

THE LOVE I HAVE RECEIVED

“And so I have come to understand that strength, inner strength, comes from receiving love as much as it comes from giving it.” — Donald Miller

All of us are the recipients of love. Love is at the center of our human experience. Love is inexhaustible, endless and infinite. It is central to our beings to give and to receive love.

In this activity, you will focus on the love that you have received, deeply appreciating that love, and observing different aspects of it, strengthening your receiving muscles.

Bring to mind someone from whom you have received tremendous love. It might be a parent, a partner, a teacher, a child, a relative, or a dear friend. The person might be alive or dead. It is important that this person is a real person who you had a close relationship to in real life, past or present. Select someone whose love for you stands out; ideally someone whose love exceeded your expectations.

Take five or ten minutes to deeply reflect on this person and the love that they shared with you. As you remember your relationship, go through the five W’s and the H question:

- When did you know them? What was going on in your life?
- Who were they to you? What was your relationship?
- Where were you? What sorts of places did you visit together?
- What was your relationship about?
- Why was it such a positive relationship?
- How did they express their love?

In your journal, write a paragraph or two about this person, and how you received their love. Focus on the feeling of what it felt like to receive love. This is a good activity to repeat remembering different people. Reviving this feeling of receiving love will encourage you to show love to others, and to remember the feeling of receiving.

RECEIVE ACTIVITIES

STEPS:



1. Bring to mind someone from whom you have received tremendous love.
 2. Deeply reflect on this person and the love that they shared with you. As you remember your relationship, go through the five W's and the H questions.
 3. In your journal, write about this person focusing on what it felt like to receive the love from this person.
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