hearts.
- p. 41 He said He wanted us to build a kingdom, and there's a big difference between building a castle and building a kingdom.
- p. 41 ...it's how we treat the trolls in our lives that will let us know how far along we are in our faith.
- p. 42 Kingdoms are built from the people up.
- p. 42 The fact is, what skews my view of people who are sometimes hard to be around is that God is working on different things in their lives than He is working on in mine.
- p. 43 God knows we're easily confused and often wayward, and He pursues us with love anyway.
- p. 44 What part are you going to play in building the kind of kingdom Jesus said would outlast us all?
- p. 44 He demonstrated the word *with* is much bigger and worthier and more accessible than any ten Bible verses.
- p. 46 Jesus told His friends that letting people see the way we love each other would be the best way to let people know about Him.
- p. 47 We're supposed to just love the people in front of us.
- p. 47 People don't grow where they are informed; they grow where they're loved and accepted.
- p. 49 **Skydiving**
- p. 49 God was with us, so we'd be with each other.
- p. 51 When God sent Jesus into the world, He demonstrated He didn't just want to be an observer in the lives of the ones He loved. He wanted to be a participant. He wanted to be *with* the ones He loved.
- p. 53 ...there's a big difference between knowing what someone's doing and being *with* them while they do it.
- p. 54 I try to see difficult people in front of me for who they could become someday, and I keep reminding myself about this possibility for thirty seconds at a time.
- p. 54 It's easy to agree with what Jesus said. What's hard is actually doing what Jesus did.
- p. 55 When we get the wrong things over the top of our lives, we might look good for a short time, but we won't land our lives well.
- p. 56 Whether we had a big, public failure or an even bigger private one, the initial failure won't crush our spirit or kill our faith; it's the second hit that does.
- p. 57 Find what the people you love want to do and then go be with them in it.
- p. 59 **A Day at the Museum**
- p. 61 People who are becoming love stop faking it about who they are and where they are in their lives and their faith.

- p. 61 ...a lot of people are cutting our parts of their life, flipping them over, and pretending to be someone they aren't yet.
- p. 63 We hope for good things to happen to people in need...But hoping isn't helping. Hoping is just hoping.
- p. 64 The story about America lets us know, however, just how strongly God feels about us keeping it real and transparent and honest about where we actually are, rather than faking it and pretending we're someone we only hope to be some day.
- p. 65 People who are becoming love keep it real about who they are right now, while living in constant anticipation about who God's helping them become.
- p. 65 We should all have beautiful ambitions for our lives and who we might become, but we also need to sync it up so we're not fooled into believing we've already arrived at a place in our faith we've only been thinking about going to someday.
- p. 66 God has never looked in your mirror or mine and wished He saw someone else.
- p. 67 Trade the appearance of being close to God for the power of actually being close to God.
- p. 67 Quit talking a big game and go live a big faith.
- p. 67 The call is to love God and the people around us while we live into the most authentic version of ourselves.
- p. 69 **The Pizza Place**
- p. 69 What we've spent our time collecting might not be worth it.
- p. 70 People who are becoming love...see every act of selfless love as a declaration of their faith.
- p. 71 People like me who overstate the good we've done usually do so because we're looking for validation.
- p. 72 People who are ticket counters are insecure about how much God loves us, so we mistakenly try to quantify how much we love Him back by offering Him success or accomplishments or status or titles.
- p. 72 He (God) wants our hearts, not our help.
- p. 72 ...our lives will never be about Jesus if we keep making everything about ourselves.
- p. 73 Yet Jesus' message to the world is as simple as it is challenging: It's not about us anymore; it's about Him.
- p. 73 People who are turning into love don't need all the spin, because they aren't looking for applause or validation from others any longer.
- p. 73 People who are turning into love give their love away freely without any thought about who gets credit for it. Jesus doesn't need credit, and we shouldn't either.
- p. 74 In the end, none of us wants to find out we traded the big life Jesus talked about for a box full of worthless acknowledgement.
- p. 75 We're invited because we're loved, not because we earned it.
- p. 77 **From the Lighthouse Window**
- p. 77 Everyone hits a couple of wrong notes; keep playing your song.
- p. 80 Stages, audiences, and platforms change us. People who are becoming love don't need any of it.
- p. 80 It's not inherently bad to have all the stages, but we can end up playing to the wrong audience.
- p. 81 ...where we meet matters as much as what we say, maybe even more.
- p. 82 Whether we want to or not, we end up memorizing what we do repeatedly...it's a great idea to pick actions worth repeating.
- p. 83 The report card on our faith is how we treat one another when we do.
- p. 84 God makes people, and people make issues, but people aren't issues.
- p. 85 **Three Green Lights**

- p. 87 I had flown two thousand feet over the highest mountaintops because I wanted to be safe; these pilots flew through the valleys because they wanted to get better.
- p. 87 ...Jesus never asked anyone to play it safe.
- p. 87 Playing it safe doesn't move us forward or help us grow; it just finds us where we are and leaves us in the same condition it found us in.
- p. 87 Loving people we don't understand or agree with is just the kind of beautiful, counterintuitive, risky stuff people who are becoming love do.
- p. 87 Every day we get to decide if we'll take it easy and fly over the mountaintops in our relationships or make ourselves better and find our way through the valleys.
- p. 88 ...if we want our faith to get stronger, we need to navigate some deep places.
- p. 88 People who are becoming love understand God guides us into uncomfortable places because He knows most of us are too afraid to seek them out ourselves.
- p. 90 We're all waiting for more information, more confrontation, more certainty at some point...We want clarity and instead we get confusion. We want answers and we just get more questions.
- p. 90 God's plans aren't ruined just because our plans need to change.
- p. 91 Don't ignore the green lights you already have.
- p. 91 Figure out what your next move is going to be, then make it. No one is remembered for what they only planned to do.
- p. 92 ...all opportunities come with expiration dates.
- p. 92 God is less concerned about the people who admit their doubts than the ones who pretend they're certain.
- p. 94 God isn't surprised we want more confirmation. He just hopes we won't get stuck waiting for it.
- p. 94 ...at some point, we need to stop waiting for permission and go live our lives.
- p. 94 The difference between a prudent pause and persistent paralysis is a distinction worth knowing.
- p. 94 You don't need to take all the steps, just the next one.
- p. 95 **Last One, Best One**
- p. 95 Jesus often uses our blind spots to reveal Himself to us.
- p. 96 ...we usually don't need all the plans we make.
- p. 96 ...planning to love people is different than just loving people.
- p. 97 We want God to tell us all the details, but all we usually get is a promise that will see more of Him if we look in the right places.
- p. 97 We'll see what we spend the most time looking for.
- p. 98 If the guy without sight had faked it and said he could see everything just fine after the first touch, he wouldn't have been actually healed.
- p. 99 He (Jesus) sees who we're becoming, and He wants us to become love.
- p. 100 ...people who are becoming love try impossible things because they've surrounded themselves with voices they can trust.
- p. 101 These are the voices of defeat each of us hears at some point. If we let them, these dissonant voices can drown out the voices we've come to trust in our lives.
- p. 102 The promise Jesus made to His friends was simply this: He promised to be a voice they could trust. All He asked His friends to do was to run toward it.
- p. 104 It's not what you look at; it's what you see.
- p. 104 He (Jesus) wants you to run big and jump far.

p. 105 **Three Minutes at a Time**

p. 105 Friendships can last a lifetime, but we make them three minutes at a time.

p. 109 Humble people don't fall for the lies pride tries to entice us with to fake it.

p. 110 A lot of us pretend we're at a different place in our faith than we really are.

p. 110 When what our faith looks like becomes more important than what it is, it's evidence we've forgotten who we really are.

p. 111 Jesus probably wants us to *show* people who He is by what we do, not just *tell* them what we think.

p. 111 If you're already friends with Jesus, don't get in everyone else's way as they figure it out with Him.

p. 112 Our words say we're one person, but our lives say we're someone else...Some of us say He's God and we're following Him, but then we live like our ego is calling all the shots.

p. 112 The beautiful message of Jesus is His invitation to everyone that they can trade in who they used to be for who God sees them becoming.

p. 112 If they wanted to know Him better, they'd need to stop thinking so much about themselves, and if they wanted to love Him more, they needed to love each other more.

p. 113 Quietly delight in the confidence that comes from having found truth in your own life.

p. 114 Sometimes when we search too hard for explanations, we risk making them up by mistake.

p. 117 **Karl's Dive**

p. 117 We're not held back by what we don't have, but by what we don't use.

p. 123 Jesus tells us to bring what we have to Him, and He will make something amazing out of it.

p. 123 Where we turn our heads is where we'll land with our lives.

p. 124 ...we can be so busy trying to get the approval of others that we forget who Jesus said we are.

p. 124 ...when we're busy getting our validation from the people around us, we stop looking for it from God.

p. 127 **Land the Plane**

p. 135 God isn't always leading us to the safest route forward but to the one where we'll grow the most.

p. 136 What we actually want is that extra nudge of confidence from God and the opportunity to move forward courageously to do those things we already know how to do.

p. 136 What a shame it would be if we were waiting for God to *say* something while He's been waiting on us to *do* something.

p. 137 ...God doesn't just value the big endeavors that work, and He isn't afraid we'll fail; instead, He delights in our attempts.

p. 137 Most of us don't need more instructions; we simply need someone who believes in us.

p. 138 When we dream up something where the outcome seems uncertain and we don't hear God's voice, what if God isn't saying anything to us because He's already said it?

p. 141 **A Welcome from Walter**

p. 141 What we do with our love will become the conversations we have with God.

p. 143 What it seems He'll care about most is how we treated the people on the fringes of our lives.

p. 144 ...but when the hungry or thirsty or sick or strange people came along, or when people without clothes came by, they didn't know what to do, so they didn't do anything.

p. 144 I have simply been too busy and too good at keeping my distance from people I don't understand to know what they really needed.

p. 144 I'll say I am too busy to help someone in need when it isn't time I lack; it's compassion...I settle for merely hoping rather than actually helping.

- p. 145 People who want a reason to delay often wait for plans. People who are becoming love don't.
- p. 146 Don't make this more complicated than it is. Just start.
- p. 149 **What Grace Costs**
- p. 153 Jesus talked about not letting one of your hands even know what the other is up to.
- p. 154 ...if we make everything about us, it'll never be about Jesus.
- p. 159 **My Bucket**
- p. 159 How is your life working for the people around you?
- p. 159 ...if our lives aren't working for the people around us, our lives aren't working for us.
- p. 160 ...we will become in our lives what we put in our buckets.
- p. 161 ...if we fill our buckets with love, we can actually become love.
- p. 165 People will figure out what we really believe by seeing what we actually do.
- p. 165 Everybody has a plan, but God is looking for people who know their purpose.
- p. 165 We all encounter difficulties. It's what we do next that defines us.
- p. 165 People don't grow where they're planted; they grow where they're loved.
- p. 168 He's (Jesus) more interested in making us grow than having us look finished. He wants me to realize I'm just not quite there yet.
- p. 169 **Croc Drop**
- p. 171 It was a prayer for unity, not sameness.
- p. 172 They realized if following Jesus didn't lead them to the poor and the hungry and the isolated, then they weren't actually following Jesus.
- p. 172 He wants our hearts; He doesn't care about the address where it happens.
- p. 174 We don't need to just talk about lifting others up in prayer when they're hurting. Actually lift one another up instead.
- p. 175 Sometimes we make church a lot more complicated than Jesus meant for it to be.
- p. 177 **Be. Not. Afraid**
- p. 177 When you have all the power, you don't need all the words.
- P 179 Sometimes we wait for permission or a plan or a calling or a mystical sign from God before we get started...when we're looking for a plan, God often sends us a person.
- p. 181 Sometimes God uses the most difficult things in our lives to show us the most accurate things about our lives – if we have the guts to receive a little grace.
- p. 181 ...where we meet shapes the discussions we'll have.
- p. 182 I don't think people grow old. I think they just lose their imaginations and end up looking old.
- p. 185 What if we weren't afraid anymore?
- p. 187 **Witch Doctors and Witness Stands**
- p. 187 Courage comes in all sizes.
- p. 193 Our problem following Jesus is we're trying to be a better version of us, rather than a more accurate reflection of Him.
- p. 194 We don't think perfect is possible, so we just nod and agree rather than do the heavy lifting Jesus talked about to get there.
- p. 195 **Randy's Skill**
- p. 199 ...he said (Paul) God uses unbelievable things...so we wouldn't keep making everything about ourselves but instead would see how powerful God is.

p. 201 **Kabi**

p. 201 What we punish, God can forgive.

p. 201 I realized if I wanted big things to happen in my life, I'd need to take bigger steps and risk more than I had before...

p. 203 What Kabi and I are both learning about love and grace and forgiveness is that none of us needs to fully understand it to fully receive it.

p. 203 ...it turns out many of the problems we have turning into the men we want to be are the same.

p. 204 He said He would turn us into love if we were willing to leave behind who we used to be.

p. 205 I was reminded again how grace never seems fair until you need some.

p. 207 **Where Do You Want to Go?**

p. 207 Big love takes us to high places.

p. 208 ...when you've got a guide you can trust, you don't have to worry about the path you're on.

p. 209 Following Jesus means climbing, tripping, dusting ourselves off, and climbing some more.

p. 209 Faith isn't a business trip walked on a sidewalk; it's an adventure worked out on a steep and sometimes difficult trail.

p. 209 It's hard to walk with Jesus and run ahead of Him at the same time.

p. 210 It's easy to confuse busyness with progress and accomplishments with pleasing Jesus. Every day we get to decide whether we're really following Jesus or trusting Him like He's just a Sherpa carrying our stuff.

p. 210 People who are becoming love celebrate how far the people around them have come.

p. 213 **Graduation Day**

p. 213 Love always multiplies itself.

p. 214 People who are becoming love don't just use tough talk; they do difficult things.

p. 214 ...loving people the way Jesus did either changes everything in us or it changes nothing.

p. 215 Loving your enemies doesn't just mean learning about them or being nice to them or tolerating them. It means helping them.

p. 216 I'm moving beyond just agreeing with Jesus to actually doing what He said to do.

p. 216 Loving people the way Jesus did means being constantly misunderstood. People who are becoming love don't care.

p. 216 The people who creep us out aren't obstacles to having faith; they're opportunities to understand it.

p. 217 There is no love without justice, but there is no justice without love.

p. 217 I don't think we have any business telling people what to change in their lives unless we're willing to change a couple of things in ours.

p. 218 Don't tell them all your opinions; give them all your love.

p. 218 Even when we feel like we can't muster the strength and humility to love our enemies, the truth is we can.

p. 221 **Epilogue**

p. 223 Every time I wonder who I should love and for how long I should love them, God continues to whisper to me: Everybody, Always.