



How to Know If You Are **in LOVE**

13 Biblical Principles to
Assess Your Feelings

As a couple, answer these questions separately. If you relate more to the word on the left, circle a number from the 1–5 range. If you relate more to the word on the right, circle a number from the 6–10 range. When you are finished, add up your total score and talk about your answers together. Be honest! A relationship is only as strong as it is truthful.

1. TIME: What happens over time?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
GROWS – Love grows over time, and while it may be tested, it also increases.		FADES – Infatuation may come suddenly, but it eventually fades.

2. KNOWLEDGE: How much do you know about the other person?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
DEEP – Love grows out of an appraisal of all the known characteristics of the other person.		SHALLOW – Infatuation can arise from knowing only a few of someone's characteristics or even just one.

3. SERVANTHOOD: Who is your priority?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
GROWS – Love is selfless, centered on the other person.		SELFISH – Infatuation is selfish and self-centered.

4. **COMMITMENT:** Are you exclusive?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
EXCLUSIVE – Love centers on only one person.		UNCOMMITTED – Infatuation may lead to being “in love” with more than one person.

5. **SECURITY:** How much trust is present?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
HIGH TRUST – Love leads to genuine feelings of security and confidence.		LOW TRUST – Infatuation reinforces a blind sense of security based upon wishful thinking that usually leads to jealousy.

6. **WORK:** Does your relationship make you better?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
YES – Love leads to mutual respect, with individual achievements supported and celebrated.		NO – Infatuation seeks unhealthy and unattainable approval that may lead to apathy and misery.

7. **SOCIAL CONTEXT:** As a couple, how do you relate to others?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
CONNECTED – Love generally enjoys being around others.		ISOLATED – Infatuation prefers isolation from others.

8. **PROBLEM SOLVING:** How do you handle challenges and conflict?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
COOPERATIVE – Love faces issues openly, with two people working together to overcome them.		COMPETITIVE – Infatuation dismisses or denies issues and rejects input.

9. **FOCUS:** What is your ultimate goal?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
FUTURE FOCUSED – Love dreams about a better future.		FEELING FOCUSED – Infatuation dreams about a better feeling.

10. **DISTANCE:** How do you feel when separated?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
ENDURES – Love persists under the strain of being apart, and care remains strong.		DESPAIRS – Infatuation descends to impatience, frustration, and anger during separation.

11. **ATTRACTION:** What role does physical attraction play in your relationship?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10		
SUPPORTING ROLE – Love is deeper than physical attraction and touch.		SPOTLIGHT – Infatuation puts the spotlight on physical attraction and touch.

12. **PUBLIC AFFECTION:** How physically affectionate are you around others?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10									
RESTRAINED – Love demonstrates restraint.								UNCONTROLLED – Infatuation lacks restraint and modesty.	

13. **STABILITY:** How much stress can your relationship endure?

1 • • 2 • • 3 • • 4 • • 5 • • 6 • • 7 • • 8 • • 9 • • 10									
STRONG – Love endures pressure and grows through difficulty.								WEAK – Infatuation crumbles under pressure, and fear leads to a lack of honest communication.	

Now add up your score. A lower score may indicate love, and a higher score may mean infatuation. If your score is higher than expected, don't despair! Many relationships begin with infatuation and mature into love.

- Based on your answers, what personal changes would you like to make?
- What are some things you would like to discuss with your significant other?





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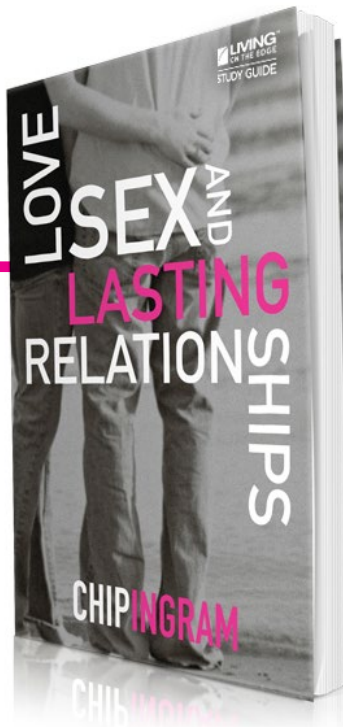
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God's Prescription For Enhancing Your Love Life*
By Chip Ingram

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REAL LOVE LOOKS LIKE!

Love, Sex, and Lasting Relationships

A Ten-Session Study from Chip Ingram

Everyone Wants to Love and Be Loved

The pursuit of “true love” is everywhere you look! It’s romanticized in TV and movies. There are books about it, songs about it, dating apps to find it, and even seminars on it—all of which are designed to “help” you find that special someone to love.

So, here’s the question: Why is “true love” so elusive? Could it be that the picture of love we see in today’s culture is nothing more than an illusion? If so, what does real love look like?

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