

“I Love You “- Not Just for Valentines Day!

“I Love you!” These three little yet powerful words should be a part of our daily vocabulary, not words saved for Valentines Day. These words have the power to bring a person’s spirit alive just as rain revives a garden. Love is powerful!

Scripture is full of exhortations to express love.

Sadly, many people are in therapy because they never or rarely heard these words. Our beings have a need to know that we are loved and words are a main way in which love is communicated. Over the years I’ve witnessed clients go in and out of psych wards and have multiple suicide attempts, but when the home life changed and love was communicated the acting out subsided and much of the depression lifted.

The human body and mind is just like a car-it needs to be refueled. We must continue to replenish food, water, and love or else we begin to die. We have the power to speak life and communicate love and appreciation to those around us, especially family. Families were meant to be a “well” for love. Sadly all of life’s demands frequently cause a “love drought.”

Many clients find themselves in marital trouble simply because they forgot to say these three little words. When they dated they said it many times a day. They even left love letters about, but once the kids came along and job demands increased they ceased to communicate this important message. This small act of negligence has been costly-just like never checking a car’s engine oil.

Even if we have neglected to tell our children that they were loved as they grew up it is not too late in most instances. I’ve talked to middle aged people who have been blessed when the words were finally spoken. It is as if they had a dark hole inside all these years and were just waiting for these words or other words of endearment to fill their being. There is just no underestimating the power of “I love you.”

I challenge you to develop the “I love you” habit. It may not be easy, but the effort will pay huge rewards. You may wish to slowly introduce this sentence as loved ones are leaving. It could be added to the end of a phone call regularly along with the usual “goodbye”. Some may actually find that it is easier to slip an “I love you

into a letter.” Regardless of how you say “I love you”, it gets easier with practice. You may even hear your loved one say it back.

Unfortunately many will not take the “I love you risk.” They will put off saying it until their loved one is on their death bed. Some people will live with a life of regret because they never did say these words. There will always be the lingering – I wish I had told them.

Fortunately for a friend of mine whose brother was killed in a car accident he does not have to wish. He was taught at a young age to always end each contact with I love you. What peace to know that the last words you’ve spoken to a loved one are “I love you.”

After the events of last weekend I can’t think of a more fitting way to express the importance of these words and the gift of special blessing than to share a few lyrics from an amazing song sung by the beloved Whitney Houston: [A Z Lyrics.com](http://AZLyrics.com)

"I Will Always Love You"

I hope

life treats you kind

And I hope

you have all you've dreamed of

And I wish you joy

and happiness

But above all this

I wish you love

And I...

Will always love you

I...

Will always love you

[Repeat]

I, I will always love

You....

You

Darling I love you

I'll always

I'll always

Love

You..

Ooh

Ooohh