

Reach Out



FINDING YOUR PLACE IN THE COMMUNITY

Week 14: Unconditional Love

Think about your best friend. What qualities do you love most about that person? How did you first become friends? Now think about a time that you were upset with your friend. How did you feel about that person? While you were fighting, was it easy to find reasons to love that friend?

True love is constant, regardless of the conflicts we face or the hardships we put each other through. Over time, the lustre and excitement of new friendship wears off, but real love can persevere for many years to come. This type of love is known as agape (pronounced uh-GOP-ay, it's Greek). It differs from other types of love, like phileo (friendship) and eros (sexual love) - these two types of love are responsive to how a person feels, as in "I've fallen in love with you." Agape love, on the other hand, is unselfish, unconditional, and unstoppable. It requires a choice of commitment. Agape love is loving the unlovable, choosing to love in the moments when a person has done nothing to be worthy of loving.

Consider the power of agape love. Is any person worthy of being loved; have any of us done such amazing things with our lives that the world should fall down at our feet in love and affection? On your worst day, when you are the grumpiest, meanest, most bitter person in the world, how would you respond if someone showed you agape love. Love is contagious. Make a conscious effort to love the unloveable today, and you can change their life.

Challenge: Unconditional Love

Do something out of the ordinary this week for someone you struggle to love - something that proves (to you and to them) that your love is based on your choice and nothing else. Demonstrate love to them for the sheer joy of being loving.