

# Mommy, I'll Show You How To Love

## *Jack and Trisha Frost*

Recently, after hearing the message that they were created for love, a couple came forward to the altar for prayer with their two small sons. They both fell to their knees broken and weeping. With a heart filled with exasperation over never feeling loved, the mother cried out, "I don't know how to love! I've never experienced the kind of love you spoke of!" Then her little boy, about five years old, ran up and held his mother in his arms and with a heart full of innocence, love, and compassion tenderly said, "Mommy, I'll show you how to love!"



Most of my adult life I shared the agony and frustration that this mother felt. I had feelings of love locked up inside of me but love only seemed to come out reserved, with impatience, or insensitivity. I felt inadequate to express love so I showed love by the things I did more than by whom I was to my family. This just left me and them frustrated and empty inside. (We men tend to get a little frustrated when we are asked to do something we don't know how to do.) All this left our family without a sense of love, comfort, value, and security. So we comforted ourselves (even as Christians) in our performance, addictions, compulsions, anger, isolation, insecurity, and fears of failure and rejection.

Seeing the pain in my family, I sought out every book I could so that I might learn how to love my family more and be intimate with them. The more knowledge I accumulated the more frustrated I became. Now I knew how to do it right, but it most often came out wrong. "What is the matter with me? I can't seem to do anything right at home so why should I even try any more? I'll just busy myself ministering to others. At least that brings me a feeling of acceptance and value when I seem to fail so much at home!"

I had filled my mind with knowledge, but years ago I had closed down a part of my heart to love! As a small boy, my parent's marriage began to fall apart. The early years were good but then everything seemed to start going wrong. At about twelve years old, I closed my heart and rebelled against love and being a son. Something began to die inside of me. Because I was created for relationship, when I cut myself off from bonding in a healthy way, I was willing to bond to anything in an unhealthy way.

We must experience love daily to be emotionally healthy! So many Christians are emotionally unhealthy because they have not received the right kind of love. Not just any love, but "storge" love. That is the Greek word for family love. "Storge" love is tender, loving affection and nurture. It is so much more than the words, "I love you!" It is more than the things that are done for us. "Storge" speaks of being embraced to the bosom and must be ministered to in at least three ways in order for the person's emotional needs to be met:

**AFFECTIONATE TOUCH** – We were created for touch. Doctors have scientifically proven that without touch the body and the emotions become unhealthy. When you touch someone it says to them that they are important to you, they belong, they have value. If we did not receive affectionate touch in the right way as a child, then in our teenage years we will allow ourselves to be touched in the wrong way.

EYE CONTACT – The eyes are the window of the soul where love is communicated. Children drink the love that flows to them from the eye contact with their parents. If the child doesn't see that love, it can leave a wound that remains unhealed all through life. They then may feel awkward, insecure, separate, and out of place in their relationships.

tone of voice – Babies learn to bond and trust when their parents look them in the eye and speak to them loving words spoken in a soft, gentle, tender, empathizing voice. It continues all through the formative years in the child. Loving tones nurture the soul and help them feel acceptance and value so they can walk free from the fear of rejection and failure.

"Storge" is foundational to feeling secure and comforted. It quiets and brings rest to your soul and gives you vision and purpose in life. It makes you feel valued and gives you a sense that you belong. You begin to believe in yourself and develop faith to live and overcome. It equips you to conquer the fear of relationships and lowers walls of self-protection.

Because of the pain my parents were experiencing with the breakup of their marriage and my rebelling against being a son, I cut myself off from receiving this kind of love. I began to develop a heart of stone. "I'll let no one touch my deepest needs! I'll be self-reliant and independent of needing people!" This left my need for "storge" love unmet. God created me for this kind of love and when I shut myself down from receiving it, all my "eros" (Greek word for physical attraction) love needs went haywire in my teen and early adult years. Unhealthy sexual desires and urges began to drive me in most of my relationships. Love to me seemed to only have a sexual meaning, so many of my thoughts towards women were erotic in nature. I tried getting my love needs met through "eros" instead of "storge". It then carried over into most of my marital and family life, even as a Christian ministering emotional healing to many others. The ability for me to walk in pure loving relationships was confined behind walls of fear and separation.

In March, 1996, at a time when I seemed the most frustrated because of my inability to give love to my family, I attended a Father Loves You conference. One of the prayer ministers, a mature mother figure named Shirley Smith, ministered to me over my inability to receive or communicate "storge" love and the lack of comfort in my youth. She led the little boy within me in one prayer after another of repentance for each situation where I rebelled against being a son and against receiving love. For almost two hours I lay on the floor in her arms weeping. Hidden core pain from the heart of the little boy began to surface. It was agonizing for me to submit to love and to have the walls of fear, separation, and isolation broken off of my emotions and habit patterns of thought.

For weeks following that experience, it was as if I had been born all over again. It was as if the innocence and meekness of a little child were being restored to my emotions. My family saw an immediate change in my personality. I went from being serious and reserved to being sensitive, comforting, and soft. I even found it easy to laugh and play with my children, which had been unnatural in the past. I began looking for every opportunity to give "storge" love away to my family. At first, they were suspicious. They wanted to see if they could trust me, if this was real and would last.

Months, and now years later, I'm still naturally expressing "storge" and major walls have come down in our relationships. Before, I had tried to learn how to love, but love can

never flow by the letter. There is no love in law! Love must flow from our spirit. When I confronted the hidden core pain and repented for rebelling against love and being a son, I was then able to submit to and receive the heavenly Father's love. Then, I could humble myself to my family and be the gift of love to them that God created me to be!

The little boy at the altar repeated once more to his mother, "Mommy, I'll show you how to love!" Mom and dad broke, repenting to God for rebelling against being a son and daughter in their youth. They then asked their sons to forgive them for not expressing "storage" love to them. Later, the husband and wife repented and ministered to one another. On the last night of the meetings the husband came to me and said, "My wife's face now has the look of an angel. I've never seen her more beautiful and radiant in my life. We both have embraced the truth that we are created for love and it now is naturally flowing in our family one to another. We truly are God's gift of love to our children!"

YOU DO NOT HAVE TO BE TAUGHT HOW TO EXPRESS LOVE AND INTIMACY! Love and intimacy have been programmed into your genetic code because "God's seed abides in you" (1 John 3:9). The Greek word for "seed" is "spermah". In Christ, God has placed His DNA in you. God is love! You are created in His image! You cannot help but be conformed to the attributes of your Father! Everything you see in Christ is in you. Everything in you has naturally been created for intimate, loving relationships. As you submit to love it will become perfectly natural for you to do what your Father created you to do: to be an EXPRESSION OF HIS "STORGE" LOVE TO THE WORLD!

You may want to pray this prayer right now: "Father, I come to You in Jesus name. I ask you to forgive me for rebelling against being Your son/daughter. Forgive me for rebelling in my youth and for building walls so that I wouldn't feel hurt and rejected again. Help me to get in touch with my hidden core pain so that Your comforting love may flow in. I choose to forgive those who did not know how to express "storage" love to me. I ask You to restore my emotions to the innocence of being a little child. You have created me in Your image. You are love and I am created for love. With Your Spirit leading me, I choose to be a gift of love to my family and to the nations."

In the Father's love,

Jack & Trisha Frost

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