

## Week Three

### What Is The Essential Ingredient Of Commitment?

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*“To love at all is to be vulnerable. Love anything and your heart will certainly be wrung and possibly be broken. If you want to be sure of keeping it intact, you must give your heart to no one, not even an animal. Wrap it carefully round with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket - safe, dark, motionless, airless - it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable.” - C. S. Lewis*

So, what is the essential ingredient of commitment? The essential ingredient of commitment, which lays the foundation for the remainder of our discussion, is vulnerability.

Questions? Reach out to me.

Next week: Examining our marital vows.