

Love is not an Emotion

In this lesson we will discuss why love is not an emotion. In the English language the word “love” has many meanings.

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Dictionary

love | ləv | noun

- 1 an intense feeling of deep affection: *babies fill parents with feelings of love | their **love for** their country.*
 - a feeling of deep romantic or sexual attachment to someone: *they were both **in love with** her | we were slowly **falling in love** | it was love at first sight | [as modifier] : love songs.*
 - affectionate greetings conveyed to someone on one's behalf: *give her my love.*
 - a formula for ending an affectionate letter: *take care, lots of love, Judy.*
 - (Love) a personified figure of love, often represented as Cupid.
- 2 a great interest and pleasure in something: *his **love for** football | we share a **love of** music.*

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- 3 a person or thing that one loves: *she was **the love of his life** | their two great loves are tobacco and whiskey.*
 - *British informal* a friendly form of address: *it's all right, love.*
 - **(a love)** *informal* used to express affectionate approval for someone: *don't fret, there's a love.*
- 4 (in tennis, squash, and some other sports) a score of zero; nil: *love fifteen | he was down two sets to love.* [apparently from the phrase *play for love* (i.e. the love of the game, not for money); folk etymology has connected the word with French *l'oeuf* 'egg', from the resemblance in shape between an egg and a zero.]

verb [with object]

- 1 feel deep affection for (someone): *he loved his sister dearly | there were four memorial pages set up by her friends in honor of Phoebe, saying how much they loved and missed her.*

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- feel a deep romantic or sexual attachment to (someone): *she really loved him | I do realize that people get married because they love each other.*
- 2 like or enjoy very much: *I just love dancing | I'd love a cup of tea | I love this job | [with infinitive] : they love to play golf.*

PHRASES

fall in love

develop a deep romantic or sexual attachment to someone: *I've **fallen in love with** you | we were slowly falling in love.*

- develop a deep liking for something: *I came to San Francisco to visit a friend and **fell in love with** the city.*

fall out of love

cease to feel a deep romantic or sexual attachment to someone: *we just fell out of love | Mike thought his wife had **fallen out of love with** him.*

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- become disenchanted with something: *he admitted to **falling out of love** with the game.*

for love

for pleasure not profit: *he played **for the love of** the game.*

for the love of God

used to express annoyance, surprise, or urgent pleading: *for the love of God, get me out of here!*

for the love of Mike

British informal used to accompany an exasperated request or to express dismay: *for the love of Mike take off those shoes!*

love is blind

proverb loving someone makes you unable to see their faults: *I don't see why he bothered with her but then, love is blind.*

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love me, love my dog

proverb if you love someone, you must accept everything about them, even their faults or weaknesses.

the love that dare not speak its name

an allusive term for homosexuality.

[first appearing in 'Two Loves', a poem by the British author Lord Alfred Douglas (1870–1945), the phrase is popularly associated with Oscar Wilde as a result of its use during his trial for homosexual offences in 1895.]

- used to refer to a preference or practice regarded as unacceptable or taboo: *a fondness for nuclear power was the love that dare not speak its name among green campaigners.*

make love

- 1 have sexual intercourse: *one of the young men **makes love to** a village girl | in the morning they made love.*

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- 2 (make love to) *dated* pay amorous attention to (someone).

not for love or money

informal not for any inducement or in any circumstances: *they'll not return for love or money.*

there's no love lost between (also there's little love lost between)

there is mutual dislike between (the people mentioned): *there's no love lost between Scott and me.*

DERIVATIVES

loveworthy | -ˌwɜːrθi | adjective

ORIGIN

Old English *lufu*, of Germanic origin; from an Indo-European root shared by Sanskrit *lubhyati* 'desires', Latin *libet* 'it is pleasing', *libido* 'desire', also by *leave*² and *lief*.

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Thesaurus

love noun

1 *his friendship with Helen grew into love | she*

has a great love for her children: **DEEP**

AFFECTION, fondness, tenderness, warmth, intimacy, attachment, endearment; devotion, adoration, doting, idolization, worship; passion, ardor, desire, lust, yearning, infatuation, adulation, besottedness. **ANTONYMS** hatred

2 *her love of fashion:* **LIKING**, weakness,

partiality, bent, leaning, proclivity, inclination, disposition; enjoyment, appreciation, soft spot, taste, delight, relish, passion, zeal, appetite, zest, enthusiasm, keenness, predilection, penchant, fondness.

3 *their love for their fellow human beings:*

COMPASSION, care, caring, regard, solicitude, concern, warmth, friendliness, friendship, kindness, charity, goodwill, sympathy, kindness, altruism,

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4 *don't fret, my love | he was her one and only*

true love: **BELOVED**, loved one, love of one's life, dear, dearest, dear one, darling, sweetheart, sweet, sweet one, angel, honey; lover, boyfriend, girlfriend, significant other, betrothed, paramour, inamorata, inamorato; *in Spanish-speaking regions* querida.

5 *he is confident that their love can survive:*

RELATIONSHIP, **LOVE AFFAIR**, affair, romance, liaison, affair of the heart, intrigue, amour.

6 *my mother sends her love to you:* **BEST**

WISHES, regards, good wishes, greetings, kind/kindest regards, felicitations, salutations, compliments, best, respects.

PHRASES

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fall in love with

the moment they met he fell in love with her:

BECOME INFATUATED WITH, give/lose one's heart to, become smitten with; *informal* fall for, fall head over heels in love with, be swept off one's feet by, develop a crush on.

in love with

I'm in love with Gillian: **BESOTTED WITH**, infatuated with, enamored of, love-struck by, smitten with, passionate about, with a passion for, consumed with desire for; captivated by, bewitched by, enthralled by, entranced by; devoted to, doting on; *informal* mad/crazy/nuts/wild about, bowled over by, carrying a torch for; *British informal* potty about; *North American informal* twitterpated by.

So if love has many meanings, how are we to understand love? Is it a feeling, an emotion, a sentiment? Let's look at these terms for a moment.

An emotion is a mental state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes...for example, the emotions of joy, sorrow, anger.

A '**sentiment**' is a specific **emotion**, attitude or opinion. Quite often it refers to an emotional expression of love, sympathy, kindness or another strong positive **feeling**. ... So it can be said that '**feelings**' is a general terms about one's emotions, while '**sentiment**' is a specific **feeling** or the **feeling** behind something.
www.differencebetween.net

To define love using these terms that are subject to the fallen human condition, is to miss the true definition of love that is based on the divine. In other words, love cannot be adequately defined with human understanding.

An article by Karla McLaren gets us on the right track.

Love is not an Emotion

Insights from an Expert

Excerpts from *Why Love is not an Emotion* by Karla McLaren (karlamclaren.com)

1. When an emotion is healthy, it arises only when it's needed, it shifts and changes in response to its environment, and it recedes willingly once it has addressed an issue. When love is healthy, it does none of these things.
2. If emotions repeat themselves endlessly, or appear with the same exact intensity over and over again, then something's wrong. Yet real love is a steadfast promise that repeats itself endlessly through life and beyond death. Love does not increase or decrease in response to its environment, and it does not change with the changing winds. Love is not an emotion; it doesn't behave the way emotions do. Real love is in a category of its own.
3. Those things we've learned to equate with love—the longing, the physical attraction, the shared hobbies, the desire, the yearning, the projections, the addictive cycles, the passions—those things move and change and fluctuate in the way emotions do, but they're not love, because love is utterly stable and utterly unaffected by any emotion. When we love truly, we can experience all our free-flowing, mood state, and intense emotions (including fear, rage, hatred, grief, and shame) while continuing to love and honor our loved ones. Love isn't the opposite of fear, or anger, or any other emotion. Love is much, much deeper than that.
4. Real love doesn't play games with other people's souls, and it doesn't depend upon what you can project onto your partner, or what you can get out of the relationship. Real love is a prayer and a deathless promise: an unwavering dedication to the soul of your loved one and to the soul of the world. Emotions and desires can come and go as they please, and circumstances can change in startling ways, but real love never wavers. Real love endures all emotions – and it survives trauma, betrayal, and even death.
5. The truth about love is this: *Love is constant*. Love doesn't just restrict itself to romantic relationships. Love is everywhere – in the hug of a child, in the concern of a friend, in the center of your family, and in the hearts of your pets. When you're lost and you can't seem to find love anywhere, you're actually listening to love in human language, instead of listening to the language of love. Love is constant; it's not an emotion.
6. I sense a visceral [deep inward feeling] difference between love and emotion. I can be furious with people I love, frightened of them, and utterly disappointed in them, but the love never wavers. If my loved ones are too damaged or dissimilar for our relationship to work, I don't stay with them (and I don't let them keep my credit cards!), but I don't stop loving them. [Think of this statement from God's perspective—mortals are too damaged and dissimilar without Jesus Christ for our relationship with God to work.]
7. Love for me lives in a realm far deeper than the emotions, and in that deep and rich place, words don't carry a lot of meaning. So I'll let words about love fall into the meaningful silence all around us, and we'll move on.

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Insights from the Bible

1st John 4:7-12

Love is a person's spiritual connection to God and must extend to others.

7 Beloved, let us **LOVE** one another; for **LOVE** is of God; and everyone that **LOVETH** is born of God, and knoweth God.

Definition of LOVE—LOVE is God

8 He that loveth not, knoweth not God; for **God is LOVE**.

LOVE brings life

9 In this was manifested the **LOVE** of God toward us, because that God sent His Only Begotten Son into the world, that we might live through Him.

LOVE first comes from God

10 Herein is **LOVE**, not that we loved God, but that He **LOVED** us, and sent His son to be the propitiation for our sins.

If a person **LOVES** God in return, he or she will **LOVE** others

11 Beloved, if God so **LOVED** us, we ought also to **LOVE** one another.

12 No man hath seen God at any time, except them who believe. If we **LOVE** one another, God dwelleth in us, and His **LOVE** is perfected in us.

LOVE must be constant in our lives.

Insights from *The Sealed Book of Mormon*

A3N 6:12-13

12 Yea, verily, verily, I say unto you; that every feeling that persuades men to do good among their brethren, and **impels them to love**, it proceeds from the hand of God.

13 But, behold, every sentiment which is opposed to these, though seeming to be beneficial, if it does not meet the needs of its fellowmen, in love, then it proceeds from the evil.

Definitions from grammerbook.com

Compel — (forced)

To compel is to force or drive someone to take action by making that person fear the consequences of not doing so.

Impel — (caused)

To impel is to persuade someone to take action on moral or ethical grounds.

Difference —

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When you are compelled you are coerced, regardless of your wishes. When you are impelled you are made to realize that although the choice may be difficult, it is the right thing to do.

Question

What are the feelings that impels or, in other words, causes a person to love and how can a person obtain those feelings?

What impels a person to love?

The answer lies in our relationship with Jesus and, thereby, with God the Father.

Our need to be more like Him.

Matthew 5:48

5 Be ye therefore perfect, even as your Father which is in heaven is perfect.

1st John 3:2

2 Beloved, now we are the sons of God, and it doth not yet appear what we shall be; but we know that, when he shall appear, we shall be like him, for we shall see him as he is.

Thoughts on the Greatness of the Lawgiver

In a relationship...

...the closer the relationship, the greater the offense; (violation of trust, or held to higher expectations)

offenses...

...punishments corresponds to level of authority

for example,

disobey school teacher...stay after school in detention

disobey municipal ordinance...may be fined

disobey a state or federal law..even greater penalties

disobey parents...one set of punishments

disobey God...whole other set of rules...severe...excluded from eternal life

John 12:44-48

44 Jesus cried and said, He that believeth on me, believeth not on me, but on him that sent me.

45 And he that seeth me seeth him that sent me.

46 I am come a light into the world, that whosoever believeth on me should not abide in darkness.

47 And if any man hear my words, and believe not, I judge him not; for I came not to judge the world, but to save the world.

48 He that rejecteth me, and receiveth not my words, hath one that judgeth him; the word that I have spoken, the same shall judge him in the last day.

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Obedience strengthens the relationship while disobedience/indifference destroys it.

Love is a Gift

Galatians 5:22-23

But the fruit of the Spirit is love [godly, deep affection; charity], joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.

These are lasting qualities we want in our lives that are from the attributes of God. Emotions can alert us as to the state of these qualities in our lives. If we have doubt, fear, and anger, then the fruits leave.

Working Definition

Love is God in your life and Jesus in your heart.

Teachings of the Sealed Book of Mormon

SMs 3:4

4 Being that man had been created in the image of God, reflecting in itself its divine attributes, namely: **love**, wisdom, creative potential and justice, and had also been created according to its likeness, thus obtaining characteristics similar to the image of its creator, coming to be an immortal creature, for how much were subject to themselves all creatures that move in heaven on earth and in the sea, but they had been commanded to fertilize and fill the earth and to expand the boundaries of Eden.

SMs 3:55

55 Immediately they lost out their convictions of serving unconditionally to me the Lord, with all their heart, soul and understanding. But as for you, Moses, you marveled at my previous deed and remembered my work in the land of Egypt and kept full hope in your countenance, to that I, the Lord, would save them, seeking in you the highest feelings that may exist in earthly man, who bring forth the power of my priesthood among the children of men in the flesh, and when you had compassion on my people, which was about to perish in the hand of Pharaoh, you found yourself then in full condition of summoning my presence, not in words, because my name can not be pronounced by the human mouth, but in your heart, invoking the feeling that prefigures my whole being, which you could only understand in the realm of human understanding as being the most sublime and elevated feeling that there is, yea, of the **unconditional love**.

SMs 3:60

60 This is, therefore, the key to the priesthood and the mystery that will be sealed in this book until the time of the end, because there is nothing more sacred to be revealed to men in the flesh than this knowledge, that the name of God can be invoked in their hearts, and that one can not evoke the powers of the heavens in the holy priesthood of the Son of God, unless it be through **sentiments derived from the love of the Only**

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Begotten Son of the Father, each one correspondent to his ministry, because to some, as the Spirit leads, produce sundry feelings, which we call God's gifts.

SMs 3:62

62 No, in no way can my people live the height of my priesthood in a united order, as it did in the days of Enoch, without the noblest and high feeling in their hearts, all derived from **charity, which is the purest expression of the love of God** among the children of men, much less you can effect any ministry, whether it be healing or powerful works without any of the feelings derived from this greater gift.

SMs 3:67

67 But, behold, to raise up Zion, **there must be love among my people**, just as you, Moses, loved the children of Israel unconditionally and hast encouraged them not to be afraid, but to stand firm in their faith in the Lord so that they might see salvation from me.

SMs 4:25

25 The names of God are fundamental so that we can know more about Him. Because they are an expression of the person of God within the children of men, reflecting their nature, importance and divine characteristics among our fellow men. **God reveals Himself in us through their names**, so that we are the representatives of His name on the face of the whole earth, and if you take the name of his Son, who is after the likeness of the Father, whose name equals to yours, then such names will lead you to know and admire His attributes, which are inseparable from His Person, and just as it was said to Enoch, man shall also walk with God, and being in this state of communion through the Priesthood or the grace of God in relation to women and other members of the covenant who were not called to the priesthood, but are filled with grace the likeness of the Only Begotten Son of the Father, the elements then, recognize the command of him who, acting in the name of his Son, through the feeling corresponding to the desired action, that is, to the divine stimulus within himself, then nothing will be impossible, but behold all things will be subject to him through faith and prayer.

SMs 4:36

36 And so great was his faith, that no sentiment from the dark side could shake his emotional foundations, so that Enoch led the people of God and taught them this same principle, to guard their hearts from any and all adverse sentiments that fall about them, having an unconditional attachment to those feelings which were derived from **the greater gift, the Love, through the sentiments that emanated from the names of God**, just as he had shown them, when his enemies went out to battle against him and he uttered the word of the Lord, that is, the word that had sprung from their feelings, and the earth trembled, and the mountains crumbled, and the stones rolled, and the rivers turned from their natural courses, the roaring lions roared together in the wilderness; many heard, and trembled.

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SMs 5:28

28 Not even my children were able to comprehend the fullness of these things, due to the precepts passed to them by my father-in-law Jethro. Because the Lord has demanded of me, Moses, that after I have written these words, that I may be taken out of this people, Israel, and from among them, even the priesthood of His Son be taken away, lest they belittle this greater gift; **the love coming from the higher name of God** and thus they come to desecrate its meaning. Therefore it must remain hidden from the world until this book is revealed in the fullness of times, but not all will understand except those who believe.

SMs 5:31

31 It will then be given, according to the things written by the prophets that here on this earth and beyond the great waters will live, but that they will never perceive the hidden truth behind the previous writings. Coming to know, that the Gifts derived from the Fruits of the Holy Spirit are in fact pure feelings coming from a sanctified heart, in whose **Greatest Gift, love, hides the fullness of God's power.**

A3N 14:8-9

8 And now, to what shall I compare these water currents? To the good feelings derived from the Gift of God, which flows along with the other **sentiments derived from the love of God** among the covenant people that persists in observing my commandments.

9 But as it is written in the dream of my servant Lehi, these waters came from a spring near the tree of life, where the people of God must arrive and delight with their fruits, provided they remain firmly grasped to the rod of iron which will lead them, according to the words of Nephi, unto the fountains of living waters; that is, to the tree of life from which it proceeds its water source, which are **symbols of the love of God**; yea, from this Greater Gift of which I have spoken to you, whence proceed all the good sentiments of My gospel.

Final Thoughts

Colossians 3:1-4 IV & KJV

1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

2 Set your affection on things above, not on things on the earth.

3 For ye are dead, and your life is hid with Christ in God.

4 When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

SMs 17:27

27 And unlike the days of Moses, when He came down upon the top of mount Sinai, whose people were not worthy to touch the mountain where the Lord stood by his servant Moses, his son Jesus Christ, will find at last, a people who observe his commandments, strictly clean from the filthiness of the world of Satan and pure of heart; having all things in common, just as in the days of Enoch, when they lived in a 'united order.' — Amen.

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A3N 6:1

1 This is how Jesus told us while he was among us: "If you obey my commandments strictly and keep my covenants, then you will be my special property among all the peoples of the earth. And you yourselves will become a kingdom of priests and a holy nation."

A3N 6:5-6

5 Know therefore, all of you, O people of the Church of Christ, that Melchizedek was king and priest at the same time, with office to the high priesthood equal to Enoch. And now we have this same designation left over Nephi's head, and extended to every Nephite nation with the opportunity to produce "a kingdom of priests" and thus, to promote a royal priesthood among the peoples of the earth.

6 But this condition depends on strictly obeying the commandments of Christ and indeed keeping his covenants.

A3N 12:17

17 These, therefore, shall be placed in my left hand¹, until God deems it expedient, in due time, to bring them back into their true fold, and to lead them again into His right hand, by observing my commandments, as revealed in these my words, when at last these records are revealed among the covenant people in the last days.

A3N 14:52

52 And the Lord of the vineyard said to them, Go and work in the vineyard with all your might, for behold, this is the last time that I have dealt with my vineyard; because the end is near and is rapidly approaching; and if you work busy with Me, then I will have joy in the fruit that I will keep for myself, in the time that will soon come when these fruits will be essential to keep you united in the last days, that ye may work hard in my vineyard for the last time; and I, the Lord of the vineyard, will also work with you; if you obey my commandments in all things.

SMs 4:23

23 In order to evoke the many names of God, it is necessary to develop the gifts, therefore, the corresponding feelings for each one of them, and yet protect your hearts against the evil feelings that will be interposed in an uproar and stupor of thoughts.

Love is not an Emotion

Definition of Love

Although, we have no unique word for the real meaning of love, we can define it: Love is God and God is love. Jesus is the perfect expression of that love. Love is definitely not an emotion. It is a gift from God. It is a commandment. It is the perfect expression of good feelings between individuals that does not waver. It is constant and enduring. It is the power to accomplish all things.

Amen.