

*I Love  
You*



# *I Love You*



through the ages of human history, in hundreds of different languages, these three tiny words have held great sway: “I love you.” These words usher in a flood of emotions based upon the commitment that the professed “love” assures. Within the secure arms of “love” all those protective walls around the human heart begin to crumble. In this state, the human soul becomes the most vulnerable.

The fear of being hurt causes humans to put strong guards around their hearts to protect themselves. Within the hostile environment of self-centered pleasure seekers, it is not easy to trust the motives of anyone who entertains a relationship. But those three tiny words have the amazing power to disarm the most cautious and unlock closed doors. “I love you...”

In former times, those words would not have been spoken between a man and woman unless the following words would be, “Will you

marry me?” For the term “love” in itself carries the meaning of commitment. It has the strength to endure years and years of hard times, and still maintain loyalty. It has been recorded that LOVE never fails (1 Corinthians 13).

*I show you the still more excellent way:*

*If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal. And if I have the gift of prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing. And if I give all my possessions to feed the poor, and if I deliver my body to be burned, but do not have love, it profits me nothing.*

*Love is patient, love is kind, and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but*

*rejoices with the truth; bears all things, believes all things, hopes all things, endures all things.*

*Love never fails;*

*But now abide faith, hope, love, these three; but the greatest of these is love.*

*(1 Corinthians 13:1 -13)*

This love is not just any teenage “puppy love.” It is actually the essence of God Himself. For the Bible says clearly that “GOD IS LOVE.” So, when it is true, the love that overwhelms the heart is actually a reflection of the divine character.

Many emotional sentiments have been labeled “LOVE,” but fail to reflect the real qualities of true love. Thus, when the walls drop around the heart upon hearing, “I love you,” many have been tricked. Sadly, they let down their guard and were hurt deeply. Thus, they end up with that tragic condition called “a broken heart.”



# *It's a Sin to Tell a Lie*

Back in the early part of the 20<sup>th</sup> century, a song<sup>1</sup> became popular that exposed this new trend in society. While the song itself was very upbeat, the words tell of a deep problem. The words go like this:



*Be sure it's true when you say, "I love you."  
It's a sin to tell a lie  
Millions of hearts have been broken  
Just because these words were spoken.*

*I love you, yes I do, I love you.  
If you break my heart, I'll die.  
So be sure it's true when you say, "I love you."  
It's a sin to tell a lie...*

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<sup>1</sup> *It's A Sin To Tell A Lie* written by Billy Mayhew, recorded in 1935 by Fats Waller. Also recorded by Somethin' Smith and the Redheads in 1955 and again in 1964 by Tony Bennett.

# IS THAT ALL THERE IS?

**A**NOTHER FAMOUS SONG that touches on that same theme is the Grammy-winning song *Is That All There Is?* recorded in 1969 by Peggy Lee. Its poignant, melancholy refrain strikes a chord deep in the heart of human beings, voicing the burning questions that echo through our minds as we live our lives searching for meaning and fulfillment.

## Is That All There Is?

chorus:

*Is that all there is?*

*If that's all there is my friends, then let's keep dancing*

*Let's break out the booze and have a ball*

*If that's all there is*

In the song, the woman recounts a lifetime of sorrow and disappointment. As a young girl, she experiences the personal tragedy of her house burning down and being rescued from the fire by her father. She realizes that nothing is safe or secure.

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Song lyrics from *Is That All There Is?*

written by Leiber & Stoller, recorded by Peggy Lee (1969)

Then, she is taken to the circus and introduced to the pastimes of fun and frivolity. Somehow, despite the dazzling display of the greatest show on earth, she has the sense that something is missing and remains unfulfilled. “Is that all there is?” she thinks to herself.

The refrain of the song echoes her question over and over — “Is that all there is?” If that’s all there is to life, you may as well keep dancing — break out the booze and have a ball, she concludes. *If that’s all there is...*

Next, we pick up her story as she details her most crushing disappointment. Of course, it pertains to love — insincere whispered words of love that caused her to trust a young man. You can hear the raw emotion in her voice as she recounts the story:

spoken:

*Then I fell in love with the most wonderful boy  
in the world.*

*We would take long walks by the river  
or just sit for hours gazing into each other’s eyes.*

*We were so very much in love.*

*Then one day he went away and  
I thought I’d die, but I didn’t,  
and when I didn’t I said to myself,  
“Is that all there is to love?”*



Some look to love for fulfillment. Women can invest all their hopes and dreams into finding their “Prince Charming,” the one who will sweep them off their feet and together will ride off into the blissful sunset. They look toward the day when the happy plastic bride and groom atop a tiered wedding cake will represent themselves. They have bridal magazines on their dresser, daydreaming of that day when complete happiness will be theirs, as all the bridesmaids look on in envy.

*“We would take long walks by the river or just sit gazing into each other’s eyes. We were so very much in love.”*



There are some men who know full well that this works deep in the female psyche and prey upon such women, going from one to the next. Such predators wreck women's lives and emotions, leaving them abandoned — pregnant and emotionally devastated.

*“One day he went away... and I thought I'd die... but I didn't”*

But maybe you wish you had. And maybe the child in your womb will wish he had never been born, too. How many young women are left wondering, *“Is that all there is to love?”*

In the final verse of the song, our singer says, *“I know what you must be saying to yourselves, if that's the way she feels about it why doesn't she just end it all? Oh, no, not me. I'm in no hurry for that final disappointment...”* Obviously, she feels that suicide would be futile. To her, death is just one final disappointment after a lifetime of disappointments.

Truly, if that's all there is to love and that's all there is to life, we may as well live it up — eat, drink, and be merry, for tomorrow we die.

But there is more...

# *New Study Details Physical Manifestations of a "Broken Heart"*



A broken heart can actually break your heart, according to a new study out of Johns Hopkins University. Cardiologist Ilan Wittstein has shown that the overwhelming emotional stress that accompanies the end of a long relationship — due to divorce or breakup or even death — can provoke a heart malfunction that is similar to a heart attack.

Wittstein was prompted to look for a link when he noticed a preponderance of women arriving in the emergency room who complained of shortness of breath and chest pains, which are signs of a heart attack. But x-rays of these women didn't turn up the kind of arterial blockages that would accompany a heart attack, and blood tests did not reveal heightened levels of troponin, a

protein the heart produces after cardiac arrest.

Other blood tests turned up a tantalizing clue, however: levels of the stress hormones adrenaline and noradrenaline were as much as 34 times higher than normal levels. “You might call it ‘adrenaline poisoning,’” said Redford Williams of Duke University.

Ultrasounds showed that the women were indeed experiencing an abnormal heartbeat. After finding out that many of the women had recently lost a spouse, Wittstein called the new phenomenon “stress cardiomyopathy” and wrote up his study for the *New England Journal of Medicine*.

Some good news: “This is a temporary ‘broken heart’ syndrome,” said Wittstein. All of the patients in his study recovered.



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# *The Story of Valentine*



According to the tradition of the established Roman Church, St. Valentine was a bishop who lived near Rome in about the year 270 AD. This was still during the early days of the church before they became the “official



religion of the empire,” when the believers were still persecuted by the government because of their faith.

At that time the Roman Emperor Claudius II had issued an edict forbidding marriage for those who became soldiers. This was during the

period of history when the heyday of the Roman Empire had almost come to an end. Lack of quality leaders in government led to frequent civil strife. The Barbaric peoples in the north had increased their pressure on the empire's boundaries.

With internal chaos also becoming a great problem, the empire suffered with deteriorating quality in their armed forces. When Claudius became the emperor, he decided that married men were more emotionally attached to their families, and thus, did not make good soldiers. So to assure a better, stronger army, he banned marriage for the soldiers.

Valentine, a bishop in the persecuted church, seeing the trauma of young lovers, reportedly met them in a secret place and married them. Claudius was informed of this "friend of lovers" and had Valentine arrested. The emperor, impressed with the conviction of Valentine, supposedly attempted to convert him to the worship of his Roman gods, in order to save him from certain execution. But Valentine refused to recognize Roman gods. So, on February 24, 270 AD, Valentine was executed.

Though no one can prove for certain that

such a man existed, it is certainly an admirable thought that a man would risk his life for the sake of what he thought was right. For Valentine knew that God had clearly said in Genesis 2:18, “It is not good for man to be alone. I will make a suitable helper for him...” Thus God created woman so man would not be alone. God caused His love to bond the hearts of the man and woman in order that they would remain together to raise offspring. The man and the woman were both created in His image, thus His love could fill their hearts. It is truly a love story.

The story of Valentine’s Day is a yearly reminder for us of the importance of “true love.” It is the story of conviction that caused a man to give up his life to do what was right, and to stand up for



love — true love. Such conviction and such love are rare in our modern times.

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*I Love You*





Significant Greetings  
-BY-

