



Living Well

LOVE: From a Full Heart or a Heart to Fill?



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A Heart to Fill

Check out these websites for more information:

For more information about the ministry - www.livingwellokc.org
Photos and writings about the ministry - www.livingwellokc.blogspot.com
Encouragement/culture on marriage - www.livingwellinmarriage.blogspot.com
Wisdom Community School - www.wisdomcommunityschool.com

"The supreme happiness of life is the conviction that one is loved; loved for oneself, or better yet, loved despite oneself." Victor Hugo

We come into life with a **heart that is empty — waiting to be filled.**

Mom and Dad try to fill it. But sometimes Mom and Dad don't know how to **love** from a full heart or their hearts become empty. Maybe they are **loving** me but I don't feel it. I keep looking for their approval, a proof that I am **lovable**. When I get correction or direction, I think that I have failed; I don't measure up.

As I grow older, I **try harder or seek out love** and approval from someone else - an older sibling, a grandparent, or friends.

As I continue on my journey through life, I **look for a mate to fill my heart** — someone who will **love me all the time, forever, no matter what.**

Some of us find that person — **the one who fills my heart.**



We get marriedbut

something happens.

She wakes up grumpy in the morning and doesn't respond to my affection. **I feel rejected and unloved.**

He is irritable and criticizes the way our

house looks. **I feel like a failure and unloved.**

We go out to dinner with friends. He makes fun of me. She talks down to me. **I feel disrespected. I feel unloved.**

It becomes apparent that he doesn't **fill my heart. I must have married the wrong person.**

She doesn't **love** me the way I am; she is trying to change me. She only shows me **love** if I do everything her way. **I can do better with someone else.**

This sequence of events plays out in millions of lives. But as one country singer put it, I am **lookin' for love in all the wrong places.**

[Read more about the search for love **below** and loving from a full heart on the **back.**]

My Search

The single desire that dominated my search for delight was simply to love and to be loved. Augustine

That was Augustine's search over 1600 years ago; **the search of each of us.** Augustine pursued sexual immorality and paganism **to fill his empty heart.**

Augustine's search ended with a personal relationship with God through Jesus Christ. As he said, "You have made us for yourself, O Lord, and **our heart is**

restless until it rests in you." I will always be hurt and disappointed in search of a **love to fill my heart — forever, no matter what — until I find that love from God.**

We love, because He first loved us. (1 John 4:19) **Love originated in the heart of God and flows out into our empty hearts.** *God's love has been poured out into our hearts through the Holy Spirit.* (Romans 5:5)

On the reverse side:

A Full Heart

Pouring Out