



# Love: Your Choice

*By Welby O'Brien Bayer*

There's good news and bad news. Bad news first: Remember when we were kids all we wanted to do was to grow up, get married and live happily ever after? Hmmmm.....oh well. Many are still waiting for one or all of those. Now for the good news: there is hope! It is up to each one of us whether or not we experience the love we have always craved.

Choice is power. Recent brain studies show that every time we think a thought, it carves a deeper physiological groove in the brain tissue, so that the more we dwell on a thought, the more the brain tends to return to that path. However, when we *choose* to renew our mind (Rom.12:2, Phil. 4:6-9), we can actually reprogram the brain to go to the positive thought, until eventually it automatically goes there. So, if we choose to feed the self pity of abandonment, rejection or disappointment, the ugly monster will only grow stronger. But if we choose to fill our thoughts with God's powerful promises, we can begin to live the joy and love He is waiting to lavish upon us.

In addition to reprogramming our minds, there are two things we can do. First, choose to ***accept God's everlasting love***. What more could He have done to convince us of how passionately He wants us than to suffer on that cross for us? The fact that He rose from the dead is the final proof that He and His love are real.

The second thing we can do is to ***BE the love of God*** to those around us who are also craving everlasting love. The more we draw near to Him the more love we have to share. Look around. There are hurting people who need us to be His love to them. The more we focus outward, the less we feed self pity and the more we experience the reality of His everlasting love. That is good news! Now what will you choose?

***I have loved you with an everlasting love. (Jer.31:3)***