**Ed Van Buskirk**:

As a cradle Catholic, husband and father and very active at church since being an altar boy, Ed felt he had a good grasp of his faith. However, at age 47 he discovered he really didn’t know something very basic and foundational about his faith. The Ten Commandments.

It was a defining moment in his life and it set him on an exciting journey to re-discover the Commandments and all the authentic freedom and abundant joy they offer. In 2018, Ed left his career in Information Technology and founded **If U Love Me,** which is a ministry based on John 14:15 where Jesus tells us, “If you love me, you will keep my Commandments”.

Ed’s journey has taught him that the Commandments are not just a list of rules imposed on us by a demanding God. But rather they are given to us by a loving God as His recipe for a wonderful life of authentic freedom and abundant joy.

Ed’s book on the commandments has been approved by Bishop Johnston with an Imprimatur and Nihil Obstat and Ed has developed an 11-session adult faith formation course on the Commandments that is recommended by Bishop Johnston as a catechesis program for parishes.

Ed loves to share his story of how he rediscovered the Commandments, how relevant and uplifting they are and how they restore truth and clarity in a world of staggering confusion.

To learn more about Ed and his ministry, visit [www.IfULoveMe.org](http://www.IfULoveMe.org).