

# LOVE DARE XPRESS



40 days | 40 txts | 40 ways to spread the love

Don't say anything negative to anyone or about anyone today.

**Ephesians 4:2**

**LOVE IS PATIENT**

Go out of your way to do 3 acts of kindness today.

**Ephesians 4:32**

**LOVE IS KIND**

Make a home-made card for someone that says "I was thinking of you today"

**Romans 12:10**

**LOVE IS NOT SELFISH**

Ask 5 people today if there is anything you could do for them.

**Philippians 1:3**

**LOVE IS THOUGHTFUL**

Without being defensive, ask a friend to tell you 3 things that make them irritated with you.

**Eccles 10:12**

**LOVE IS NOT RUDE**

Reflect on what makes you angry + frustrated. Pray for patience. Don't argue day.

**Proverbs 16:32**

**LOVE IS NOT IRRITABLE**

Make a list of the positives attributes of at least 1 friend. Later, thank them for being like that.

**1 Cor 13:7**

**LOVE BELIEVES THE BEST**

Tell someone how happy you are for a recent success they've had.

**Romans 12:15**

**LOVE IS NOT JEALOUS**

Actually show people how glad you are to see them. Smile and be happy for them.

**Philemon 7**

**LOVE IS JOYFUL**

Do something out of the ordinary today to show someone you care about them.

**Romans 5:8**

**LOVE IS UNCONDITIONAL**

Go out of your way to help 3 people today.

**Philippians 1:9**

**LOVE CHERISHES**

Sacrifice your desires and put someone else's preferences first.

**Romans 12:18**

**LOVE LET'S THE OTHER WIN**

Respond to arguments with calmness. Instead of screaming, pause and have patience.

**2 Timothy 1:7**

**LOVE FIGHTS FAIR**

Give up something you like to do to spend time with someone else.

**Proverbs 23:26**

**LOVE TAKES DELIGHT**

In action and language, be especially attentive + courteous to everyone today.

**Jeremiah 30:19**

**LOVE IS HONORABLE**

Say a prayer for 5 people in your life, that God may help their needs.

**3 John 2**

**LOVE INTERCEDES**

Ask 3 people if there is anything you could pray about for them.

**Proverbs 17:9**

**LOVE IS TRUSTING**

At dinner, ask the person(s) you are with how their day was.

**Proverbs 3:13**

**LOVE SEEKS TO UNDERSTAND**

Spend at least 15 minutes alone in prayer with Our Lord.

**Romans 5:6**

**LOVE IS JESUS CHRIST**

Reflect on the Love Dare so far. Has anything changed? In you? In others?

**Matthew 19:26**

**LOVE IS IMPOSSIBLE**

Make time to pray and read your Bible. Read a Chapter from Proverbs or the Gospels.

**Psalms 145:16**

**LOVE IS FOUND IN GOD**

Do something nice for someone who makes it hard for you to love them.

**Hosea 2:20**

**LOVE IS FAITHFUL**

Identify any harmful influences + unhealthy relationships that seek to destroy you + loved ones.

**1 Cor 13:7**

**LOVE ALWAYS PROTECTS**

This is the time. Identify every object of lust in your life and remove it.

**1 John 2:17**

**LOVE VS. LUST**

If you are holding a grudge, let it go and forgive from the heart.

**2 Cor 2:10**

**LOVE FORGIVES**

Reflect on times of selfishness. Ask forgiveness from someone you've wronged.

**Galatians 6:4**

**LOVE IS RESPONSIBLE**

Encourage 3 people today!

**Hebrews 10:24**

**LOVE ENCOURAGES**

Before you do anything for yourself, check and see if you can help someone else with something.

**1 John 3:16**

**LOVE SACRIFICES**

No matter how other's respond to you, thank God for your ability to Love.

**Ephesians 6:7**

**LOVE'S MOTIVATION**

Isolate areas of division in your relationships. Pray about these matters today.

**John 17:11**

**LOVE BRINGS UNITY**

Let someone know that if they need help you will be there for them.

**Mark 3:25**

**LOVE IS RELIABLE**

Make a list of each time you deny the temptation to lust today.

**Ephesians 6:11**

**LOVE FIGHTS FOR THE BEST**

Do you need help with something? Don't be afraid to reach out to a trusted friend!

**Eccles 4:11**

**LOVE COMPLETES**

Go to Confession today! Most churches have confession at 4pm!

**2 Cor 5:20**

**LOVE IS ACCOUNTABLE**

Verbally commend your friends each time they demonstrate Christian character.

**1 Cor 13:6**

**LOVE CELEBRATES**

Commit to reading the bible everyday. Bonus: Do it with a friend!

**Psalms 119:105**

**LOVE IS GOD'S WORD**

Ask a friend if they want to pray with you today.

**Romans 12:12**

**LOVE AGREES IN PRAYER**

Ask a friend what one of their dreams is. Can you help them fulfill it?

**Psalms 37:4**

**LOVE FULFILLS DREAMS**

Commit to spend time at a soup kitchen, or other service organization.

**1 Cor 13:8**

**LOVE ENDURES**

Make a promise to keep loving people and to not take them for granted.

**Ruth 1:16**

**LOVE IS A COVENANT**

"There are many in the world who are dying for a piece of bread but there are many more who are dying for a little love."  
- Mother Theresa

