



# *Say I Love You—* **Like You Mean It**



An InstaBook by  
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When I met Nicole, I had just been through a painful divorce.

Divorce is horrible! It feels like getting your heart *ripped* out of your chest.

I thought that getting remarried would put me *back* in the position to get it ripped out again.



So, for the first year of our marriage,  
I struggled to tell my own wife that I  
loved her.

When I tried to say, “I love you,” the  
words came out one of two ways...



As long as I didn't have to make eye contact, I could make it sound natural and caring.

But if our eyes met, the only way I could say it was in my Donald Duck voice.

(See how jacked up I was?!)



Nicole gently helped me work through those fears. More than anything, she exemplified Galatians 6:7-9 (*NKJV*):

“Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”



You get what you sow. When  
you sow love, you get *more* love!

With Nicole's help, I gradually  
learned to look her *in the eyes* and  
say, "I love you," like I meant it.



Don't grow weary of letting those you love know how much you love them.

Text something nice. Slip a card or note in their bag. Leave a romantic Post-it® on the bathroom mirror. Say, "I LOVE YOU!"

If you have someone who truly loves you, do everything you can to celebrate that this Christmas season!



# THE END

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