



Kerry & Chris Shook

Authors of the *New York Times* Bestseller *One Month to Live*

LOVE AT LAST SIGHT

*30 days to grow and deepen
your closest relationships*

Praise for
Love at Last Sight

“I love Kerry and Chris. And I love this book. One of my deep desires is to invest the best part of me in those who are closest to me. This book will give you the inspiration and practical tools you need to do just that.”

—MARK BATTERSON, pastor of National Community Church and author of *Primal*, *Wild Goose Chase*, and *In a Pit with a Lion on a Snowy Day*

“People are created for connection and community. We’re each designed with a desire for knowledge and intimacy. But it doesn’t just happen. It takes intentionality and a willingness to work. In *Love at Last Sight*, my good friends Kerry and Chris Shook reveal some practical and powerful steps that will help you cultivate your relationships. Whether you’re seeking to strengthen your friendships or looking for ways to enrich your marriage, the tools in this book will help you experience the most out of every significant relationship in your life.”

—ED YOUNG, pastor of Fellowship Church and author of *The Creative Marriage*

“Healthy relationships are essential for life, marriage, and family. *Love at Last Sight* provides counsel for developing a love that lasts and creating a legacy for generations to come.”

—JACK GRAHAM, pastor of Prestonwood Baptist Church

“*Love at Last Sight* sheds new light on taking care of your relationships today. We have so many tools to help us communicate, yet so many relationships are in shambles. Chris and Kerry Shook give sound advice for putting those we love first and practical tips to make our love last.”

—CRAIG GROESCHEL, pastor of LifeChurch.tv and author of *The Christian Atheist*

Kerry & Chris Shook

LOVE AT
LACT CLOUT

*30 days to grow and deepen
your closest relationships*



WATERBROOK
P R E S S

LOVE AT LAST SIGHT
PUBLISHED BY WATERBROOK PRESS
12265 Oracle Boulevard, Suite 200
Colorado Springs, Colorado 80921

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®. NIV®. Copyright © 1973, 1978, 1984 by Biblica Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. Scripture quotations marked (TLB) are taken from The Living Bible, copyright © 1971. Used by permission of Tyndale House Publishers Inc., Wheaton, Illinois 60189. All rights reserved. Scripture quotations marked (MSG) are taken from The Message by Eugene H. Peterson. Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group. All rights reserved. Scripture quotations marked (NASB) are taken from the New American Standard Bible®. © Copyright The Lockman Foundation 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995. Used by permission. (www.Lockman.org). Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright © 1996. Used by permission of Tyndale House Publishers Inc., Wheaton, Illinois 60189. All rights reserved. Scripture quotations marked (Phillips) are taken from The New Testament in Modern English, Revised Edition © 1972 by J. B. Phillips. Copyright renewed © 1986, 1988 by Vera M. Phillips.

Italics in Scripture quotations reflect the authors' added emphasis.

ISBN 978-1-4000-7380-1
ISBN 978-0-307-45941-1 (electronic)

Copyright © 2010 by Kerry and Chris Shook

“The Paradoxical Commandments” are reprinted by permission of the author. © Copyright Kent M. Keith 1968, renewed 2001.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Published in the United States by WaterBrook Multnomah, an imprint of the Crown Publishing Group, a division of Random House Inc., New York.

WATERBROOK and its deer colophon are registered trademarks of Random House Inc.

Library of Congress Cataloging-in-Publication Data
Shook, Kerry.

Love at last sight : thirty days to grow and deepen your closest relationships / Kerry and Chris Shook. — 1st ed.
p. cm.

Includes bibliographical references (p.).

ISBN 978-1-4000-7380-1 — ISBN 978-0-307-45941-1 (electronic)

1. Interpersonal relations—Religious aspects—Christianity. I. Shook, Chris. II. Title.

BV4597.52.S56 2010

248.8'44—dc22

2010018738

Printed in the United States of America
2010—First Edition

10 9 8 7 6 5 4 3 2 1

SPECIAL SALES

Most WaterBrook Multnomah books are available at special quantity discounts when purchased in bulk by corporations, organizations, and special-interest groups. Custom imprinting or excerpting can also be done to fit special needs. For information, please e-mail SpecialMarkets@WaterBrookMultnomah.com or call 1-800-603-7051.

*We dedicate this book to all those who love us just the way we are:
our wonderful parents, our amazing children,
and a church that truly practices love at last sight.*

Contents

A Personal Note to the Reader 1

Day 1 The Most Important Thing 3

Week 1: THE ART OF BEING ALL THERE

Day 2 Face to Face 15
Practicing the Art of Being All There

Day 3 Zoning In 23
Being All There in the Moment

Day 4 Invisible 31
Being All There on a Deeper Level

Day 5 Staying at the Table 37
Being All There During Conflict

Day 6 Stuck with Me 45
Being All There No Matter What

Day 7 Thick and Thin 53
Being All There in the Tough Times

Day 8 Last to First 59
Being All There Before It's Too Late

Week 2: THE ART OF ACTING INTENTIONALLY

Day 9 The Imperfect Dance 67
Practicing the Art of Acting Intentionally

Day 10 Painting a Vision 77
Intentionally Thinking Ahead

Day 11	Action Adventure	83
	<i>Intentionally Stepping Out</i>	
Day 12	Crowded	89
	<i>Intentionally Creating Space</i>	
Day 13	Games	97
	<i>Intentionally Going Beyond Surface Issues</i>	
Day 14	In Between	105
	<i>Intentionally Getting Unstuck</i>	
Day 15	Raving Fan	111
	<i>Intentionally Giving Encouragement</i>	

Week 3: THE ART OF RISKING AWKWARDNESS

Day 16	Clumsy Grace	119
	<i>Practicing the Art of Risking Awkwardness</i>	
Day 17	Mind Reader	127
	<i>The Awkwardness of Asking</i>	
Day 18	Vulnerable	135
	<i>The Awkwardness of Revealing Your Heart</i>	
Day 19	Act as If	143
	<i>The Awkwardness of Putting Actions Before Feelings</i>	
Day 20	Making Waves	149
	<i>The Awkwardness of Expressing Anger</i>	
Day 21	Fresh	157
	<i>The Awkwardness of Making Changes</i>	
Day 22	Better Together	165
	<i>The Awkwardness of Unity</i>	

Week 4: THE ART OF LETTING GO

Day 23	Remote Control	173
	<i>Practicing the Art of Letting Go</i>	
Day 24	The Spear	179
	<i>Letting Go of Hurt</i>	
Day 25	People Pleaser	187
	<i>Letting Go of Insecurity</i>	
Day 26	Ego Trip	193
	<i>Letting Go of Pride</i>	
Day 27	Baggage	199
	<i>Letting Go of Guilt</i>	
Day 28	Improving Your Serve	205
	<i>Letting Go of Selfishness</i>	
Day 29	Ever After	211
	<i>Letting Go of Unrealistic Expectations</i>	
Day 30	Illuminate	217
	<i>Letting Go of Shadows</i>	
Notes		223

A Personal Note to the Reader

Even though we've been married for more than a quarter of a century, it seems audacious to claim that our love for each other when our eyes meet for the last time on this earth will be greater than at any other moment. After all, we're frequently insensitive, grumpy, and just plain selfish. Why bother setting such a lofty, measurable, and public goal?

We strongly believe in living intentionally; that constantly aiming for something is the only hope you have of reaching it. More than that, we believe in and are counting on God's power to do through us what we're too weak to do on our own, and we rely on his grace to cover the countless times we fall short in our attempts to love like he does.

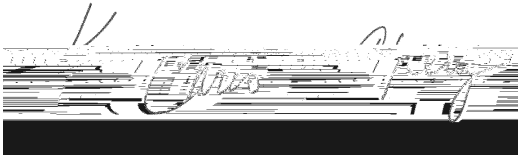
Carl Becker observed, "Generally speaking, men are influenced by books which clarify their own thought, which express their own notions well, or which suggest to them ideas which their minds are already predisposed to accept." It's our hope that something we've written will resonate within you and will cause you to reach through the mist of your memories and remember, deep down, what you've always known to be true. And with that remembering, you will have taken the first steps toward the love you've always longed for.

As we did in our book *One Month to Live*, we have combined our two voices to be represented as one. These experiences and insights come from both of us,

and rather than constantly identifying which of us is speaking to you in any particular moment, we will write in the first person as “I” and “we.”

You have a part in this too. This book is intended to be interactive, to be applied in your life.

It’s our hope and prayer that through this book you’ll find the motivation and resources you need to make the most of the relationships that are dearest to you.



The Most Important Thing

Friendship is unnecessary, like philosophy, like art...
It has no survival value; rather it is one of those things
that give value to survival.

C. S. LEWIS

I don't wish to be everything to everyone, but I would
like to be something to someone.

JAVAN

Right now, there are three relationships in your life that trouble you. Perhaps a good friend said something to you yesterday. It felt critical, but you're not sure what she meant. The two of you used to be so close, but lately you've been drifting apart. Something's not right.

Oh, and your mother called. There's that. You know you should return her call, but you haven't. Why? You know there are things you should have said before, you avoided them, and now you feel it's too late. It's always so hard with her. Always messy.

And then...your son has been missing. Not missing physically, but he's been distant, quiet, silent. Missing emotionally. What's that about? What's

going on in his life? You want to reach out, but he pushes you away. It worries you.

Maybe the relationships in your life aren't *exactly* like these, but I'm guessing these remind you of someone close to you, a problem relationship in your life right now. Maybe it's not your mother but your father, perhaps not your son but a daughter-in-law. It could be your best friend. Whoever it is, he or she is someone who matters to you—or else the relationship wouldn't trouble you, gnaw at you on the inside, make you question and grumble, or even bring you to tears.

I suggest you have at least three such relationships in your life right now that feel messy or troubling and make your heart ache a little. The number three isn't magic, of course. It could be just one or two, although it's likely to be more, not less. We all have relationships that aren't what we long for them to be.

Now I'm not talking about business acquaintances, casual or distant friends, fourth or fifth cousins. We all have a lot of relationships in our lives—maybe too many (and we'll talk about that)—but, quite frankly, not all are created equal. All people are important, but not every connection in your life has equal value. The relationships we want to help you with in this book probably include your husband or wife, possibly a boyfriend or girlfriend. Your mother or father could be on this list, or maybe a son or daughter. And there could be a friend, someone close to you with whom you've shared deep things.

It's these *meaningful, essential* people in your life—the *key* relationships you have right now—that we want to focus on.

So take a moment and think, who are these three key people in your life? Which meaningful relationships are troubling you? Relationships you wish were closer. Relationships you'd like to be deeper and richer. Relationships that trouble you, bother you, even make you a little crazy right now.

Seriously, think about it. Who are they? And now take a moment to name these three key relationships out loud.

THE HIDDEN ADVENTURE

The journey you're about to take over the next thirty days will help you improve, grow, and deepen those three relationships you just named.

I'm not saying it will fix everything (relationships aren't machines—you can't replace a broken part and be good to go). But if you apply what you read over the next thirty days, your key relationships will grow and deepen. Something will change for the better.

Trust me, this is important for you. In fact, this may be the most significant thing you do in your life right now. Why?

Because life is way too short. At the end of the day—at the end of The Day—in this all-too-short life we share, all that really matters is relationships. Our relationships with the God who created us and with the people we love. Compared to these relationships, the job or career goals we set now aren't really so important, the ladders we try to climb don't matter so much, and the objects we long to own and possess seem utterly trivial.

What really counts in the end is that special knowing look you share with your spouse, the arms of your child reaching up to you, or the quiet comfort of a friend who stands by your side in a difficult time.

The award-winning animated movie *Up* contains some profound truths about relationships. In a breathtaking sequence early in the film, we see the entire arc of the life of Carl, a balloon salesman, as he meets Ellie, falls in love, and gets married. They share a dream to travel to South America and save every penny for their big trip. But there's something familiar about the way their savings are constantly being used for the urgencies and emergencies of daily life. Before Carl and Ellie know it, they're in their seventies, and although they have a beautiful marriage, they never realized their dream adventure.

Ellie dies, and Carl is overwhelmed with regret about the trip they never took. In a desperate attempt to escape loneliness and recapture memories of

Ellie, Carl attaches a bunch of balloons to his house and sets out for South America!

You begin to realize as the movie progresses that this dream trip they were saving for, this object of their future plan together, wasn't really that important after all. The *real* adventure was the life they shared along the way.

The same is true for us: the adventure of a lifetime is right in front of us. It's just cleverly disguised as a familiar face.

Think about the possible loss of the relationship with one of those three people you named. You can't do anything about death and the physical departure of one of them from this earth. That's in God's hands.

But you can do something about your relationship with them in life.

UPSIDE DOWN

Everything you've been told about relationships is upside down and wrong.

Researchers tell us that a baby sees everything upside down for the first few days of life until the brain can adjust the visual picture to right side up. Most relationships today are stuck in this same infant stage; we tend to see relationships upside down, and our culture only reinforces this view. The concept of love at *first* sight permeates our music, movies, television, and books. What we learn as children and continue to believe as adults is that a fairy-tale relationship somehow just happens.

Now, I'm not bashing romance, but meaningful relationships depend on seeing other people as they are and looking at them right side up. Real love—whether romantic love, a close friendship, or a family relationship—happens long after first sight. It shows up as people get to know each other more deeply and often after they work through tough things together. Real love in relationships isn't a magic act; it's a journey.

When people say, "It was love at first sight," what they really mean is "I was

attracted to that person the first time I saw them.” There is nothing wrong with being infatuated with someone at the start of a relationship. The real question, however, is, do you have a love that is growing stronger and deeper every day?

I don't believe in love at first sight; I believe in love at last sight. *Each of my relationships has the potential to be better the next time we're together than it was the previous time so that the last time we see each other on this earth we're closer than ever before.*

FRIEND ME

It's ironic that even though our society is more technologically connected than ever before, most people feel increasingly isolated and completely disconnected from deep and rewarding relationships. You can have hundreds of Facebook friends, but how many of them can you truly sit down with face to face and share your heart? It's more important to have one good friend than a thousand acquaintances.

Don't get me wrong: there's nothing wrong with social networking. Those sites can serve a useful purpose in connecting us to people. Technology is, after all, neutral. What matters is how you use it. A fire can burn you or warm you, and technology is no different. You can go online to research a medical question, pay your electric bill—or view pornography. The ability to connect with people online can be incredibly useful as long as you're smart about it, but it has its downside too.

The canary in the coal mine is this: social networking has changed our society's definition of *friend*. For instance, if I find someone named Joe online, all it takes is a simple right click, and my computer screen flashes a message assuring me that, yes, Joe and I are now friends. Hmm...now that we're friends, I wonder if Joe would drive me to the doctor when I'm too sick to drive myself

or hold my hair back from the toilet when I'm throwing up. Should I count on him to help me out on moving day? Can I call him when my loyal dog has to be put down and I just can't do it alone? Will he tell me when I have spinach in my teeth, dandruff on my shirt, or my foot in my mouth?

We have bought into the false idea that if we're connected to huge numbers of people in cyberspace, we must be important and loved. There's nothing wrong with having lots of online friends as long as you realize that they're a random collection of people you might know or that someone you might know might know. A real friend is someone who is with you—present in your life—someone who gives you their time, shares your hurt, and feels your ache.

HOPE

Almost every day we hear about another high-profile marriage meltdown or a lifelong friendship falling apart. We look at the relational carnage around us and wonder, is it even *possible* to build a marriage that lasts? Is it *possible* to have a friendship that grows stronger through the inevitable misunderstandings and mistakes of two imperfect people? Is it *possible* to experience love at *last* sight?

The answer is a resounding yes! The Bible says, "With God all things are possible" (Matthew 19:26). It doesn't say it's easy to build deep and rich relationships that stand the test of time, but we can say from personal experience that with God it's more than possible.

The two of us have been married for more than twenty-five years, and we can honestly say we're more in love today than ever before. We're two imperfect people who don't have it all together or figured out, but we've learned some principles from God's Word that have helped us develop a rich, unshakeable love for each other and for the most important people in our lives.

We want to share with you these last-sight principles that continually help us see life and the people we love right side up—from God's perspective.

FIRST GLANCE

All relationships, whether a marriage, a family, or a friendship, go through the same three stages. This First Glance stage is often called the honeymoon phase, that blissful time when everything is sunshine and rainbows. It's the time in a dating relationship when you think you've finally met the perfect person, and all you can see is how alike you are. The honeymoon happens in family relationships too. But when children become self-thinking teenagers, parents and kids usually see one another's shortcomings more clearly. In a friendship the honeymoon begins when you think you've finally found a friend who really "gets" you.

There's nothing wrong with those first infatuated feelings unless you expect them to always be there. The First Glance stage is intense but fleeting, and trying to make it long-term isn't realistic or even desirable!

SECOND LOOK

At first everything seems beyond perfect, but then you take a second look. Suddenly you see reality staring back at you!

In a friendship, as you get to the Second Look stage, you see your friend's annoying habits and negative qualities. In marriage, that second look makes you realize that the person you're married to is not so perfect after all. Suddenly you're able to see only your glaring differences, and you start to wonder what you saw in them in the first place.

In the Second Look stage, you start asking, "What happened? Where did all the loving feelings go?" Nothing's actually wrong. Reality happened! And in a real way, it's good. Great relationships need to be based on reality—the true understanding and acceptance of another's faults, shortcomings, and weaknesses. This is also the stage where we admit we're not so hot either! It's in this honest acceptance of each other—acceptance of the real us, not the ideal first-glance us—that relationships begin to grow.

The danger of the Second Look stage is that it's easy to give up because we no longer have the sense of awe and wonder we had in the First Glance stage. Of the three key relationships you've named, is one possibly in this Second Look stage?

LAST SIGHT

Our goal is to help you get beyond the First Glance stage, which is by definition a shallow relationship, to move through the Second Look stage and not get stuck there, and to enter the Last Sight stage, where the real work and reward of relationships occur.

The Last Sight stage is the point at which you know each other's faults, fears, and true feelings, but your love is secure as you work to grow closer every day. Last sight relationships are what this book is all about, and they always involve two people being honest, vulnerable, and feeling safe with each other. The reason you chose those unique three key relationships is precisely because you long for them to be last sight relationships. Maybe they're in the Second Look stage, and you recognize the need to move them into the Last Sight stage. Possibly they're still in the First Glance stage, and now you're beginning to realize all that it will take to move them deeper. No matter what stage you're in or how long you've been there, the adventure of a lifetime awaits you in these pages.

LOVE AT LAST SIGHT CHALLENGE

Love at last sight is a whole new way of living. These are not principles to memorize but an art form to learn and practice, and for each of the next four weeks, we'll focus on a new aspect.

Week 1: The Art of Being All There

Week 2: The Art of Acting Intentionally

Week 3: The Art of Risking Awkwardness

Week 4: The Art of Letting Go

I'd like you to join me in the Love at Last Sight Challenge. This book is the challenge, and you can do it on your own. Just read a chapter each day. There are thirty chapters, they're short, and you can probably read one a day pretty easily. At the end of each chapter you'll find the Love at Last Sight Challenge, which is designed to help you take the insights from that day and apply them to your key relationships. Also you can log on to lastsightchallenge.com each day to access our personal coaching and get extra encouragement and advice or share your story. Our goal is to come alongside you to help you create the very best relationships possible. Let's get started!

LOVE AT LAST SIGHT *Challenge*

1. Get a small blank book to use as your relationship journal. Every day you'll conclude your reading with personal action points to record in your journal.
2. The Challenge starts with what you did just moments ago: in your journal write today's date, and list the three key relationships you want to focus on.
3. For the next month, commit one day a week to a Facebook fast. That's when you go a whole day without using social networking sites, limiting your use of technology to essential work or school-related work. Take the time you save to handwrite a letter to a friend or to meet a friend face to face for coffee. For more ideas go to lastsightchallenge.com.
4. Think about inviting three or four friends to take the Love at Last Sight Challenge with you.

