

# Love Is / Lust Is

## Leader Guide

Relationships can be formed for many reasons. Sometimes it is difficult when someone is in the middle of a relationship to see whether it is based on self-giving love or self-centered lust.

Relationships built on love have a strong foundation to help strengthen them during difficult times. Relationships built on lust are unstable and may be easily broken.

Pretend you are a relationship counselor and overheard these comments during the day. Indicate whether the statement is based on love or lust using the bookmark as a guide.

	Love	Lust
1. "Oh, Baby, I love you so much I just need to have you tonight."		X
2. "Honey, I'm so proud of all you have done."	X	
3. "My Boo's the best because he buys me whatever I want."		X
4. "My Boo's the best because he talks with me about a million things."	X	
5. "Honey, if you'll just do this little thing for me, I'll love you forever."		X
6. "When you're hanging out with your girlfriends, don't go flirting. Remember you belong to me."		X
7. "I wish I was with you, but I understand you need some time out with your friends."	X	
8. "I'm in no hurry, but when I fall for a guy he's going to be cute and rich."		X
9. "Hey, Gorgeous, why don't we go out to dinner tonight rather than you cooking?"	X	
10. "Told my girl I was going to the movies with you guys, so don't you dare let her know we came to the club."		X
11. "Oh, Babe, you're so hot. I think I'm going to melt. Why don't we cool down a bit before we go too far."	X	
12. "What?! You can't return my texts in a timely manner? I knew you didn't love me."		X
13. "I really like you, but I don't think we're very good together as a couple. Can we just be friends?"	X	
14. "Sorry, but I've found someone else that I like more than you."		X
15. "If you loved me, you'd stop doing that."		X
16. "Honey, how can I show you that I love you?"	X	
17. "Girl, you should have seen the way the boy's eyes were sparkling when she said "Yes." She makes his heart melt."	X	
18. "Girl, you should have seen the size of the rock she got him to put on her finger."		X

## Promise Yourself

Take time to review these lists before you make a decision that could change your life.

### Love versus Lust ~ Looking for Real Love

#### Love Is:

Other-centered  
Patient  
Kind  
Open to others  
Not jealous  
Freeing  
Cooperative  
Not violent  
Protective  
Honest  
Not rude  
Persistent  
Encouraging  
Based on personal contribution

#### Love says:

*"Let me contribute to your life."*



## Promise Yourself

Take time to review these lists before you make a decision that could change your life.

### Love versus Lust ~ Looking for Real Love

#### Lust is:

Self centered  
Impatient  
Undisciplined  
Manipulative  
Possessive  
Jealous  
Temporary  
Ego-based  
False-leading  
Based on personal gain  
Controls others  
Requires instant satisfaction

#### Lust asks:

*"What will you give me?"*



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Promise Yourself  
*Take time to know the facts*