



2025 | Week 7

Be My Who?

Blog Contributors:

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It's Valentine's Week! This could be something to look forward to or just another occasion whose excitement has diminished due to familiarity. Regardless, have you ever thought about what really lies behind this annual love celebration that our culture has embraced? Who is Valentine? And why do we ask a special someone to be our "valentine"?

DAY 1

Today, as Valentine's Day approaches, we find ourselves more occupied with gifts and ways to celebrate. We may not often hear it from those who are "officially" in a relationship, but there's another question circulating during this time: "Will you be my Valentine?"

This question essentially asks if you want to spend Valentine's Day with that person. It's a traditional way to express romantic feelings, particularly for those who don't yet have a committed relationship. This question also serves as an invitation to spend time together, whether it be for dinner, a movie, or any other activity. Although many say the question doesn't always imply a long-term commitment, it rather signifies a special day shared with someone you care about. For married couples, we may not hear this in the same tone as others because of the commitment we have to our spouses. If such a question is asked between couples, it could merely

be a playful tease, generating excitement for the Valentine's Day that lies ahead.

Essentially, we celebrate Valentine's Day to honor love and romance, and many have embraced this celebration globally to some extent. But have you ever wondered who Valentine is and why we so openly associate this name with the person we cherish?

Upon some digging, we discovered that there's controversy surrounding who Valentine is. According to Britannica, several martyrs were named Valentine, but this day may have taken its name from a priest who was martyred around 270 CE by Emperor Claudius II Gothicus. The priest signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and—by some accounts—healed from blindness. Other accounts suggest it was St. Valentine of Terni, a bishop, for whom the holiday was named, though it's possible that the two saints were actually one person. Another common legend states that St. Valentine defied the emperor's orders and secretly married couples to spare husbands from war. It is for this reason that his feast day is associated with love.

On the other hand, History.com notes that the famous Cupid, often portrayed on Valentine's Day cards, has his roots in Greek mythology as the Greek god of love, Eros. It was also mentioned that Americans began exchanging handmade valentines in the early 1700s. Howland is noted for beginning to sell the first mass-produced valentines in America, and she is known as the "Mother of the Valentine."

These are interesting stories about how this celebration started. The celebration of Valentine's Day was patterned after how love was recognized and expressed at that time. Although it seems like a good and heartwarming story, do we perceive romantic love solely through the lens of this history and Valentine's Day? Yes, we have weddings and anniversaries, but Valentine's Day stands as another reminder of the beauty and gift of romantic love.

We must admit that before understanding other "patterns" or substantial references to love, we often relied on how love was defined by these traditions and celebrations. Looking at it now, considering how important love is in relationships, we need to refer to a more firm foundational reference—one that can

withstand life's challenges while also embracing the beauty and gifts of romance. It is not until we explore the Bible that we discover a genuine love that can be romantic and potentially deeper. With this understanding, we view our marriages differently than we did before. This time, it's not just about celebrations and traditions, but about purpose. That purpose is anchored in the one who defined and demonstrated the greatest unconditional love: Jesus Christ.

How about you? How has this Valentine's celebration influenced your relationship? Have you ever considered looking to the Bible for other insights into romantic love?

Keep Journeying with Christ!

Your Fellow Couple,

Rey & Annie

DAY 2

While love celebrations like Valentine's Day bring a fun and exciting twist, don't let this occasion cause you to view love and its definition solely within the context of this celebration.

This may sound a bit outdated, but the truth is that this is one of the effects of being disconnected from God since the day Adam and Eve left the garden. Although we have the freedom to choose, these choices have led us to materialism, which requires the validity of tangible and evidential factors—even in the most precious love that God created. We tend to refer to love in various ways and from different sources, apart from God. Sadly, we miss the very important point that God is the ultimate source of love.

You have surely heard the famous line, "God is love," but do we truly understand its meaning?

Our disconnection from Him and ignorance of His truths make us think that love equated with God is just another religious concept. What we often overlook is that this love is foundational—not just in our connection with Him, but in how it can flow into our relationships here on

earth, particularly in marriage. We may never truly understand the great difference between God's love and the love defined by occasions and based on traditions and cultural responses.

Like many, we've realized how we misunderstood God and His love. We thought we were doing fine, especially when we found ourselves during religious gatherings, like in church. It wasn't until God intervened that we began to seek Him. It wasn't an easy transition because we were not just embracing the true knowledge about God and His love; we were also removing the wrong perspectives that had sunk into our minds and established behaviors and attitudes. To this day, we're learning and integrating these experiences into the foundation of God's love. It's been an adventurous journey of discovery, and even the exploration of "romance" from a Biblical perspective is a fascinating and enriching experience.

Let's not ignore the truth: the perspectives of love that we've developed and allowed to stay in our minds are obviously not fostering a strong and deeper connection, particularly with our spouses. If you take some time to reevaluate your journey, you'll realize how we often settle for very "light" definitions and understandings of love. How many stories of broken marriages have we heard that surprise us, knowing that those couples involved acted according to a "normal" definition of love? We need a more concrete definition of love—one that doesn't merely evolve around the essence of romance, but one that can withstand the true journey of life, which is not always a smooth road ahead.

We need a love that leads us to a life with purpose—one that truly fills and overflows our hearts, allowing us to share abundantly with others. That love can only be found in Jesus Christ! His act on the cross is the ultimate illustration of unconditional love.

'We have come to know and have believed the love which God has for us. God is love, and the one who abides in love abides in God, and God abides in him. By this, love is perfected with us, so that we may have confidence in the day of judgment; because as He is, so also are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because He first loved us. ' 1 John 4:16-19

Keep Journeying with Christ!

Your Fellow Couple,

Rey & Annie

DAY 3 | For Husbands

It's us men (husbands) who are normally expected to be the gifters on Valentine's Day. It's a good way for us to reaffirm our commitment to our wives (and loved ones) and to express our appreciation.

In those years when I don't have a personal relationship with God, my preparation for Valentine's Day is quite different. I wouldn't recognize the change until I experienced having Jesus Christ in my life and anchored my relationships with Him, particularly this marriage. It's not bad to please our partners with tangible gifts and sweet gestures. As we mentioned in last week's topic, Week 6 - Tangible Affirmation, the Bible encourages us to be generous. However, this Biblical generosity should not imbalance our stewardship responsibility, nor should it promote senseless (uncheerful) giving. Biblical generosity has great substance and deep purpose. There's a clear connection between contentment and being at peace with Christ.

My connection with Christ has truly impacted how I fulfill my important role as Annie's husband. It didn't just stay within the context of pleasing her; I view it as my accountability to God. I am grateful that during difficult times in my roles, God is there to guide me and sustain me despite my shortcomings. It's not easy to be generous in a world where materialism is very loud. It's challenging to find contentment when we're surrounded by and tempted by beautiful things. Truly, it's only by the grace of God.

On Valentine's Day, when I am unable to provide a grand celebration for my wife (and children), it's God who fulfills their joy as I find simple ways to affirm them. I'm thankful that we managed to get through February 14 without succumbing to the pressure of this world and its culture. I'm grateful that we celebrate love not just on

certain occasions, but daily. In Jesus Christ, we are reminded of His great love and how it flows in our marriage and within our family.

In matters of love, the couple's appreciation points to the glory of God.

Keep journeying with Christ Jesus.

Your Fellow Husband,

Rey

DAY 4 | For Wives

It's Love Talk!

One of the many things we women are very interested in discussing and experiencing is love. Who wouldn't want to love and be loved?

By nature, most of us women have a great sensitivity in our hearts that produces emotions. This is why men often label us as "emotional" beings. This could be true at some level but may not be true at others. This can be viewed negatively, but emotions are part of God's creation, supposedly helping us on this life journey, especially if we anchor our hearts to Him constantly. Speaking of hearts and emotions, one that flows powerfully is love. The sincere desire and impact of love truly affect how we perceive things, situations, and even others. So, it's critical to understand love and where we anchor it.

Every time I encounter matters like this, which are quite critical to our being as women, I remind myself of the moment when Eve was tempted by the serpent. It's not about passing on blame for an incident that happened thousands of years ago, but it's a powerful story filled with learning. We know how Eve viewed that fruit and gave in to her desire to know more (whether it was right or wrong). Despite a direct connection with God and clear instructions, she still fell into temptation. Similarly, in our lives today, we're quickly attracted to beautiful things and often accommodate the desire to know more, without grounding ourselves in God's truth, the ultimate

Creator of us and all in this world. This applies to love as well.

Our separation from God causes us to view love differently than He intended. Our ignorance of His truths inclines us to rely on tangible materials for interpreting love. Furthermore, we often search for and accommodate love interpretations from today's culture and preferences. Just like on Valentine's Day, we choose to remember love through a story, even though we have the greatest act of love from Jesus Christ. Little do we know that continuing to perceive love differently leads to perspectives that stray from God.

On a practical level, we may be more excited about how our husbands will celebrate Valentine's Day. Particularly today, with strong campaigns like those on social media, the temptation to feel left out is very strong. If we're not careful, we might miss the genuine expressions of love our husbands show us, even on "non-Valentine's" days.

Flowers, other gifts, or hearing the tagline, "Be my Valentine," aren't necessarily bad, especially if our husbands can afford them, but let's not confine love celebrations to these parameters. Moreover, let's not just think of love flowing in our marriage on occasions like Valentine's Day or anniversaries. This Feb 14th (or on any other day), let's start making a habit of celebrating love with our partners through the lens of God's grace, mercy, and love. Such a habit will only take place if we restore our connection with God through Jesus Christ and commit ourselves to this life journey anchored in Him.

Keep journeying with Christ!

Your Fellow Wife,

Annie

DAY 5

It's nice that a martyr was initiated to celebrate love every February. The built tradition and occasion are indeed fun and exciting. However, we can't deny the fact that even in the most sincere efforts to define love, we cannot overlook God, who is the true source of love. This

is particularly evident in the ultimate selfless act of Jesus Christ on the cross, who sacrificed Himself for us—for our sins (John 3:16). This ultimate act of selfless love extends to what the Apostle Paul outlined regarding the love between husband and wife—marriage should reflect Christ and the Church (Ephesians 5:22-33).

Another reality to accept is that such a pattern is very difficult—actually, it's impossible. The model of Jesus Christ is indeed far removed from human nature. We can observe that we are not always capable of loving our spouses in the same way that Jesus Christ loves the Church. So, even in the effort to encourage many to celebrate love on February 14th, there are instances when we can witness inconsistency or a lack of deeply impactful celebrations of love. It's a sad reality that not many are willing to take a serious look at or choose to ignore.

The truth is, since Jesus Christ died on that cross, there is a living hope to experience great love in marriage. There's great hope in anchoring marriage in Him, which celebrates love not just initiated by culture every February 14th. This kind of love stands firm against the challenges, temptations, and deceitfulness of this world. This kind of love is still celebrated even amid difficult circumstances.

A couple restored in their relationship with God and anchored in Jesus Christ won't be discouraged by the cost of following Christ. Rather, they will determine the great importance of having this united journey intentionally connected to God's truths, modeling Jesus Christ, and being influenced by the Holy Spirit.

'But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you. 'John 14:26

If you find yourself seeking to change your marriage for a deeper connection and to journey with a more profound purpose, Couples' Journey is here to help. We have curated materials and resources from today's wonderful teachers, ministers, and theologians that, by God's grace, provide a good level of understanding for whatever season you and your marriage are going through. Change your connection with your spouse and married friends by initiating regular conversations anchored in Biblical truth

and practical life applications. Join us in the next love celebration campaign, advocating for a love that's anchored in Jesus Christ.

Your Fellow Couple,

Rey & Annie



Let's embark on a comprehensive learning experience with this week's topic by following the **D.R.A.S.H. - 5 Steps of Learning Method!**

Step 1 | Discover the Truth

- From the shared Biblical truths, Biblical perspectives, and testimonies, what struck you most about the celebration of Valentine's Day?

Step 2 | Reflect and Meditate on the Truth

- How does this week's topic relate to your current season in marriage?

Step 3 | Apply the Truth

- After this week's discussion about the Valentine's Day celebration, are there any changes you plan to make with the insights you gained from this week's topic?

Step 4 | Share

- Using a storytelling concept, compose a short story about how you will share the truths you discovered in this week's topic with your spouse or other married individuals journeying with you. You may want to consider a 1-minute or 5-minute storytelling technique.
- You can use the following guiding questions in your composition:
 1. What truths did you discover and reflect on in this week's topic?
 2. How are these truths and reflections related to yourself and your current marital status?
 3. What actions do you plan to take in the coming days that relate to this week's learning?

Step 5 | Help in Navigating the Truth

- Besides your spouse, identify another person (or member/s of your small group) who will journey alongside you as you take intentional actions based on this week's learning. Consider what additional help you may need, such as further discussion or a regular prayer partner.

We pray that you encounter God through this week's topic. May His grace turn your learning experience into a transformative journey, leading to testimonies of breakthroughs that further strengthen your walk with Christ Jesus!

Let us know how this guide has helped you!

May this study tool be effective and helpful for every fellow seeker and believer who is intentionally journeying with Jesus Christ. We would be grateful to hear how this tool has significantly impacted your journey and your relationships with your spouse and others. Please share your feedback or experiences through this [link](#) (or scan QR Code)



Couples' Journey with Christ Jesus

www.couplesjourney.org

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