

How To Know If You're In Love

Ephesians 5:1-2

Series: Love, Sex, & Lasting Relationships – Part II

Introduction – Three Quotes

"It is the taking over of a rational and lucid mind by delusion and self-destruction. You lose yourself, you have no power over yourself, you can't even think straight."

Marilyn French, American Author

"Love is the state in which man sees things most widely different from what they are."

Nietzsche

"Indeed, steamy starts do not promote our best thinking. Intense emotions often block us from taking a careful and objective look at ourselves, the person we are dating, and the relationship we are forming."

Dr.'s Les & Leslie Parrott

3 Kinds of Love

1. **Eros Love** – This is need love. It is based upon physical attraction and fulfillment. This love is necessary for marriage to succeed; however, marriage cannot be sustained by eros alone. *Proverbs 5:15-19*
2. **Phileo Love** – This is friendship love. The Bible uses the word "companionship" several times in describing what a marriage relationship is. Phileo love means reciprocal sharing of time, activities, the home, hobbies, games, and other objects of common fellowship. *Romans 12:9-13*
3. **Agape Love** – This is a giving love. This can be unilateral in that one loves even when the other doesn't respond as expected. It is self-giving in meeting real needs of the other with the purpose of helping the person to become a better, more mature individual. Agape love takes the initiative and energizes the other two kinds of love. Agape's characteristics are in *1 Corinthians 13:4-8*.

Is It “Love” or “Infatuation?”

Test #1 - TIME

Love grows, and all growth requires time. Infatuation may come suddenly.

Test #2 - KNOWLEDGE

Love grows out of an appraisal of all the known characteristics of the other person. Infatuation may arise from an acquaintance with only a few or only one of these characteristics.

Test #3 – FOCUS

Love is other-person-centered. It is outgoing. It results in sharing. Infatuation is self-centered.

Test #4 – SINGULARITY

Genuine love is centered on one person only. An infatuated individual may be “in love” with two or more persons simultaneously.

Test #5 – SECURITY

An individual in love tends to have a sense of security and a feeling of trust after considering everything involved in his relationship with the other person. An infatuated individual tends to have a blind sense of security based upon wishful thinking rather than upon careful consideration, or he may have a sense of insecurity that is sometimes expressed as jealousy.

Test #6 – WORK

An individual in love works for the other person or for their mutual benefit. He may study to make the other person proud of him. His ambition is spurred and he plans and saves for the future. He may daydream, but his dreams are reasonably attainable. An infatuated person may lose his ambition, his appetite, his interest in everyday affairs. He thinks of his own misery. He often daydreams, but his dreams are sometimes not limited to the attainable and are given free rein. At times the dreams become substitutes for reality and the individual lives in his world of dreams.

Test #7 – PROBLEM SOLVING

A couple in love faces problems frankly and attempts to solve them. If there are barriers to their getting married, these barriers are approached intelligently and removed. Such as cannot be removed may be circumvented, but with the knowledge that what is done is deliberate circumvention. In infatuation, problems tend to be disregarded or glossed over.

Test #8 – DISTANCE

Love tends to be constant. Infatuation often varies with the distance between the couple.

Test #9 – PHYSICAL ATTRACTION & INVOLVEMENT

Physical attraction is a relatively smaller part of their total relationship when a couple is in love, a relatively greater part when they are infatuated. When a couple is in love, any physical contact they have tends to have meaning as well as be a pleasurable experience in and of itself. It tends to express what they feel toward each other. In infatuation, physical contact tends to be an end in itself. It represents only pleasurable experience devoid of meaning.

Test #10 – AFFECTION

In love an expression of affection tends to come relatively late in the couple's relationship. In infatuation, it may come earlier, sometimes from the very beginning.

Test #11 – STABILITY

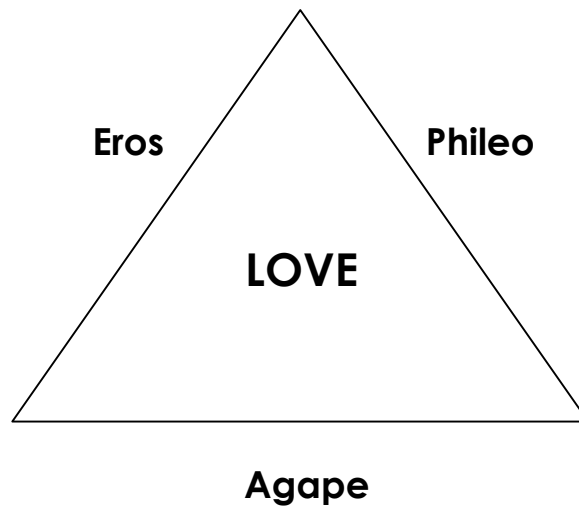
Love tends to endure. Infatuation may change suddenly, unpredictably.

Test #12 – DELAYED GRATIFICATION

A couple in love is not indifferent to the effects of postponement of their wedding and do not prolong the period of postponement unless they find it wiser to wait a reasonable time; they do not feel an almost irresistible drive toward hast. Infatuated couples tend to feel an urge toward getting married. Postponement is intolerable to them and they interpret it as deprivation rather than preparation.

Adapted from *Marriage for Moderns* by Dr. Henry Bowman

How To Improve Your Love Life



1. **A word to singles** – keep your _____ and _____
_____ involvement behind your leading from God and
commitment to the other person.
2. **A word to the married** - love requires the nourishment of all three
kinds of love. Examine which one _____ _____
needs most and choose to give it as an act of worship to God.

Resources:

Fit To Be Tied by Bill & Lynne Hybels

Relationships by Dr.'s Les & Leslie Parrott

Intimate Allies by Dan Allendar, Tremper Longman