Love is a

FOUR LETTER WORD

ACKNOWLEDGEMENTS

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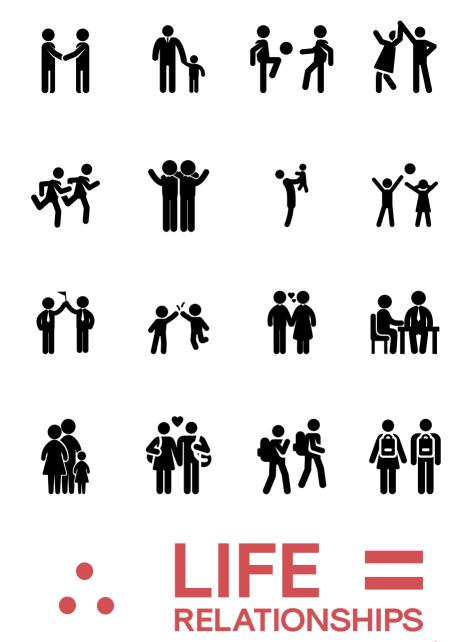
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Love is

kind overrated pure imperfect patient daunting selfless foolish forgiving confusing generous shallow limitless blind infectious heart-breaking good ambiguous hopeful complicated joyful tedious committed tiring faithful broken relentless disappointing unconditional troublesome true meaningless accepting lustful powerful painful understanding selfish assuring nonsensical beautiful pretentious trusting inconvenient . . .

What is love?





Life Nithout Relationships

Imagine a life without companionship. A life without relationships with family or friends. Imagine not being cared for by anyone, or not mattering to anyone else but yourself. Imagine not having anyone on your mind or in your heart.

Imagine a life without love.



Talking to myself







Where else can I get motivation from?



Draying for me, myself and I



It's just you and me, Teddy



A meal for one



GROWING UP ON HOLLYWOOD'S LOVE

BY MICHELE ONG

grew up watching Hollywood movies and reading magazines such as *Cosmopolitan*, *Cleo*, *and Girlfriend*. My friend and I would rush to our school library during our free periods at school to nab the latest magazines and pore through the articles on love, dating, and relationships. We would read the top 10 tips on "how to know if a guy was 'the one' for you", "finding your soulmate", and "how to have a relationship like Hollywood's coolest couples." We were on a quest to find our one true love as described in Hollywood movies. The fact that we were only 17 and should have been preparing for our university entrance examinations was irrelevant.

As for movies, I am generally not a fan of romantic comedies, with their cheesy plots and clichéd lines. But there were a few that I have enjoyed: Love Actually, A Walk to Remember—which almost made me cry—and Bridget Jones's Diary, my favorite movie/book of all time.

And then there were the other chick flicks, through which Hollywood continued to pump out its version of love. Like *Something Borrowed, The Notebook, Friends with Benefits, No Strings Attached, Valentine's Day,* and the controversial 50 Shades of Grey trilogy.

Something Borrowed was about a girl, Rachel, who is secretly in love with her friend Dex, who is engaged to Rachel's best friend Darcy. To cut a long story short, Rachel and Dex eventually decide that they have to be true to their feelings, so the engagement with Darcy is called off. The movie ends with Rachel and Dex holding hands, no doubt walking into the land of happily-ever

-after. I had to stop myself from breaking the DVD into a million pieces.

And please don't get me started on 50 Shades of Grey, which follows a bondage relationship between a college graduate and a business magnate. But as much as I cringed and winced, I soon came to realize that Hollywood's depiction of how love should look and feel like had inadvertently influenced me.

A few years ago, I talked to a wise friend. At that time, I was feeling bored and restless, and wanted something a bit more exciting. Moving to Australia seemed like a logical choice. Also, there was someone whom I quite fancied who had moved there.

"What if I don't move to Australia and I miss out on my one true love?" I remember asking my friend as I clutched my mug of hot chocolate. It was a real issue at that point in my life and I had (what I thought was) a life-and-death decision to make. Besides, my years reading *Cosmopolitan* magazine had told me I should not let my "one true love" slip away.

I don't know how he did it, but I'm very sure that if I had a 20-something asking me such a question, I would have choked on my coffee. Instead, my friend calmly said I should not move to Australia for a guy, soulmates did not exist, and that love was more than just fuzzy feelings for each other. Love is hard work, he said, with lots of sacrifices involved. And it's never really about rainbows and ponies.



What is your idea of love influenced by? What does true love look like to you?

LOVE IS hard work, WITH LOTS OF sacrifices INVOLVED. AND IT'S never REALLY ABOUT rainbows AND ponies.

















BY RAPHAEL ZHANG

ave you ever wished for a perfect relationship with a family member, friend, or romantic partner? One where you are completely understood and loved by the other person in the exact way you want, and vice versa? One without conflicts, anger, or frustrations—just perfect reciprocity and bliss?

Well, I certainly have, because more often than not, relationships do not turn out the way I want them to. When that happens, I would think that the problem lies with the other person. If only they would change, I tell myself, this relationship would be perfect.

Recently, I've been learning that the challenges I face in a relationship are not always because of the other person—I am equally at fault. Instead of always expecting or waiting for the other to change, I ought to improve myself first. I've also learned that imperfect relationships can reveal something deeper about ourselves.

"Triggers" or "buttons", as some might call them, are the things that get us riled up and cause us to feel and react in a certain way. Perhaps it is a person's inefficiency, tardiness, or unreliability. In the face of such behavior, we may react instinctively by showing our frustration or by ignoring the other person.

I get annoyed whenever I feel that I've been ignored by others. It also bothers me when someone has misunderstood or misjudged me. These things cause me to react and respond in an unpleasant way.

I have come to realize, however, that my perceptions are not always accurate. Others may not have intended to do what I thought they had done intentionally. For example, a friend who I think has ignored me may have simply missed what I said. Of late, I have been reminded to take a step back and think before jumping to conclusions and reacting angrily.

Ultimately, these "triggers" reveal an underlying issue that we may not see if we had not been "pushed". Often, our triggers hide something deeper. My frustration with being ignored by others could be an outward response to my inner fear of rejection. I'm scared of being unappreciated by those I love and trust. Behind the displeasure I feel when others misunderstand or misjudge me, is a fear that others may not know who I truly am or what I'm like.



Personally, I have discovered that the best way to treat these inner wounds and fears is to turn to God and the Bible. Whenever I feel rejected, I remind myself that Jesus has already accepted me and that nothing can separate me from the love of God. When I feel misunderstood, I remind myself to stand on the truth that God knows everything about me. D

How about you? What are the triggers in your life? Are there deeper feelings and issues behind them?



AND I AM CONVINCED
NOTHING CAN EVER SEPARATE
US FROM GOD'S LOVE. NEITHER
DEATH NOR LIFE, NEITHER ANGELS
NOR DEMONS, NEITHER OUR FEARS
FOR TODAY NOR OUR WORRIES
ABOUT TOMORROW—NOTEVEN THE
POWERS OF HELL CAN SEPARATE US
FROM GOD'S LOVE. NO POWER IN
THE SKY ABOVE OR IN THE EARTH
BELOW—INDEED, NOTHING IN ALL
CREATION WILL EVER BE ABLE
TO SEPARATE US FROM THE LOVE
OF GOD THAT IS REVEALED IN
CHRIST JESUS OUR LORD.

ROMANS 8:38-39



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ENAL PROPERTY OF THE PROPE EVAME ENVY LOVE BECAME ENVY LOYE BECAME ENVY ENVY LOVE BECAME ENVI ENVY LOVE BECAME FAIR VE BECAME FAIR ENVY LOVE BECAME ENVY LO VE BECAME ENVY LOVE BE (AME ENVY LOVE BECAME ENVY

I WAS JEALOUS OF MY BEST FRIEND

BY NATALIE HANNA TAN

have something to confess: I was once jealous of my best friend.

I didn't mean to feel this way, and I'm not quite sure how it happened. We'd grown up and shared everything since we were young: our joys and tears, our secrets and dreams. We were pretty similar in many ways—our interests, personalities, and passions all matched. We even had strangers think we were sisters (and we often played along with it).

But things changed when I began to feel a strain in the friendship. It started off with a small thought: "Why is she part of the event planning committee and not me?" This thought grew into something bigger as the months went by.

As my best friend became more popular, my feelings of inferiority grew. She was pretty, likeable, talented . . . and perfect; she was everything I'd ever wanted to be, and she had everything I'd always wanted to have.

I wondered: Why did she have so many opportunities to use her skills and talents? Why did everyone seem to like her more? I constantly tried to prove myself to others, striving to "up my game" and to be better than her. Before I knew it, I had given in to jealousy.

During this time, my best friend felt the tension in our friendship as well. We stopped meeting because we both knew there was something wrong—but we didn't know how to fix it. I confided in my mentor at church about the frustrations I had. If not for her pulling us together to talk things through, we might have given up on the friendship entirely.

It took a whole string of prayers and heart-toheart talks before we had our breakthrough. It wasn't the usual "let's-sit-down-and-talk-aboutlife" kind of talk we had before. Instead, we had to honestly tell each other what we weren't happy about and the various burts we'd felt.

On my part, I had to manage my expectations of the friendship and of her. I needed to understand that as much as we seemed to be completely alike, God had different plans for us.

Our strengths were different and I should not compare myself to her. Instead, I ought to support her—not just in some endeavors, but in all that she was involved in.

To be honest, it wasn't easy at all. But through this time, I learned to take captive every negative thought and surrender it to God. It took many sleepless and painful nights to let go of all the negative emotions and to rebuild our friendship from scratch.

But I can now say that it was all worth it. It's been three years since it happened, and by God's grace, I am happy to say that our friendship has since matured, and we're growing and journeying on through life together, stronger than before.

Have you ever been jealous of a friend? What was it about? Did you take any steps to address those feelings?

I NEEDED TO UNDERSTAND THAT AS MUCH AS WE SEEMED TOBE COMPLETELY ALIKE, God had DIFFFRENT PLANS for us.



LOVE OR LUST

ason had finished class. He was at home, and had just been chatting with his friends. He felt a sense of restlessness. There was homework to be done, but he didn't feel like tackling it, even though the exams were coming soon. He was restless. What could he do?

Actually, Jason knew what he wanted to do. But he was trying to put it off. He knew that after doing it, he would feel guilty and ashamed.

He looked at his laptop. "I will switch it on later," he thought. He picked up a book to read, but it was boring. Finally, he went to the laptop and turned it on. Almost automatically, he went straight onto the Internet and within a few clicks, he was at his favorite website. His heart started to beat more quickly, and a little fear stole into him. Would anyone walk into the room now? He pushed the thought aside as his eyes searched hungrily for the pictures he had been longing to see. Jason was looking at porn.

How alive he felt! A thrill ran through his mind and body as Jason devoured picture after picture of naked women. He forgot he was feeling bored. He forgot his loneliness. He forgot the time. He forgot all the worry and sadness of the world.

It all began when a friend passed him a thumbdrive that introduced him to the world of pornography. Over the next few days and weeks, he kept visiting porn sites whenever he could be alone with his laptop. Soon, he was addicted to a steady diet of X-rated images. He wanted more and more.

But something began happening to Jason. He felt guilty. He felt cut off from the real world. He felt dirty and trapped. He found himself stuck in a world of fantasy.

THE DANGERS OF PORNOGRAPHY

Pornography or Porn (for short) refers to any image, description, or video of nakedness or sexual activity that is made and viewed for the purpose of stirring up inappropriate sexual arousal and behavior.

Porn is big business round the world. In America, it pulls in more money than

professional football, baseball, and basketball—the biggest sports in the country combined. There are more adult bookstores and other outlets for hard-core porn than MacDonald's outlets. According to some estimates, the porn industry makes more than US\$100 billion around the world each year.

SO WHY IS PORN BAD?

Porn affects people's attitudes towards sex. It cheapens sex by taking it out of the context of marriage. It promotes a casual and unrealistic view of sex that completely ignores the threat of unwanted pregnancies and sexually transmitted diseases. Watching porn exposes you to the lie that sex is impersonal, and that you can have it at any time with anyone, without any consequences.

Society, marital relationships, and individual users all suffer the terrible effects of pornography.

Regular use of porn can even lead to rape and child molestation. One study showed that more than three-quarters of convicted rapists and people who abused girls and boys had viewed porn regularly. About half of the students exposed to violent pornography said that they would rape a woman if they could get away with it.

WHAT MAKES YOU VULNERABLE TO PORN?

Pornography is made to capture your attention. Many youths and teens are introduced to porn by their friends, or even by being exposed to it in their homes. You may find that looking at pictures of a naked woman or man excites you. But little do you realize the power of porn—it soon captures your mind, and you are hooked.

Are you addicted to porn? Are any of these statements true of you?

- I regularly seek out porn.
- O I often spend parts of the day looking forward to watching porn.
- I shift back and forth between feeling that my problem is out of control, and that it is under control.
- O I cannot tell others of my secret.
- I tell lies to cover my struggle.

HOW TO GET OUT OF PORN ADDICTION?

If you are addicted to porn, Alcoholics Anonymous, (a group that helps people suffering or recovering from addiction to alcohol), has a 12-step program that you can follow to get out of addiction.

THE 12 STEPS OUT OF ADDICTION:

Admit you are powerless over your addiction and cannot control it.

Believe that a power greater than yourself can restore you.

Make a decision to turn your will and your life over to God's care.

Search your own life honestly.

Admit to God, to yourself, and to another person the exact nature of your wrongs.

Be ready to have God remove all these defects of character.

Humbly ask God to remove your shortcomings.

Make a list of all the people you have hurt, and be willing to make amends.

Make amends to these people where possible.

Continue to search yourself honestly, and promptly admit any wrongs.

Keep praying and meditating to draw closer to God. Pray to know His will for you and for the power to carry it out.

Seek a spiritual awakening as the result of these steps and practice these principles in your life.

TRUE FREEDOM, TRUE LOVE

There are many ways to manage and conquer addiction. Ultimately, however, true freedom from addiction requires a power beyond ourselves. At some point, there is only so much we can do.

It is the same with finding true love, and learning to love someone truly. We cannot do it on our own.

Who can help us? Who can fulfill our deepest desire for love and help us to love others truly?

The Bible tells us of Jesus, who was sent by God to free us from the power of addiction and to show us true love. Jesus can remove the mess, the ugliness, and all that brings shame in your life, and replace these with beauty and peace, holiness and health. The change may not be immediate, but the transformation is guaranteed. If you invite Jesus into your life, he will show you true freedom and true love. D

Want to find out more about Jesus? Read on. Or talk to a Christian friend or someone at a church near you.



Porn says



SEX WITHOUT COMMITMENT IS FUN



WE ARE MADE AS OBJECTS OF PLEASURE



SATISFACTION CAN BE FOUND IN SEX



SEXINESS IS DESIRABLE

Love Says



SEX WITH COMMITMENT IS HONORABLE



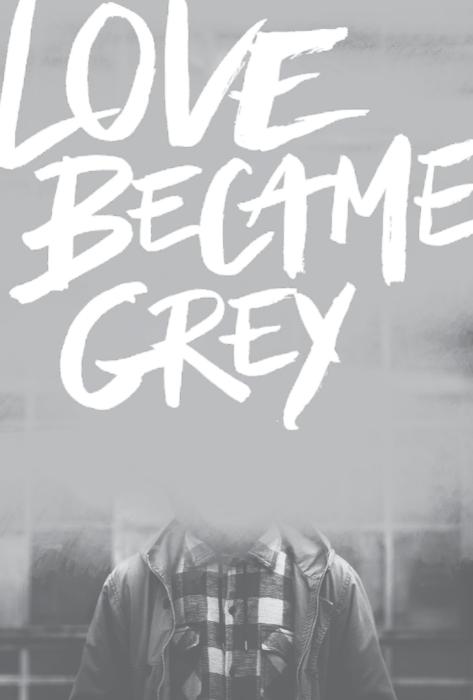
WE ARE MADE IN THE IMAGE OF GOD



TRUE SATISFACTION IS FOUND IN JESUS



INNER BEAUTY IS VALUABLE



I DIDN'T CHOOSE TO BE GAY

BY RAPHAEL ZHANG

did not choose to be attracted to people of the same sex.

I had an ordinary childhood in an ordinary home. My father and mother, along with my grandmother, loved me and did their best to provide and care for me. I have a younger brother, but had always wanted an older brother when I was growing up. In upper primary, I looked up to an older boy in my class as a big-brother figure.

I first realized I had these feelings when I was going through puberty in secondary school and found myself having a crush on a guy in my class. In junior college, I was similarly infatuated with a male schoolmate. That was also when I identified myself as "gay".

There wasn't anyone I could talk to about this area of my life—not my family nor my friends—so I looked online for local communities of people who were gay. I distinctly remember the first time I chatted online with another gay person; I was very nervous and excited.

Initially, curiosity led me to these communities. Over time, however, it was loneliness that drove me to seek out others like me. As I began to struggle more with loneliness, I started to desire a romantic relationship. For the next 10 years, I tried many ways to look for a gay relationship and, regrettably, also fell into sexual sin with other guys many times.

A few years ago, I rekindled my relationship with God (though I had become a Christian in primary school, I had not truly known Him). I learned that God had created the human race, male and female, and hence same-sex desires would not lead to true happiness. Since then, God has led me on a journey of deeper healing.

Though I no longer identify myself as "gay", I still experience attraction to men. There isn't a day I'm not aware of it. I know in my mind that it is not to be acted upon, and I choose with my will to obey God. But the attraction still feels "natural" and instinctive to me.

IFI HAD A CHOICE, I WOULD MAKE THESE DESIRES DISAPPEAR ONCE AND FOR ALL.

If I had a choice, I would make these desires disappear once and for all. That would make my life so much easier. Meanwhile, I know that while I have no choice in my sexuality, there are choices I can make that would please the Lord. I believe that experiencing same-sex attraction is not itself a sin; surely a just God would not take me to account for what I cannot choose. But how I respond to it makes the difference: it can either be a doorway to sin, or an opportunity to do the right thing and experience deeper healing.

I hope that what I share here can also help you to make wise choices when you find yourself in situations not of your choosing.

I CAN CHOOSE TO TRUST GOD'S HEART FOR ME

There was a time I was angry with God for allowing me to have same-sex attraction, yet forbidding me from pursuing it. It felt cruel, and I blamed Him for putting me in what felt like an impossible situation.

Over the years, however, as I began to understand who God really is—how good and extravagantly loving the Father is, how self-sacrificial a Friend and Savior Jesus is, and how trustworthy a Comforter and Teacher the Holy Spirit is—my anger was slowly replaced with awe, gratitude, and deeper love for the Lord.

I CAN CHOOSE TO DEPEND MORE ON GOD

Each time my eye or heart is drawn inappropriately to a guy I find physically

attractive or whom I might desire romantically, I have to remind myself to turn away from that and toward God.

Indeed, whenever I intentionally make more time to spend with Godto worship Him in song, to meet Him in His Word and prayer, and to be in fellowship with other Christians—I am much more able to turn away from acting on my same-sex desires.

I have also learned to consciously bring my pain and my need to God. The Lord has led me to understand that beneath my same-sex attraction lies a relational brokenness that seeks the male identity, attention, and affection which I should have received in healthy ways when I was growing up. (I know this may not necessarily be the case for others.)

So whenever I feel the draw of same-sex desires, I choose to bring this longing before God, asking Him to help and comfort me, and to bring healing to my wounds. I remind myself that I am defined by God's standard of masculinity as revealed in His Word, and not as taught by our culture. And I ask Him to show me how I can seek and receive male attention and affection in healthy, platonic ways.

I CAN CHOOSE TO HOLD ON TO WHAT GOD SAYS

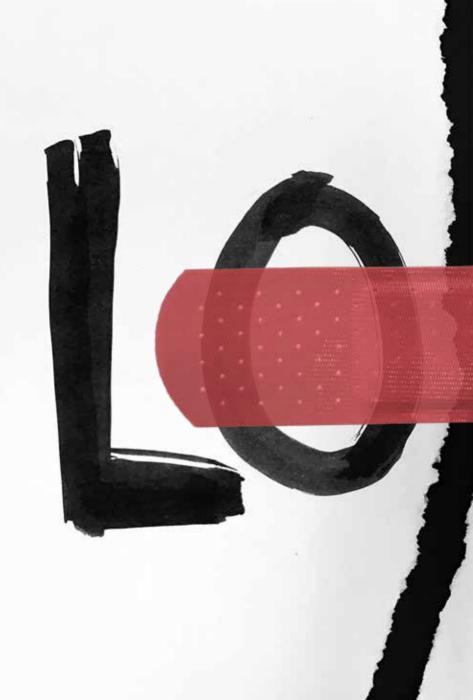
Many in our culture today would think that I'm not being true to who I am and that I should be free to be myself. They believe that freedom means having the ability to express my sexuality by acting on what I feel.

But as American thinker Erik Thoennes says, "There's this idea that to live out of conformity with how I feel is hypocrisy; but that's a wrong definition of hypocrisy. To live out of conformity to what I believe is hypocrisy. To live in conformity with what I believe, in spite of what I feel, isn't hypocrisy; it's integrity."

God has taught me that who I am is not what I feel, but who He says I am in His Word. I choose to live with integrity when I hold on to that truth, regardless of how I feel. This is how I choose to be true to myself.

God has the ultimate authority and final say over my life. I can trust Him because He who knows best, loves me deeply, and is able to shape me to become the best self He has called me to be. B

Are there areas of your life you wish you had control over? What choices have you made in light of those areas?







Significant

THE GOD WHO CREATED THE UNIVERSE IS THE GOD WHO LOVES YOU.

BY CINDY HESS KASPER

An old TV sitcom featured an establishment whose patrons seemed to frequent on a daily basis. It was a welcoming place where "everybody knows your name".

WHETHER

OR NOT WE

We all want to find such a place, to be accepted, to fit in somewhere. But some people live on the margins of life where it can be difficult to feel they have any value or significance. or that they matter to anyone. **ALWAYS FEEL** Children sometimes experience SIGNIFICANT. this: Too tall-when other kids **WE ARE DEEPLY** haven't had a growth spurt vet. Too LOVED BY GOD. fat—when the other kids are thinner. Too smart—when their classmates are struggling. Or "not smart enough" in comparison with others. Being different as a child can result in being mocked or bullied. But an adult who doesn't fit into the mold may just be ignored so insignificant that he or she feels invisible.

But what a great significance we have in God's eyes! He values us so much that He sent His Son to pay the price for our sins and to allow us to have a relationship with Him. We are created in the image of God, and He has designed us and been involved in every detail of our life since before we were born. Whether or not we always feel significant, we are deeply loved by God. 6

Have you ever felt insignificant? Do you know the God of love who loves you no matter how you feel?



Truly Amazing

THE WONDER OF IT ALL-JUST TO THINK THAT JESUS LOVES ME.

BY ANNE CETAS

I read these words on a woman's Facebook page: "I just want to be loved—and he has to be amazing!"

Isn't that what we all want—to be loved, to feel cared for by someone? And so much the better if he or she is amazing!

The one who fits that description most fully is Jesus Christ. In a display of unprecedented love. He left His Father in heaven and came to earth as the baby we celebrate at Christmas. Then, after living a perfect life, He gave His life as an offering to God on the cross in our behalf. He took our place because we needed to be rescued from our sin and its death penalty, "But God showed his great love for us by sending Christ to die for us while we were still sinners." Then, three days later, the Father raised Jesus to life again.

JESUS LOVES US SO MUCH MORE THAN ANYONE **FLSF POSSIBLY** COULD.

When we admit our sin and receive Jesus's gift of amazing love. He becomes our Savior and Lord. Teacher and Friend. "See how very much our Father loves us, for he calls us his children."

Looking for someone to love you? Jesus loves us so much more than anyone else possibly could. And He is truly amazing! 6

Do you yearn to be loved? Would you like to get to know the one who loves you beyond what you could ever imagine?





GOD SENDS HIS LOVE

BY CHRISTY BOWER

For a long time, I couldn't truly understand God's love for me. I knew in my head that God loved me, but I wanted to feel the reality of God's love in my heart. Because I could not see God's love for me, I ran away from Him for a few years.

Then, as God began to restore my relationship with Him, I reached a point of knowing that I had to make a decision about whether I would believe what God said. The Bible said that He loved me, but I couldn't see the evidence in my own life. I was almost challenging God to "prove it".

It was one of the hottest summers on record, so I went down to the coolest part of the basement with my Bible and a notebook. I spent the entire weekend looking up every verse on God's love and faithfulness. What started as a philosophical debate with God somehow touched my heart enough that I surrendered and made a decision to stop resisting Him.

I began to grow in my relationship with Him, but I continued to battle chronic depression. A wise Christian woman challenged me to keep a notebook by my bed and to record three things for which I was thankful each night before turning out the lights.

I took the challenge. At first I recorded obvious and generic

things such as being thankful for friends and family. Then I began to pay closer attention to things throughout the day, and I discovered many things for which I could be thankful: a compliment from someone who lifted my spirits, or a thunderstorm that reminded me of God's awesome power.

I maintained the journal for only three months, but it changed my outlook forever. I began to look for and find God's overtures of love toward me in a multitude of small ways. Taking notice of my life, I began to feel grateful that He had healed me from chronic depression. I marveled at how He had changed my attitude toward Him from one of desperate defiance to one of quiet acceptance and eager anticipation.

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It might seem like selfcenteredness to keep a list of what God has done for us lately. but it can express the deepest longing of our heart to be in a relationship that is personally relevant. We want to experience a dynamic relationship with God on a daily basis. We want a pageturner that keeps us engaged from beginning to end, with love, drama, and hope in spite of impossible circumstances. Still. in order for us to experience a dynamic love story today, we must go back 2.000 years to the events of the cross that made our love relationship with God possible.



The cross is where God demonstrated His unfailing love for us. God's love involves withholding from us the punishment that we deserve, and extending to us the good that we do not deserve. This doesn't mean that God is soft on sin. Quite the contrary: there is a price to be paid, and He was willing to pay this price personally to rescue us. God's Son took on human form and sacrificed His life to save ours. That's the message of the cross: "But God showed His great love for us by sending Christ to die for us while we were still sinners."

Salvation is an invitation to a relationship that produces a full life. God is not looking down upon the world with a generic sort of love. He interacts with us in ways that indicate His unique love relationship with each one of us.

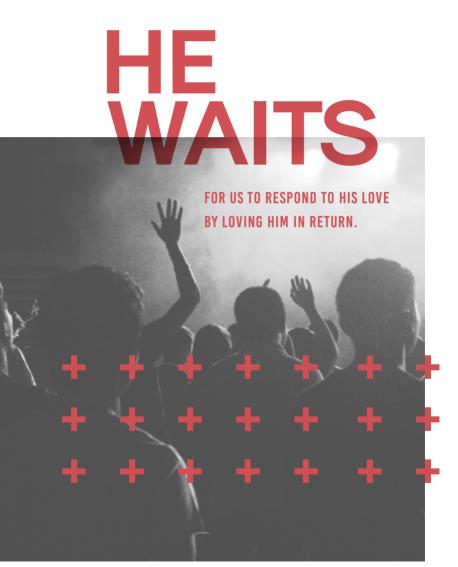
Like a trail of anonymous love notes, God's blessings lead us to Him. In the meantime, He faithfully demonstrates His love in our life, and He waits for us to respond to His love by loving Him in return.

God sent His love 2,000 years ago by heroically sacrificing His Son's life for ours, and He continues to send His love each day. I hope you begin to recognize God's unique demonstration of love toward you.

Do you know that God loves you? How about challenging yourself to study His word and pray that He will show His love to you in a tangible way?

Visit odb.org/subscription to get a free resource that would help you read the Bible.





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ASK THE WHY. KNOW YOUR PURPOSE.

YMI (which stands for Why Am I?), is a platform for Christian young people all over the world to ask questions about life and discover their true purpose.





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