



**thevenues**  
**Go Deep**

Happy Valentine's Day  
To Understand is to Love

**2.13.2022**

*What are your thoughts about Valentine's Day? Do you celebrate it? How?*

*If there is a “secret ingredient” in the recipe for a relationship, what do you think it is?*

Many relationship therapists identify the secret ingredient as “understanding” or “empathy”...  
...understanding each other’s feelings, experiences and views.

*Think about a relationship you have - with a partner, with a friend... how important is understanding/empathy in your relationship?*

*What effect would you being more of an empath have on your relationship?*

Read [1 Peter 3:8](#).

*What words are used to describe how we are to relate to others?*

*What effect would practicing these behaviors have on your relationships?*