



LOVE CLINIC RELATIONSHIP DEVOTIONAL

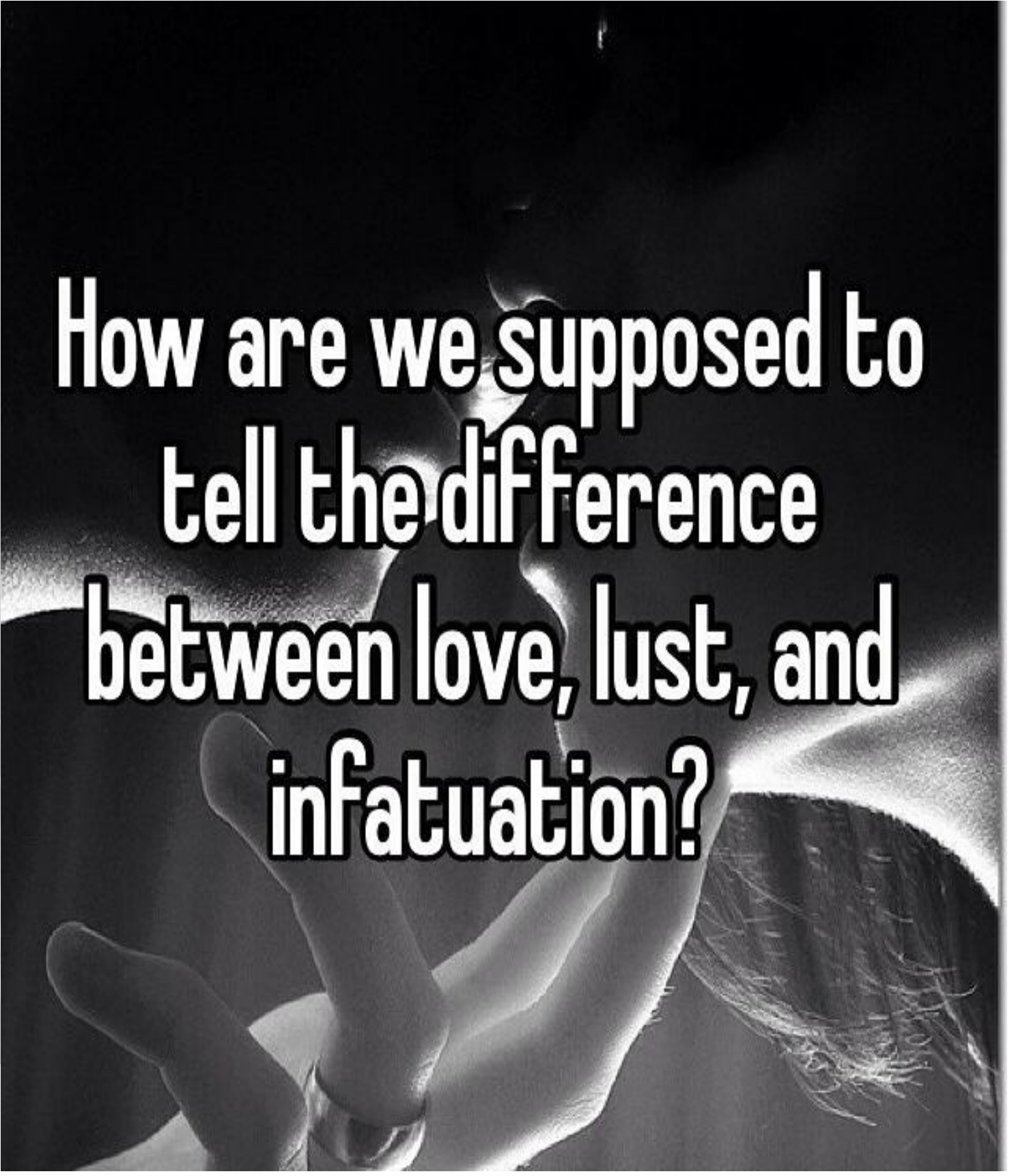
Title: **LIES, LUST AND LOVE**

BY

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LIES, LUST AND LOVE COURSE (L.L.L)

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**How are we supposed to
tell the difference
between love, lust, and
infatuation?**

N.H.L.C-02118

Wisdom Nuggets: "Some people are involved in dead end relationships. A relationship characterized with endless lies and lust."- Jeffery Martins

Today's Focus: INTRODUCTION

One of the most challenging thing youths face as regards their relationships is the inability to intelligently and honestly discern between a true feelings of love, lust, infatuation or lies.

To be honest; I personally suffered with the delusion of infatuation for years. The most painful part was; I invested a lot cultivating the fake feeling I felt was true love. Some people are involved in dead end relationships. The challenge is that they don't realize it until it is too late to do anything constructive to remedy their situation.

Our teaching Series for this month is: "LOVE, LUST AND LIES."

I indulge you to be regular in following this month's teaching because, February series promises to be a heart to heart teaching experience.

FAITH CONFESSION: "Heavenly Father, thank you for the month of January. I declare and believe it's another season of greater accomplishments in Jesus' Name. Amen!

N.H.L.C-02218

Wisdom Nuggets: "Any feeling you don't categorically define; you fall a victim of or end up as a casualty." - Jeffery Martins

Today's Focus: LUST OR INFATUATION?

Some Men and Women make major relationship decision based solely on the external qualities of people they just met, people they barely knew. They let down their guard and got involved in relationships that led them mostly to heart aches, rejection, hurt and pain.

Having strong feelings for someone can make you think you're in love when you're actually in lust or infatuated. Here's the important distinction between lust and infatuation:

LUST is a physical emotion and reaction to someone else's physical appearance. It's when you're sexually attracted to a guy. Lust tends to be short-lived and is more about immediate gratification.

INFATUATION is an intense feeling. It happens when you are attracted to a guy's appearance or attracted to him sexually. Infatuation happens early on and tends to become obsessive. When you're infatuated, you see him through rose-coloured glasses based on who you imagine him to be. You have put him on a pedestal and don't acknowledge him for who he really is — good or bad. You may behave irrationally, become caught up in your feelings of what you think love is and aren't living in reality.

Faith Declaration: "In the name of Jesus, I subdue every undefined feelings under the authority of Jesus."

N.H.L.C-02318

Wisdom Nuggets: "The definition of love cannot be explained or explored from the abstract."- Jeffery Martins

Today's Focus: INTENSITY OF FEELINGS

The intensity of feelings that come with lusting after someone or being infatuated may cause you to think you're in love. When the Guy or Lady you're lusting after or infatuated with doesn't feel the same way, disappointment and heartache ensue. As a result, these lustful and infatuation experiences that don't work out, will cause you to believe, "Love is hard, painful and uncertain." The reality is love isn't any of these things. If you're experiencing love to be hard, painful and uncertain, and asking, "Am I in love?", you are not in love.

Lust and infatuation are usually fleeting and short-lived and don't tend to turn into love. When you are in love, you will have an intense feelings mixed with maturity and clarity for the Man or Lady, and be attracted and connected to him on the level of mind, body and soul. We would consider some perception, experience and feelings of love gradually.

Faith Declaration: "Thank You Father for showing me and directing me to my destiny. A place of peace and true love.

N.H.L.C-02418

Wisdom Nuggets: "Because God is Love, he treasures relationships."- Rick Warren

Today's Focus: WHAT'S LOVE ABOUT?

True Love can be defined in a million ways. There is no singular universally accepted definition of true love outside the definition in 1 John 4:7- "Love is God."

Let's define some characteristics, perception, experience and feelings of love:

Love is a feeling. Feelings are the most common way that people learn about and experience love. When it is truly love, you will feel good about yourself when you're with or without your partner. As a result, you will also feel good about him/her. Since you're only human, sometimes you may not feel so good about yourself or him/her. This doesn't mean it's not love. It just means that things are ebbing, and change and growth are taking place.

Love is an inside job. We tend to look for love from someone else, not realizing that love is actually within. Love is about loving yourself first so that you are whole and not looking for someone else to complete you. The quality of your love life is a direct reflection on how much (or little) you care for and love yourself. The more you love yourself, the more you attract a partner who will love you just as much.

Faith Declaration: "I declare a fresh love over myself. I'm unique and awesome. Love flows from me to the world."

N.H.L.C-02518

Wisdom Nuggets: "Love is an action word. It's an action of choice not just feelings."

Today's Focus: WHAT'S LOVE ABOUT? (Vol.2)

Love is a way of being. Love is experienced in the present moment. When you are present, negative thoughts and feelings fall away, making space for gratitude, kindness and loving energy. Being present with your partner lets you see him/her through fresh eyes and keeps you in love. Being present helps you express yourself more openly, building a deeper connection.

Love is a choice. It's easy to choose love when things are going really well. And when insecurities and fears come up, choosing love is where your greatest growth happens. Love is choosing we over me, unless you're in an abusive relationship. It's being considerate of your partner and making choices for the greater good of your relationship.

Love is built on a strong foundation. Building a strong foundation of love happens by being the best version of you, taking the time to learn about each other, appreciating and accepting each other's qualities, quirks and differences, being there through thick and thin, resolving differences in a respectful manner and letting him/her be who he/she is without trying to change him/her.

Faith Declaration: " Thank You Father for the gift of love. I choose to experience true and sincere love. I reject lies, deception and lust in Jesus' Name. Amen."

N.H.L.C-02618

Wisdom Nuggets: "Lust feels like love until it's time to make sacrifice."- Anonymous

Today's Focus: GENESIS OF LUST (GUYS)

A guy sees a very beautiful Lady and he feels drawn to her. It may be the dress she is wearing, or her physical attributes. It may be how tall, slim, light skinned, dark skinned, long haired, she is. He wants to have her right then. He wishes he had met her yesterday.

He moves towards her, led by his burning libido. In his lust filled mind, he pictures himself having the most erotic time of his life with this lady, even though he hardly knows her.

A man in this lust induced state can do almost anything to get a lady. He can jeopardise his very destiny because he is motivated by a chemical reaction taking place in his brain. He calls this chemical reaction love but most times it is nothing more than lust.

FAITH DECLARATION: "By the Power of Jesus in me, I'm delivered from lust never to suffer from it again! Amen."

N.H.L.C-02718

Wisdom Nuggets: "Love begins with an image; lust with a sensation."- Anonymous

Today's Focus: GENESIS OF LUST (LADIES)

A woman meets a man and instantly likes him because of the way he looks or dresses. She sees his power ride, and the blow-you-out-of-the-water house he lives in and she falls in love with him. She is lured and seduced by external qualities which are not enough to form the solid foundation love requires to succeed.

Such sensual seduction eventually leads this woman to make a decision she usually regrets. She tells herself that she is really in love with this man and enters into a relationship with him based on the trappings of success she has seen.

A day comes when she realizes that this man is not the kind of man she wants. His power clothes, house or ride cannot satisfy her desire for true intimacy, friendship and romantic connection. She comes to terms that her 'MR. PERFECT' is flaky, empty, lacking in character and virtues that can make a relationship work. She eventually gives him up in frustration.

FAITH DECLARATION: " Dear Father, I submit my feelings and emotions to your leading in Jesus Name. Amen."

N.H.L.C-02818

Wisdom Nuggets: "Some people never discover their real value; they assess their worth and value by their physical appearance and material possession."- Praise George

Today's Focus: REMEDY FOR LUST

The Bible in proverbs 31:30 says "Gracefulness is deceitful, beauty is vain."- what this basically mean is that, you cannot build your future on the external qualities of a man or woman without testing their character. Our external qualities will fascinate people, spark interest and curiosity in them to know us but our external qualities can never sustain a relationship or make it succeed.

We sometimes tend to judge our worth and value by what we see on the outside: our physical beauty, possessions etc, but the more mature we become, the more we realize that we are more than just a very pretty face or a buoyant bank balance. These things cannot truly define our real value.

Character is never based on the external qualities of a person but on the internal. When you enter into a relationship with a person based only on looks, achievements, personality, status, possessions or chemistry, you are moved by sight and such a relationship is bound to fail if it isn't undergirded by character.

FAITH DECLARATION: "Beloved Father, I receive your enabled ability to focus more on the substance in people than their physical attributes. Amen."

N.H.L.C-02918

Wisdom Nuggets: "A relationship that has no purpose will naturally tend towards lust." - Anonymous

Today's Focus: PURPOSELESS RELATIONSHIP

People who are bored with their lives get themselves involved in all kinds of relationship problems. One major off-shoot of boredom is a 'purposeless' relationship.

A 'purposeless' relationship is one without direction, purpose or meaning.

Some people want to escape the prison of their boring, drab and uninteresting lives so, they look for people to connect with. The first mistake most people make is to think that the cure for boredom is starting a relationship.

Boredom is a state of mind. If you don't learn to enjoy and feel comfortable with your own self, you will not be able to enjoy the company of others. People handle boredom in different ways. Some eat themselves into obesity, some go on crazy shopping sprees, and others look for new associations and relationships to pep up their lives.

FAITH DECLARATION: "I believe and declare that no more purposeless relationship in my relationship life hence forth in Jesus' Name. Amen."

N.H.L.C-021018

Wisdom Nuggets: "When the purpose of a thing is not well established, misuse is inevitable."- Myles Munroe

Today's Focus: PURPOSELESS RELATIONSHIP 2

A relationship that has no purpose will naturally tend towards lust. When your soul is not engaged in creating meaning for you in a relationship, your base emotions then take over control of your mind.

A purposeless relationship has no direction. People involved in it have no plans for the relationship; all they know is that they have someone they are close to or going out with. With nothing definite on their minds, they are open to all kinds of ideas, suggestions, satanic manipulation and they end up in a sex based relationship or something worse.

A purposeless relationship is driven by lust. If you are involved in one, you should tell yourself the truth and break it up. No matter how difficult it is to let go, you should always do the right thing!

FAITH DECLARATION: "In the name of Jesus, I break up every purposeless relationship I'm engaged with. Today, I let go no matter how difficult. I would never go back again. Dear Father, help me sustain this decision. Amen."

N.H.L.C-021118

Wisdom Nuggets: "Love is a choice not just feeling." Noble Heart

Today's Focus: DECEPTIVE FEELINGS

Love is the mutual heart to heart connection and commitment between a mature man and woman. LOVE IS MORE THAN JUST HOW YOU FEEL. It's a decision of commitment to the well being of another person. A choice to be with someone and stick to him/her through thick and thin.

What majority of people refer to as love is their response to a particular emotional experience. A spark of chemistry - you see someone and you feel something exciting, arousing, or maybe sensual and immediately you describe your experience as love. NAH! The short chemistry you experience can't be real love, well maybe you have a personal definition of love... but for your feelings for each other to qualify as love, they must be tested!

If these emotions stand the test of time, then you 'MAY' begin to think of the possibility that what you both feel for each other is real. "How can love stand the test of time?" - your emotions should be mirrored against the word of God. God's word is the origin of love. So take back what you feel to its source.

FAITH DECLARATION: "Dear Father, humbly and boldly I ask that you help me experience love from your perspective. "

N.H.L.C-021218

Wisdom Nuggets: "Perhaps, we should love ourselves so fiercely, that when others see us they know exactly how it should be done "- Rudy Francisco

Today's Focus: ENJOY YOU

Friendship is the building block of lasting relationships. But the best friendship is the one you're in, with yourself!

Some people cannot spend time with themselves to think, reflect, plan, dream and just enjoy whom God has made them to be. Introspection of any kind scares them. They are afraid to face their true selves. Instead of self improvement, they sometimes look for Solutions and validation in other people.

There is absolutely nothing wrong with having friends in your life with whom you share quality fellowship and exchange ideas. But if you're never happy unless you are involved in a romantic relationship, you have a problem. Friendships are ruined because people want something more not realizing that relationship that has no definite direction will ultimately fail.

FAITH DECLARATION: " I'm the best version of myself, my limitations not withstanding. I choose to enjoy who I am now, as I improve and grow daily. Amen."

N.H.L.C-021318

Wisdom Nuggets: "Take care! Protect yourself against the least bit of greed. Life is not defined by what you have, even when you have a lot." (Luke12:15-Message Bible)

Today's Focus: MONEY BASED RELATIONSHIP

A money based relationship is all about how much money you can get from the person you are dating, in courtship with or plan to marry. It revolves around the enticement of the material things that money affords.

The instinct and tendency to first seek security and protection in a relationship is natural. We want to ensure that the person we connect with will be beneficial to us in some way. But when we allow this instinct 'alone' to determine our choice of a future partner, we are controlled by money and not love.

There are problems that money can never solve. Money does not and can never be a solution to all your issues in life. There are issues that only God in His Mercy can solve for us. If you try to use human influence, connection or financial power to resolve such issues, it will be futile.

FAITH DECLARATION: "Dear Father, I receive understanding, enlightenment and wisdom for a flourishing and enviable relationship."

N.H.L.C-021418

Wisdom Nuggets: "A true friend accepts who you are, but also helps you become who you should be." Anonymous

Today's Focus: HOW TRUE LOVE IS BUILT

Friendship is the key to building a successful and lasting relationship. The mistake most people make is that they fail to build a strong friendship with the person they are interested in before it evolves into a romantic relationship.

Most people are in a rush to connect with the person they like on a romantic level never realizing that without friendship, intimacy has no stable foundation. Romance is a weak emotion to build your life or future on.

Research has shown that people who have a very healthy friendship end up having a successful romantic relationship because their foundation is strong. So, taking the time to be friends is not wasted, it is really a worthy investment you will live to enjoy.

FAITH DECLARATION: "I receive grace for patience to build a solid foundation of friendship in Jesus Name. Amen."

N.H.L.C-021518

Wisdom Nuggets: "True Love is devoid of fear of any kind. You're not afraid that this person will leave you in the middle of your love journey."

Today's Focus: THE 100% LOVE

Love is baring your very soul to another person. It is mutually laying down your very lives for each other. Love is looking beyond the immediate benefits you can get from this person.

Love thinks long term.

Love is transparent. Never secretive, manipulative or conniving.

Love is always considerate of the feelings of your significant other.

Love is sacrificial. It involves pouring your very life into your partner's.

Love is willingness to follow the path of real intimacy.

The 100% Love is a love where both partners are willing to build their relationship from the ground up instead of starting from the 'top' which is sexual intimacy and then trying to build down to mental and emotional intimacy. This sort of relationship structure will eventually crash at the slightest sign of crisis.

Intimacy prepares you to resolve your conflicts easily, because you both understand each other. In spite of your differences, you are willing to work as a team to make your relationship work.

FAITH DECLARATION: "I open up my heart, ready for the 100% real love experience."

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