



Falling In Love With Jesus

Rev. Lennox Zamore, Senior Pastor

Sermon Notes

STAGE 1: THE A_____ STAGE

A. Physical: The Attraction stage of falling in love involves the release of a cocktail of chemicals by the brain that creates intense feelings of pleasure, that forces one to be attracted to the person.

- **D**_____ also called the “r_____” chemical surges when you’re around someone you’re attracted to, making you feel euphoric, motivated, and even addicted to their presence.
- **N**_____ also called the “m_____” chemical increases alertness, focus, and heart rate which explains the racing heart, sweaty palms, and butterflies.
- **S**_____ also called the “wellness” chemical that contributes to well-being, digestion and sleep decreases causing what’s seems like an obsessive-compulsive disorder, preventing people from eating and sleeping.

These chemicals combine to create what scientists call “limerence” — that giddy, all-consuming stage we call infatuation.

B. Spiritual: The spiritual milestone of this stage is a_____. This is the stage of spiritual curiosity.

Notes_____

STAGE 2: THE A_____ STAGE

A. Physical: In this stage, the v_____ p_____ region of our brains that is linked with feelings of attachment, gets more active and stimulates the release of bonding hormones o_____ and v_____.

B. Spiritual: The spiritual milestone in the attachment stage is a_____ and b_____.

Notes_____

STAGE 3: THE C_____ STAGE

A. Physical: This stage deals with d_____ and d_____. It tests the most important things in a relationship, such as t_____.

B. Spiritual: The spiritual milestone is commitment and l_____.

Notes _____

STAGE 4: THE T_____ STAGE

A. Physical: This stage is a struggle for c_____.

B. Spiritual: The spiritual milestone here is the quality of f_____.

Notes _____

STAGE 5: THE D_____ STAGE

A. Physical: In this stage, partners reach a b_____ p_____.

B. Spiritual: The spiritual milestone in this stage is s_____.

Notes _____

STAGE 6: THE W_____ STAGE

A. Physical: This is the stage when the relationship is b_____ and h_____.

B. Spiritual: The milestone in this stage is o_____.

Notes _____

