“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 secrets of lasting love:

1. Develop habits that refresh me physically

Warning Sings:
- 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 Sings:
• 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 Sings:
• 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