

For me, the value of Valentine's Day is in reminding me of the importance of telling and showing the people I love that I love them. This is such a simple thing - expressing and demonstrating love; yet I'm horrible at consistently doing this very simple thing. Life, disappointments, deadlines, stress, conflict, finances, sickness, selfishness, unforgiveness, marital discord, parenting discord, lack of sleep... any or all of these, and more, can easily distract me from the simple task of expressing and demonstrating love to the people I love.

For me, the value of Valentine's Day is in reminding me to say it and demonstrate it like I really mean it. It is possible to say "I love you" in some kind of automatic, habitual way so that the words never really flow from the passionate sentiments of my heart. On Valentine's Day, I put a little more oomph into my words and expressions of love, and this I should do more than just one day a year.

For me, the value of Valentine's Day is in reminding me to resist being that guy - the guy in the story about the couple celebrating their 50th wedding anniversary. The wife says the thing she most wants from her husband is to hear him say "I love you." The guy replies, "I told you I loved you the day we married. If anything changes, I'll let you know." I could become that guy if I'm not intentional about how I live and love.

For me, the value of Valentine's Day is in reminding me that there are many love relationships in my life. Valentine's Day is way bigger than romantic love; the day reminds me to express my love to parents, grandparents, family in general, best friends, co-workers, classmates, and whomever else has become a priceless presence in my heart and life.

One of the great truths we see in John 3:16 is the coupling of the first two phrases of the verse: "God so loved...that He gave." God's love was expressed in a very tangible way! Valentine's Day reminds me to do the same thing - express my love in tangible ways. So here are five very general ways of expressing and demonstrating your love to someone...you'll have to supply the creative part! (These are potent 24/7/365; not just February 14!)

- Express and demonstrate your love by putting your love into words. Spoken, written, or both. Make a vid and send it!
- Express and demonstrate your love by offering quality time for deeper conversation and meaningful camaraderie.
- Express and demonstrate your love by giving thoughtful, meaningful, and expressive gifts.
- Express and demonstrate your love by serving, helping, and/or meeting a need.
- Express and demonstrate your love by physical touch. A warm embrace, holding someone's hand while you share a prayer, a pat on the back.

*Happy Valentine's Day. I love you and I love sharing the journey w/you!
Cya in SS and Worship, PK.*