

A Visit to the Love Experts

Love 365 was a personal initiative I began way back in January 2014. As I submitted my book project, which focuses a great deal on that mysterious process of loving others deeply ([1 Peter 4:8](#) and [1 Corinthians 13:4-8](#)), I realized I was in way over my head.



Fix Up a Fixer-Upper.

“Mom, you have to watch ‘Frozen,’ right now,” texted my twenty-three year old daughter, Brooke, several months ago. She and husband, Aaron, had gone to see it and she insisted I stop everything and head to the movies.

I didn’t doubt the urgency in her request, I just had other things pressing at the time. So, today, on a “I-need-a-mental-health-day,” I rented said movie.

Boy, was she right. I’ve got a page of notes and quotes that are worthy of sharing. Today, we’re going to heed the Trolls, i.e. The Love Experts, advice and give ourselves a little touch up!

Is there such a thing as a novice researcher? If so, I’d like to sign up. There is no Phd behind my name, only two letters, M.A. I’m not a scientist or a biochemist or a ...well, any type of person involved in the formal research world, but I do read, study, observe, consider, ponder, and ask loads of questions on a daily basis. My primary form of research can be reduced to one simple, yet profound, component of communication: the conversation. As a helping professional, I engage in conversation with others, which involves a great deal of listening,

We’re all fixer-uppers, aren’t we? We need a touch up here and a touch up there and a whole lot of true love. I am 110% convinced that true, authentic, I’m-in-this-with-you-through-thick-and-thin love, will melt the coldest of hearts.

problem solving, inquisitiveness, and processing. At the end of the day, it always seems the heart wants what it wants: unconditional love, acceptance and a sense of belonging. These intangibles seem unreachable, yet through the power of God, they become reachable.

My daughter’s insistence to watch Disney’s, “Frozen,” was spot on. Say what you want to say about Disney, this movie had layers of lessons on love. Here are my TOP FIVE:

Fresh Starts

Five Lessons from the Love Experts

"We're not saying you can change him because people don't really change. People make bad choices if their mad or scared, or stressed. Throw a little love their way and you'll bring out their best."
-The Love Experts, "Frozen"

1. Love is a choice. Elsa the Snow Queen of Arendelle allowed fear to overwhelm her and as a result, the entire town was frozen. What do we allow to overwhelm our decision-making. Is it clouded with those [insecurities](#) we talked about last week? We all look through a specific lens, tainted by our perceptions, worldview, beliefs, and so on.

2. Love changes things. I am 110% convinced that true, authentic, I'm-in-this-with-you-through-thick-and-thin love, will melt the coldest of hearts.

3. Love isn't easy. Disney got this one right. Elsa, Anna, Kristoff, and sweet little Olaf, endured one heck of a journey. The climb towards freedom is an arduous one. Build your stamina and resilience by reading and practicing the Word of God. It's a daily practice, yes, but it will strengthen your heart's capacity to love others deeply.

4. Love is selfless. Olaf said it best, "[True love](#) is when you put someone else's needs before your own." Like Kristoff. John 15:13 says it this way, "Greater love has no man than this that he lays down his life for his brother." Yes, love isn't easy, we've determined that, but our resilience grows as we give. Indeed, "some people are worth melting for." And, for sure, we are all "fixer-uppers."

5. Love sends forth "personal flurries." At the exact moment you think you have not one iota of love left, God sends forth your very own personal flurry of love. Exactly what you need to keep going.



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to schedule your [Spring Tune Up](#),
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