

“Love always protects,  
always trusts, always  
hopes, always  
perseveres. Love never  
fails.”

“Love knows no limit  
to its endurance, no  
end to its trust, no  
fading of its hope, it  
can outlast anything.”

**1 Cor. 13:7**

# THE HABIT OF a LOVING HEART

# The secrets of lasting love:

## 1. Develop habits that refresh me physically

Warning Signs:

- Always feeling fatigued
- Too tired to care
- Depending on stimulants

a. Rest

b. Balanced diet

c. Regular exercise

## 2. Develop habits that recharge me emotionally

Warning Signs:

- Sense of being overwhelmed
- Outbursts of impatience
- Desire to avoid people
- Dreaming of “getting away”

a. Solitude

b. Recreation

c. Laughter

### 3. Develop habits that renew me spiritually

Warning Signs:

- Nothing seems worth the effort
- Life seems futile/purposeless
- Blaming God for your problems
- Increased Worry

a. Daily quiet time

b. Small group

c. Worship

