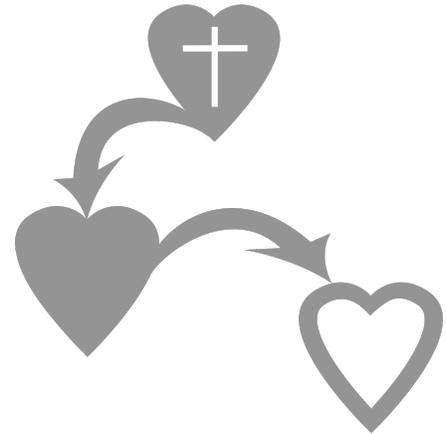


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## A Full Heart....

*Love is the overflow of joy in God! . . . It is first a deeply satisfying experience of the fullness of God's grace, and then a doubly satisfying experience of sharing that grace with another person.*  
John Piper

**A full heart** comes from the outpouring of **God's love into the heart of His child.**

See **how great a love the Father has bestowed on us, that we would be called children of God; and such we are.** (1 John 3:1)

One of the most encouraging and satisfying parts of that relationship is that **He loves me.**

**PERIOD.** I didn't have to **DO** anything. He wants me to be His child. He gave what was most important to Him to show me how much He loves me.

*But God demonstrates **His own love toward us, in that while we were yet sinners, Christ died for us.*** Romans 5:8

And **NOTHING** will change **His love for me. PERIOD.**

*For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, **will be able to separate us from the love of God, which is in***

*Christ Jesus our Lord.* (Romans 8:38-39)

*So, what does all of that have to do with my marriage? How I feel about my kids/parents?*

**Here's what** - It means that if you will **allow God's love to flow into your heart and fill you**, that you can quit draining the life out of other people!

Instead of making demands or having expectations of others, I can pour into them out of the love overflow of my heart. **I can love from a full heart! Forever. No matter what!**

**Love isn't about getting; it's about giving!** [See more below.]

## Pouring Out ....

**What does love look like?**  
*It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.* Augustine

**When I stop expressing love** because my spouse has done something to make me mad or hurt me, that is a **red flag** that **I am not loving from a heart**

**filled from God.** I am **loving** out of what I think I am getting/not getting from the other person.

*What does it look like to pour out love to my spouse/others? What if I don't know how to do that?*

Love doesn't always have to be flowers and chocolate (although those two work for me!).

**Love starts in the heart** but has to be **demonstrated.** Words carry no weight without actions.

**Ideas:**

- **Kind words.** Say something affirming/encouraging.
- **Affection** - including non-sexual, physical touch, hugs.
- **Listen** - give undivided attention, no texting, phone, computer, or TV.
- **Help** - look for practical ways to take some of the load off your spouse.
- **Give** something thoughtful, doesn't have to be expensive.