



### **Q&A about “Live Like You’re Loved”**

Some of the answers are written out fully; others are bullet points.

#### **Q: Give us a brief overview of “Live Like You’re Loved.”**

**A:** “Live Like You’re Loved” asks, “What would your life look like if you truly believed in your heart that God loves you, forgives you, sends you, and invites you to eternal relationship?” I’ve lived such a life and want to share this lifestyle with people who don’t believe, deep down, that God loves and forgives them.

Once I show the scriptural basis for these four interactions with God, I define steps on how to embed these truths in your soul and transform your life. Then I show what your life looks like: You’re more joyful, more resilient, better at loving and forgiving others, and better at loving God back.

#### **Q: What makes “Live Like You’re Loved” unique (or special or different)?**

**A:** “Live Like You’re Loved” calls out the hidden secret for many Christians, even mighty servants of Jesus. They may believe God loves the world, but their deep-down question is, “Does God love ME? Does God forgive ME?” They think, “God knows all my dirt. I’m not worthy of His love.” This can happen because of abuse, or how we were raised, or what the world tells us, or our own skepticism of our value and worth.

But this attitude actually negates God’s plan. He wants us to accept His love, seek His forgiveness, carry out His sending purpose, and commune with Him forever. When we do this, we actually improve at letting God’s love and forgiveness flow through us to others.

When I tell people about my crisis management work, “The Next Thing,” they say, “Everyone could use that!” When I tell them about “Live Like You’re Loved,” they say, “I could use that!”

#### **Q: What challenges with love do believers face as they walk this world and live in this society?**

**A:** There is truly a deficit of love in society, even among Christians who feel like they have to bite their lips in order to get along with people who are different from them. Our society is largely fractured, with all kinds of fault lines running through: Right/left, white/non-white, gay/straight, Christian/not. Even without those fault lines, there are problems.

- Social media is a tough place to be, with both overt and subtle messaging about our lack of worth. Young people are suffering greatly from these messages.
- Advertising tells you that you're not good enough, but you will be if you buy this product!
- Parents don't always do a great job loving their children.
- In our relationships, we can suffer from physical, verbal, and emotional abuse.
- Sometimes, people are just rough around the edges, or having a bad day, and it has nothing to do with us, but a harsh word still depletes our love tank.

We need a place to go to fill up the love tank!

**Q: How can believers transform their mindset to remember that they are loved in a world that doesn't seem very loving?**

**A:** I get this. I had a time when a couple of people close to me were not very loving. In fact, they were rude and hurtful, even after I had done a lot for them. I felt so unloved. I finally had to ask for help from the source of love. I asked Jesus to show me His love for me. In prayer, I felt this peace wash over me, just enough of a splash to get me going again. Jesus' love set me on a path to forgiveness.

This is an example of the resiliency we can receive when we live like we're loved. God is the lover of our souls. We seek love from Him, because humans will always, eventually, let us down.

Yet we are commanded to love our neighbors in a world where we might not get that love back. In the book, I tell the story of a difficult person in my life. I just couldn't find a way to love them. I finally prayed, "Lord, I'm going to be around this person, and if it's up to me to love, it isn't going to go well. So please love them through me."

Well, things actually went better that time. Every time I would be around this person, I would pray the prayer, and things would go better. Not perfect, but better. Finally I found that I was starting to love them more naturally. Then they finally started responding to my acts of love. It was never a close relationship, but the improvement was remarkable!

**Q: What stands in the way of transforming our mindsets to feel God's love and mercy?**

**A:** I have three main points here. The first is that we have to claim our value and worth that comes from God. Sure, if we think our value and worth are generated by ourselves, we can get broken down, but our value and worth are not of this world.

The second point is that we have to discard our baggage. Everyone has some baggage! Anger, guilt, fear, anxiety, insecurity, bad habits and addictions. We mistakenly try to treat these ailments with the world's band aids and balm. But we must work to discard our baggage. Imagine an airport baggage carousel. We have to lay down the baggage and then avoid picking it up again when the carousel brings it back around!

The third way to transform our mindsets is to go to God for regular washing. We get stained and dirty every day because of our sin, and we start to feel worthless again. Jesus is willing to wash your sin, but you have to ask for it and attend to your washing.

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