

## Give Love Every Day

Myrna Lapres  
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Coach Myrna, February 19, 2024  
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On Valentine's Day, it is estimated that 250 million stems of flowers and thirty-six million boxes of heart-shaped chocolates are given globally. It is the official day to declare our love and it comes with a lot of expectations. While I appreciate flowers and chocolates, my husband, Michael, and I have been practicing giving when it is unexpected. This relates to the understanding of unconditional love that we are learning as we study the many books on ***Real Love by Dr. Greg Baer***. He has said, "When your desire is to love others with all your soul, instead of looking for what they can do

for you, you're becoming a holy person."

Giving to others doesn't have to cost a lot. Recently, Michael and I went to a historic estate and gardens, and I found this beautiful heart created with fallen blossoms. Someone, perhaps a child, took the time to make the heart in order to brighten the day for others. Giving love can be some words of encouragement to a busy cashier at your local grocery store. It could be buying a gift card for a couple whose budget is tight so they can enjoy a meal out together. Maybe it is offering to watch your son or daughter's children for a few hours. Or it might be appreciating the work that someone at your church, community or workplace does, telling them that you notice their investment.

When I was a young child, we moved across the country from Indiana to Oregon where my dad began his journey as a pastor. We were far from friends and family, and we received support and love from several older single women in our new church community. They realized that my parents didn't have a dryer; my mom had been used to hanging everything out on the clothesline. Given Oregon's many rainy days, they purchased us a dryer. One of the ladies baked cakes for each of our birthdays. When I was around six years old, I loved elephants and I remember the lovely elephant cake that I received that year.

I am not saying to forgo the flowers and chocolates. I just want to remind myself and each of you that we can give love each day through our words and actions. It makes the world a better place and creates more joy in our lives as well. In the words of Maya Angelou, "I have found that among its other benefits, giving liberates the soul of the giver."

To purchase my book on  
Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/) Find out more about Safe Conversations [www.coachmyrna.org/safe-conversations.html](http://www.coachmyrna.org/safe-conversations.html).*

