



Drs. Les & Leslie Parrott

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*Deep Love*

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# TRANSFORM YOUR RELATIONSHIP WITH THE DEEP LOVE ASSESSMENT

Deep Love is a unique and powerful online assessment that takes just 15 minutes to complete. It generates a personalized 10-page report for couples (whether dating, engaged, or married for decades). Your personalized Deep Love Report can be explored in small groups, classes, or simply on your own as a couple. Each of the four sections of the report—Personality, Communication, Conflict, and Adaptability—are essential to deepening your relationship with lasting, positive results.

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# INTRODUCTION

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*If I speak in the tongues of men or of angels,  
but do not have love, I am only a resounding  
gong or a clanging cymbal.*

*1 Corinthians 13:1*

**“W**hat is the *summum bonum*—the supreme good?”

With this question, professor Henry Drummond began his famous lecture “The Greatest Thing in the World.” The year was 1883 as he stood before a classroom of college students and drove home the question: “You have life before you. Once only you can live it. What is the noblest object of desire, the supreme gift to covet?”

The rhetorical question required no reply. Everyone knew the answer. Love. Love is the ultimate good. It lifts us outside ourselves. Love sees beyond the normal range of human vision—over walls of resentment and barriers of betrayal. Love

risers above the petty demands and conflicts of life and inspires our spirits to transcend what we are tempted to settle for: decent but merely mediocre. Love aims higher. Unencumbered by self-absorption, love charms us to reach our ideal. Love allures us with a hint of what might be possible. No question about it. Love is the *summum bonum*—"the most excellent way."

And no words, no passage, no song or poem in all of human history has crystallized the qualities of love into simple absolutes more elegantly than 1 Corinthians 13. The Love Chapter of the Bible paints a perfect picture of love. It reveals the kind of ideal love everyone yearns for. But something about these words, the way they are written, tells us they are not meant to be only admired but also lived. These words are a means to a more excellent way of being.

While the passage draws a profile of ideal love, it is too plain for a mere mystic. Paul, the writer of these words, was surely inspired beyond description. He was lifted outside himself as he penned these words. But the passage is not a fantasy of what might be nice. It is a serious essay on how love can be lived. Love is patient. It is not jealous, does not get angry quickly. These are qualities ordinary people can cultivate to build extraordinary relationships.

The challenge, of course, is to find ways of bringing these heavenly qualities into our earthly reality. The challenge is to plunge beneath the surface and sink the roots of our relationships firmly in love.

That's exactly why we designed the Deep Love Assessment. If you're not already familiar with it, the Deep Love Assessment is a self-guided experience that begins when a couple answers a series of questions, independently, to generate a personalized, ten-page report on their relationship (see [Outreach.DeepLoveAssessment.com](http://Outreach.DeepLoveAssessment.com)). Don't worry. It's not something you pass or fail. It's a fun and proven way to experience a deeper connection.

And this little book of sixteen meditations coordinates beautifully with each page of your Deep Love Report. We recommend reading these meditations in tandem with your Deep Love Report.

With every good wish and prayer,



Drs. Les & Leslie Parrott  
Seattle, Washington





# PERSONALITY

*Love is the only way  
to grasp another human being  
in the innermost core  
of his personality.*

*Viktor Frankl*

# YOUR RELATIONSHIP IS ONE OF A KIND

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*A long marriage is two people  
trying to dance a duet and two solos  
at the same time.*

*Anne Taylor Fleming*

Some call it your temperament. Some call it your nature or your character. Mystics call it your spirit. Whatever you call it, we all have one, and like a fingerprint, each one is totally and completely one of a kind. In spite of all the similarities we share as human beings, that tiny .01 percent difference in our genes makes each of us unique. How? Because we inherit three billion pairs of nucleotides, or chemical bases of genetic information, from our moms and our dads. So even a .01 percent difference is still three million chemical distinctions. And that's a lot!

It's tough to comprehend. Think of it this way: There are more than three million differences between your genome and anyone else's. And it's these three million different sources of genetic information that make your personality exceptional.

Of course, the same holds true for your spouse.

Your marriage brings together two completely unique and special personalities. There has never been a combination like you two before. In all of human history, marriage has never witnessed your inimitable combination of personalities.

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And even the very hairs of your head are all numbered.

*Matthew 10:30*

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Your relationship is unprecedented. It is unmatched.

That's why you may have found that what seems to work wonders for another couple doesn't help the two of you much at all. We have some friends who married about the same time we did, almost twenty-five years ago. If you ask them what keeps their marriage strong, they'll tell you that they have learned never to fight.

"We have frank discussions, but we never raise our voices," one of them will say. "We've learned to discipline ourselves, and we always count to ten when that starts to happen."

“You’ve got to be kidding!” Les counters. “Is that humanly possible in married life?”

“It works for us,” they say with a smile.

And it does. They’re a very happy couple. But we will be the first to tell you that doesn’t jibe with our own married life. Not that we have frequent yelling matches. Not at all. Gratefully, we’ve learned to curb much of our conflict over the years, but it’s had little to do with counting to ten.

The point is that every couple is unique. It’s what caused German poet Heinrich Heine to liken marriage to “the high sea for which no compass has yet been invented.” So what would you two say makes you the most unique as a couple? In other words, when you consider how God hardwired your personalities and how the two of you come together, what makes your relationship matchless?

# ENJOYING OUR DIFFERENCES

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*We continue to shape  
our personality all our life.*

*Albert Camus*

**I**t has been suggested that two strangers off the street could be married to each other and make a pretty good marriage if only they were mature enough to work their way through the inevitable differences.

How do you and your partner handle differences? If you are like most couples, you probably try one of two things: either you sweep your differences under the rug by ignoring them altogether, or you try to make your partner become like yourself. Unfortunately, both strategies are doomed to frustration. For one thing, it is only a matter of time before repressed differences reemerge, and second,

we miss out on a tremendous gift of marriage when we do not enjoy our partner's uniqueness. That's right, *enjoy* the differences!

Every person is unique (see Psalm 139:14). God never intended couples to approach life as if they were twins separated at birth. He made us with unique strengths and weaknesses. He gave each of us special gifts.

The differences in temperament that allow your partner to deal with situations that would drive you crazy are something to be thankful for. Sure, some of your partner's traits make living together tough at times, but appreciating the positive side of your differences will make your marriage more balanced and complete.

And don't undervalue the predictability that comes in our personalities. "I knew you were going to say that." How many times have you and your spouse uttered these words to one another? If you're like most couples, married for even a short while, you've come to expect certain reactions and behaviors from your spouse. Why? Because personalities are fundamentally predictable. Thank God!

Can you imagine trying to be married if you never knew what to expect from your spouse? A marriage couldn't survive if behavior was not basically

predictable. Imagine if one day your spouse was extremely laid-back and easygoing and then the next day was extremely intense and regimented. You'd be living in chaos. Without relative consistency from your spouse, marriage would be an unbearable roller-coaster ride.

Now, we've all had married moments when we've said something like: "I would never have predicted *you* would want to do that!" Even with a relatively consistent set of traits, our personalities make room for a smidgen of the unpredictable. And that's not bad. Changing things up on occasion can get us out of boring ruts. But for the most part, you can take comfort in knowing that your spouse's personality (as well as your own) will remain pretty predictable.

Take a moment right now to note a character quality in your spouse's personality that gives you comfort, a trait that you are especially thankful for today, and explain why.

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Make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

*Philippians 2:2 (NLT)*

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