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A Well-Built Faith, Loyola Press.

The Four Pillars of Every Relationship

Every loving relationship includes the following four principles:

1. You love that person because you *believe* certain things about him or her to be true: he or she is good, kind, forgiving, fun to be with, or any number of other qualities.
2. You *express* your love for that person in a variety of ways: cards, flowers, gifts, hugs, kisses, a gentle touch, a passionate embrace.
3. You *act* toward that person in a way that shows you love and respect him or her.
4. You *communicate* with that person in an ongoing manner, even if separated by distance.

In a similar way, each of us has been baptized into a deep, intimate, and loving relationship with God and with one another. This relationship is supported by

- > what we believe about God (the Creed)
- > how we express our love for God and how God expresses his love for us (the sacraments)
- > how we act toward God and toward others (the moral life)
- > how we communicate with God (prayer)