

## The Power of Love

Valentine's Day is the second highest card sending holiday for mail in the world with approximately one billion Valentine's Day cards being sent. While the exact origins of Valentine's Day are up for debate, it has survived since February 14<sup>th</sup> was first declared Valentine's Day in 498 A.D. by Pope Gelasius. There is something about Valentine's Day that ignites an internal passion even at an early age as preschool children pass out cards in their classroom. It creates an excitement about the possibilities that the power of love can provide.

A recent article we read in Psychology Today described love as being just as important for your mind and body as oxygen. Love has the power to restore relationships, to heal deep and painful wounds from the past, to break us free from emotional, physical and spiritual bondage and to even change the direction of our lives.

However, it is up to each individual to determine the amount of power in love they will experience in their life. Love is a choice and it takes hard work. The amount of power is related to how much an act of love contradicts the expected. Demonstrating love consistently often requires that we make choices that are contrary to our self-interest. These choices are the ones that allow love to establish its roots in our life. Roots that sustain life itself. The more that we are rooted in love, demonstrating its power, the more we are able to experience love and grasp its potential.

As we approach this Valentine's Day, we encourage you to think about ways you can contradict the expected in your relationship in order to maximize the power of love.

Blessings,

Brian and Trudy

And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ.

- Ephesians 3:17-18