

**F**or me, as a mom, I was flabbergasted upon learning that I really did not love my family - because love is patience and kindness. I had no patience and I tried to be kind. But I always ended up shipwrecked... and my teeth became chipped from all the gritting and grinding.

I hope this excerpt from my book, *Children in the Hands of a Mighty Mom*, will help you to truly live and enjoy, as well as enrich the most beautiful of all seasons – childhood!

### ~ **REAL LOVE** ~

*I John 3:18 [Message Translation] - My dear children, let's not just talk about love; let's **practice real love**. This is the only way we'll know we're living truly, living in God's reality.*

There are two very simple ways to practice *real love*.

*I Corinthians 13:4 [Amplified] - **Love is patient and love is kind...***

What exactly is this patience and kindness?

*Patience* is more than just tolerating intolerable people, tasks and circumstances. Patience is actually a spiritual force and strengthens you with all power when yielded to; it is the opposite of despondency and is associated with hope and joy. *Patience* is the quality that does not surrender to circumstances or succumb under trial. It is being constant, consistent, steady - as in “stay the course” of faith, hope, joy and love no matter the circumstances.

I discovered it takes less energy to yield to *patience*, and I always feel better and even stronger, as opposed to yielding to and giving in to aggravation and anger, which takes a lot of energy, always makes me feel worse and never results in a good or productive outcome.

In like manner, consistently yielding to *kind* words and actions is actually easier on my heart and mind rather than spewing out sharp words, insults and sarcastic clichés.

*Kindness* is defined as excellence in character; the act of being kind; gentleness. Kindness is the Hebrew word *cheçed*, pronounced *kheh'-sed*, meaning: piety, devotion to God and is from the word *châçad*, pronounced, *khaw-sad'*, meaning: to bow the neck only in courtesy to an equal. To be kind.



To be kind is good and serviceable, but it means far more. There is a devotion to God - a devotion to Love - and it is the quality of equal excellence. Whenever I am tempted to be unkind, I

think of what our Lord God says to me -

*“My kindness shall not depart from thee...” - Isaiah 54:10*

How much more are we to exercise the same consistent, steady course of kindness to others, especially our families, as He does to us.

To live in God’s reality of patience and kindness, one must learn the art of yielding to the love of God, for God is love. When I yield to love, I am actually yielding - submitting - myself to God.

1 John 4:8 - *God is love.*

God said it to me like this, “Always check your levels of patience and kindness. It will determine to what extent you have yielded yourself to Me, to My love, My life and My light!”

When I truly yield to love - *choosing* to love as an act of my will, not because I *feel* all lovely, but mostly because I feel all unlovely - my patience and kindness levels will rise to full capacity *and* even running over. My heart becomes full of courage and flooded with boldness, as a sense of security settles so deep within me, I can feel it in my bones. Moreover, all of heaven comes to my aid, assisting, undergirding and backing me up. I can actually feel His power around me, charging the very atmosphere with His love and His sustaining, strengthening joy.

This really works! It is truly an adventure worthy of pursuit. Even in the toughest situations, this made me stronger and happier and it will do the same for you!

Excerpt from: *Children in the Hands of a Mighty Mom* by Susie Stone  
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