

HOW TO
LOVE
WHEN YOU
FEEL
LIKE
LEAVING

Kevin B. Bullard



How to Love When You Feel Like Leaving Companion Workbook

Kevin B. Bullard

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1 | The Love Struggle

1. Many spouses feel their marriage would be easier or better if their mate would stop doing certain activities. List some items below that you wish your mate would stop doing:

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2. Love has been defined as a verb, choice, feeling, and spiritual force. How do you define it? What experiences have brought you to this definition?

3. ~~There are times in marriage when you have to be the "bigger person." Describe a time when you had to fill this role. How did it make you feel? Read [1 Peter 2:19-23](#), then write about how your experience paralleled Jesus' experience.~~

4. ~~Prolonged anger and unforgiveness dump toxins into your bloodstream, thereby weakening your health.~~

a. Do you find it hard to forgive?

- o Yes

- No
- Depends on what was done

b. Must your mate *do* or *be* something before you will forgive?

- Yes
- No
- Depends on what was done

c. Define forgiveness in your own words:

5. God is your co-worker when it comes to loving your mate. What does this mean to you?

2 | The Love Commandment

1. Think back to your wedding day. List the emotions you experienced.

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4. How has the love commandment, found in [John 13:34-35](#), helped you stay afloat in your marriage?
5. Under which circumstances has it been *hardest* for you to love your mate?

6. When it's difficult to love your mate, does it show readily or do you do a good job of concealing it?

7. What does the following passage mean to you?

The command to love takes more than simply reading it in the Bible, hearing someone tell

you to do it, or gritting your teeth to make it happen. It takes God, Himself, living within you, motivating you, and empowering you to make it happen.

3 | You're In Debt. Forever.

1. We received mixed reviews on our [Facebook page](#) when we posted that love is something that's "owed," according to [Romans 13:8](#). This means that there is an debt of love we owe that we can never finish paying back. Do you agree or disagree? Why?
2. First Corinthians 6:19-20 says that your body belongs to God, and has been bought with a price. Jesus' blood was the currency exchanged for your body.
 - a) What does it mean to you that God owns your body?
 - b) How does it affect the way you view your relation to Him?
 - c) How does it change the way you view what you *do* with your (God's) body?
3. What does it mean to "owe" your mate love?
4. Do you feel you have to love your mate even if he/she does not *deserve* your love? Why do you feel this way?
5. We believe abuse is "self-defined," meaning, the receiver is qualified to say what is, and is not, abuse. For some people, it's words. For others, it's actions, like neglect, sexual deprivation, and of course, bodily harm. What things do you consider abusive? Have you ever shared this with your mate so you're both on the same page?

1. First Corinthians 13:3-7 provides a wonderful look into love. Circle the ones that present the biggest challenge to you, then write about why, and in which circumstances.

- Love never gives up.
- Love cares more for others than for self.
- Love doesn't want what it doesn't have.

- Love doesn't strut.
- Love doesn't have a swelled head.

- Love doesn't force itself on others.

- Love isn't always "me first."
- Love doesn't fly off the handle.
- Love doesn't keep score of the sins of others.

- Love doesn't revel when others grovel.
- Love takes pleasure in the flowering of truth.

- Love puts up with anything.
- Love trusts God always.
- Love always looks for the best.

- Love never looks back.
- Love keeps going to the end.

2. What does the following passage mean to you?

Now, while it's true that you owe love, know that it's not even possible for you to do these things on a consistent basis. These are things that love [God] does. At this point, you should be wondering, "Okay, if I owe love, but I can't even give love, what do I do?!?" Welcome to the place where God wants you to be. He wants you to come to the end of yourself. He wants you to recognize your insufficiency apart from Him.¹ He wants you to realize that no matter

how smart you are, no matter how many verses you memorize, and no matter how long you've been married, you just don't have what it takes, apart from Him, to keep giving the love you owe to your spouse.

¹ 2 Corinthians 3:5 (ESV), <http://bible.us/59/2co.3.5.esv>

3. You'll be frustrated if you try to love your mate without God's love. Why?

5 | How Love Works

1. If you are a Christian, God's love floods your heart.² Describe how this helps you see your ability to love your mate like God loves you.

2. Jesus and God are both working.³ What does this mean to you? Does this provide any hope for the healing of your marriage?

² Romans 5:5 (VOICE), [http://mobile.biblegateway.com/passage/?search=romans 5:5&version=VOICE](http://mobile.biblegateway.com/passage/?search=romans%205:5&version=VOICE)

³ John 5:17 (ESV), <http://bible.us/59/jhn.5.17.esv>

3.

1. Read [Philippians 2:13](#), and complete the following sentence.

God is _____ in me, both to _____ &
_____ for his good pleasure.

4. God is thinking good thoughts about you. God is thinking good thoughts about your mate. God is thinking good thoughts about your marriage. Do you believe this? Why or why not?

6 | How to Walk In Love

1. Describe what each of these mean to you:

a. Jesus is the Vine.

b. You are the branch.

c. You must abide in Him if you're going to bear fruit.

d. You can do nothing apart from Him.

e. When you abide in Him, you bear much fruit.

f. If you don't abide in Him, you're like a disposable branch.

g. When His words abide in you, you can ask whatever you wish, and it will be done for you.

h. God is glorified when you bear much fruit.

2. God wants to be connected with you, and that happens, in part, through your daily time with Him. Are you currently having a daily devotional time? (circle one)

Yes No

If you circled No, we'd like to suggest you begin having a daily devotional time by using a [reading plan](#).

3. Why do you think the quality of your relationship with your Heavenly Father will impact your relationship with you spouse?

4. What does this passage mean to you?

As you stay connected, you set yourself up to receive the power and grace you need from Him to produce love in your marriage, just as a branch receives what it needs from the vine to bear fruit.

5. It is important to stay open to God's Spirit if you're going to love your spouse. What are some ways you quench or suppress God's Spirit when He's trying to love your spouse through you?

6. It's not enough to stay connected to Jesus and remain open to the Holy Spirit. You also have to do good works. Write out what each of these verses means to you:

- And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. ([Colossians 3:17](#))
- And let us not grow weary of doing good, for in due season we will reap, if we do not give up. ([Galatians 6:9](#))

- And let us consider how to stir up one another to love and good works.

([Hebrews 10:24](#))

- Whatever you do, work heartily, as for the Lord and not for men. ([Colossians 3:23](#))

- What man is there who desires life and loves many days, that he may see good? Keep your tongue from evil and your lips from speaking deceit. Turn away from evil and do good; seek peace and pursue it. ([Psalm 34:12-14](#))

7. An ambassador is a representative from one country to another, and represents the interest of the sending country. According to [2 Corinthians 5:20](#), you are God's ambassador. You are to represent His interest on the earth, and especially in your marriage. What are God's interests where marriage is concerned? How can you help establish these interests?

8. Considering you owe love (even when it's not deserved), you're called to good deeds, and you're God's ambassador, list some good deeds you can do for your spouse (hint: focus on his/her [love language](#)):

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7 | Moving Forward ➡

Please answer the following questions:

1. What was the biggest “aha” you received while reading the EBook and completing the study guide?
2. How will you work with God to allow Him to love your mate through you?
3. Use the space below to journal any additional thoughts.

8 | Meet Kevin & Cetelia



Kevin & Cetelia Bullard are the duo behind Marriage Works!, a ministry that creates Christ-Centered resources & experiences that help couples build & sustain a healthy, functional marriage.

They have been married since 2000, and are parents to three great children; Max, Caitlin, and Kuria Joy.

Kevin & Cetelia both come from divorced homes, so they understand the pain and confusion caused by broken marriages. As a result, they are committed to making their marriage work, and helping other couples learn how to make theirs work as well.

Through Marriage Works! they provide coaching, weekend Getaways, and resources that lead to a healthy, functional marriage. You can access Marriage Works! through their [blog](#), on [Facebook](#), [Twitter](#), and [Instagram](#).