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• **We love because God loves us.**

**1 John 4:7-8 (NLT)**  
“Love comes from God for God is love.”

**1 John 4:19 (NIV)**  
“We love because God first loved us.”

**1 John 4:16 (NIV)**  
“We know and we rely on the love that God has for us.”

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• **Love is a choice and a commitment.**

**Deuteronomy 30:20, (NLT)**  
“Choose to love the Lord your God and commit yourself to him.”

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• **Love is an action not just an emotion.**

**1 John 3:18 (NIV)**  
“Let us love not with words or tongue but with action and in truth.”

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- **Love is a skill.**

**1 John 4:7 (NLT)**  
7 Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is born of God and knows God.

**1 Timothy 4:15 (NLT)**  
15 Give your complete attention to these matters. Throw yourself into your tasks so that everyone will see your progress.

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- **Love is a habit.**

**Hebrews 13:1 (NIV)**  
1 Keep on loving each other ...

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**How to build stronger Relationships**

1. **Commit to growing relationships.**
2. **Learn how Jesus did relationships.**
3. **Practice the skills of good relationships.**
4. **Develop the habits of good relationships.**
5. **Trust God to change you.**

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