



HOW TO STAY IN LOVE | WEEK 1

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*"I'm not a very emotional man but I cried my eyes out for like 30 minutes at work. ...that is when I realized, wow, this is actual love."* – Chris Smith

What are 7 Biblical ways to stay in love over the long haul?

It's easy to fall in love. It's hard to stay in love.

1. Choose love \_\_\_\_\_.

Love is a decision, not just a feeling.

1 Peter 4:8

*"Love must be renewed daily by choice, especially when emotions fade. It's choosing grace, kindness, and patience over resentment or indifference."* – ChatGPT

2. Practice \_\_\_\_\_ often.

Ephesians 4:32

*"No relationship lasts without forgiveness. Holding onto bitterness slowly erodes love. Forgive as God forgave you—freely and fully."* – ChatGPT

Hebrews 12:15

3. \_\_\_\_\_ one another \_\_\_\_\_.

Galatians 5:13

*"Lasting love is built on mutual service and sacrifice, not selfishness. True love asks, 'How can I bless you today?'"* – ChatGPT

John 13:15

4. \_\_\_\_\_ truthfully and gently.

Ephesians 4:15

*"Open, honest, and kind communication strengthens intimacy. Avoid both harshness and silence."* – ChatGPT

Proverbs 15:1

5. Keep \_\_\_\_\_ at the \_\_\_\_\_.

Ecclesiastes 4:12

*"Marriage and love flourish when rooted in shared faith. Pray together, grow spiritually, and let Christ be the anchor of your love."* – ChatGPT

John 8:31

6. \_\_\_\_\_ and \_\_\_\_\_ each other.

1 Thessalonians 5:11

*"Over time, it's easy to focus on flaws. Instead, keep expressing gratitude, admiration, and encouragement—often and sincerely."* – ChatGPT

Proverbs 12:18

7. Stay \_\_\_\_\_ in heart and body.

Hebrews 13:4

*"Guard your heart, eyes, and body. Faithfulness builds lifelong trust and safety."* – ChatGPT

8. Create space for \_\_\_\_\_.

9. \_\_\_\_\_ their heart.

Genesis 2:24



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daily  
forgiveness  
Serve, selflessly  
Communicate  
Christ, center  
Celebrate, encourage  
faithful  
intimacy  
Protect