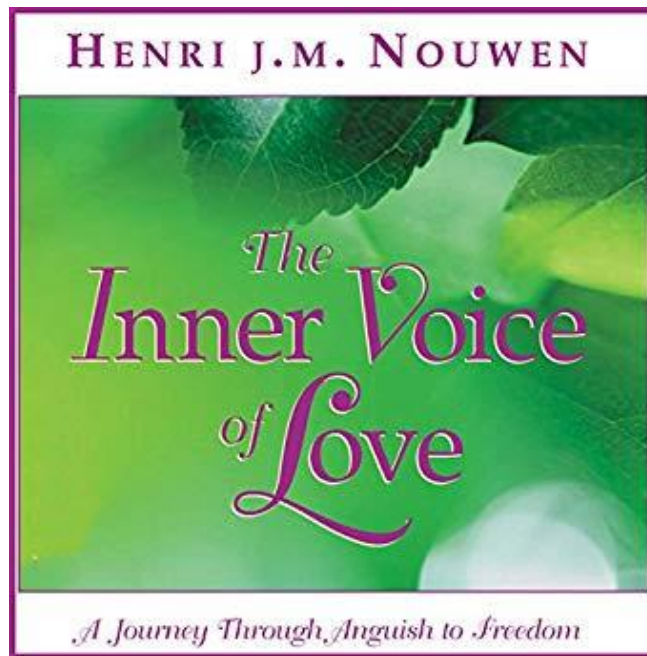


# FaithBIT



## Love Deeply

Reflection by Henri Nouwen (author)

Do not hesitate to love and to love deeply. You might be afraid of the pain deep love can cause. When those you love deeply reject you, leave you or die, your heart will be broken. But that should not hold you back from loving deeply. The pain that comes from deep loves makes your love ever more fruitful. It is like a plow that breaks the ground to allow the seed to take root and grow into a strong plant. Every time you experience the pain of rejection, absence, or death, you are faced with a choice. You can become bitter and decide not to love again, or you can stand straight in your pain and let the soil on which you stand become richer and more able to give life to new seeds.



“The pain that comes from deep loves makes your love ever more fruitful.”

- Henri Nouwen

The more you have loved and have allowed yourself to suffer because of your love, the more you will be able to let your heart grow wider and deeper. When your love is truly giving and receiving, those whom you love will not leave your heart even when they depart from you. They will become part of yourself and thus gradually build a community within you.

...Yes, as you love deeply the ground of your heart will be broken more and more, but you will rejoice in the abundance of the fruit it will bear.

~Henri Nouwen, from his book, “The Inner Voice of Love”