**True Love: A Work of Art**

Rabbi Shlomo Buxbaum

What 4 words would you pick that defines/describes love?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Torah sources for love:

1. The world is built on loving-kindness (Psalms 89:3)
2. Love **your neighbor** like **yourself** (Vaykira 19:18)
3. And you shall love **Hashem**, with all your *Lev* (heart), with all your *Nefesh* (soul), and with all your *Me’od* (money or portion).**(Devarim 6:5)**
4. A man shall leave his father and his mother, and **cleave** to his wife, and they shall become **one** flesh. (Bereishit 2:24)
5. Now the man **knew** his wife Eve, and she conceived (Bereishit 4:1)
6. **Honor** your father and your mother (Shemot 20:12)
7. Man shall have **awe** his mother and his father, (Vayikra 19:3)

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| **Grow Your Love Worksheet** |
| For the next \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ I will grow my love for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **Pick 4 words that describe your definition of love:** | On a scale from 1-5, how well are you doing in this area today? | End of set time period. Same question.  |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4.  |  |  |
| **With all your *Lev* (heart):** Name 2 ways that you can use your creativity, talent and personal touch to increase your love: |
| **With all your *Nefesh* (soul):** Name 2 areas of your life that you can make greater sacrifice for this person: |
| **With all your *Me’od* (portion):** Name 2 barriers in your relationship with this person that you will choose to overcome/accept and love despite these barriers: |