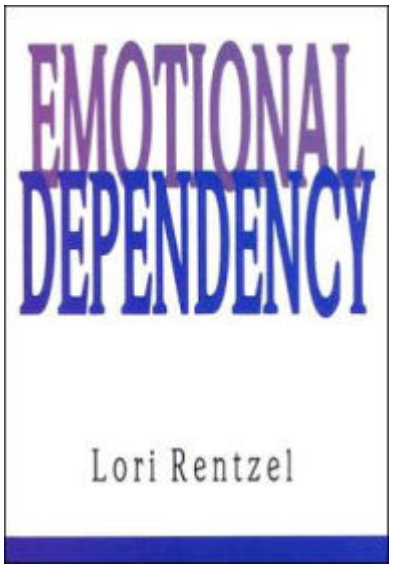
“Are ‘Twinflame’ Relationships Real, From God, or Demonic?”

Does the term “twinflame” come from God? Does it come from a “divine” source? Would this be considered demonic due to its telepathic tendencies and reincarnation belief? I have a family member who thinks they have found their “twinflame” and believes that he has a “higher” connection with this person then his wife. I have been brought up in a Christian home, and feel that this goes against everything that I have been taught. Did Jesus himself preach about reincarnation? What can I say to this person to let them know that “twinflames” do not exist?

I had never heard of the word “twinflame” till we got your question, but as I researched it, I had to chuckle with rueful recognition of the relational dynamics. Websites addressing this supposed “twinflame” phenomenon of one soul in two bodies describe the breathtaking rapture of an immediate and intense connection with another person that often overshadows actual real-life relationships (such as a spouse, as in your family member’s case). What’s really happening is that a person becomes infatuated with their *perception* of someone else, imbuing the object of their intense affections with a kind of “magic” fueled by their imagination and fantasy; in their mind, the other person is more beautiful, smarter, more eloquent, more sensitive and more of an amazing match than the all-too-real known quantity of the flesh-and-blood people they do life with. As Focus on the Family’s Dr. James Dobson said early in the days of the internet when we were discussing the ugly downside of online relationships, of course the fantasy wonderfulness (my words, not his) of the other person is going to overshadow the spouse who leaves socks or towels on the floor!



Someone has put a New Age spin on an old, old temptation of *relational idolatry*. Putting another person or the relationship up on a pedestal as the most important thing in life is idolatry, and it is sin. Lori Rentzel nailed this concept in her excellent essay "Emotional Dependency." (You can find the essay online here. It is also available published as a little booklet by InterVarsity Press.)

Interestingly, as I read about "twinflame" to a friend who spent decades as a lesbian activist, her comment was, "Oh, there's the beginning of a lesbian relationship!" The intensity of relational idolatry is a counterfeit to true intimacy no matter the gender of the people involved. (Consider my blog post The Dark Underside of Female Friendships.)

You asked about supposed "telepathic tendencies and reincarnation belief." There can certainly be a demonic component to this kind of relationship because there are layers of deception going on, including belief in previous lives. Probe has several articles and answers to email about reincarnation you might find helpful (and no, Jesus didn't preach about reincarnation because it's not real):

The Mystery of Reincarnation – A Christian Perspective
Does the Bible Talk About Reincarnation?"
"Was Reincarnation Ever in the Bible?"
"You Should Research Reincarnation and the Lost Words of Jesus"
Reincarnation: The Christmas Counterfeit

Having read the entire Bible multiple times and studying it for decades, I assure you that Twinflames is not a biblical concept. No, it doesn't come from God.

What can you say to your family member to let them know that “twinflames” don’t exist? How about something like, “I am very concerned that you are buying into a deceptive lie about this other relationship that threatens to wreck your marriage and your spiritual life. I’ve done some research; please consider that the concept of ‘twinflames’ is a made-up idea to justify illegitimate attractions to another person. I can give you more information if you want it.”

I send this with a prayer that God will open the eyes of your family member before he drives his marriage off a cliff.

Blessing you,
Sue Bohlin

Posted March 2017

Addendum 2/20/2021:

Having received scores of comments on this topic since publishing this page 4 years ago (and not being willing to allow that amount of falsehood and confusion on our website by posting them), I am more convinced than ever that the idea of Twin Flames is one of the most clever, heartbreaking, demonic deceptions ever invented. The degree of anguish that people have shared over this powerfully evil deceit demonstrates why the Lord Jesus said that Satan comes to “steal, kill, and destroy” (John 10:10). This is yet another one of his nasty methods of hurting people and holding them hostage through a lie.

Lots of people have written that the Twin Flames phenomenon is in the Bible, but it’s not in the text. For example, identifying Jesus and Mary Magdalene, and David and Jonathan, as Twin Flames. Claiming that Adam and Eve are the original Twin Flames. That the Song of Solomon is all about a Twin Flame relationship. There are lots of relationships in the Bible, including intense ones, but no Twin Flames. It’s not there.

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“I Am the Male Victim of Verbal Abuse”

Kerby,

I am the victim of verbal abuse, a process that we are in counseling for.

I am a man. I was disheartened that one of the top searches for verbal abuse in Google comes from you, and every reference is to the woman being the victim. There is no explanation that this happens all the time from a woman against a man.

As a fellow Christian man, I hope that you will see how this hurts to read. I would like to recommend to you that you change the pronouns to he/she or his/her.

Thank you for your consideration and bless you for your call to this subject.

I am sorry for what is happening to you. I understand your reaction, but perhaps you missed the section in which I say:

> *Frequently, the perpetrator of verbal abuse is male and the victim is female, but not always. There are many examples of women who are quite verbally abusive. But for the sake of simplicity of pronouns in this radio program, I will often identify the abuser as male and the victim as female.*

When I had June Hunt on my radio program last week, she documented that 95% of abuse is male to female. I recognize that abuse, especially verbal abuse, can be done by women.

Obviously, I could change some of the pronouns. [*Note from the webservant: and we have done so.*] Thank you for your email.

Kerby Anderson

Posted Feb. 26, 2013
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"I Need Help Resolving Past Stuff In My Life"

I need help resolving past stuff in my life. I'm stuck and I don't know where to go or what to. Can you help?

I can tell you that from my study over the years, as well as personal experience, I believe the key to emotional healing (which is what resolving past stuff is about) is a two-pronged effort: grieving and forgiving. That said, the overarching, "big picture goal" is what David realized in Psalm 51:6 when He told the Lord, "I know that You desire truth in my inmost parts." God brings freedom and healing when we allow Him to show us the lies we have believed about what we've experienced and the conclusions we have come to about Him, about life, about other people and about ourselves. When we renounce the lies and embrace the truth, we actually experience Jesus' promise in John 8:32, "You shall know the truth, and the truth shall set you free." But it needs to be more than an intellectual assent to the truth; we also need to open our hearts to the freeing power of truth.

It's important to face our losses and our woundings, inviting Jesus into the process (absolutely essential), so that we give Him access to those places in our hearts that need healing. In

fact, one of my mentors calls Christian denial “the refusal to give God access to the hurts He wants to heal for His glory and our benefit.” Instead of going digging, it’s much better to ask the Holy Spirit, our Comforter and Counselor, to shine His light on which wounds and losses He wants to address, since He knows the best order for untangling our messes. As He brings memories to the surface, we ask for grace in facing them, experiencing the feelings again but this time in a redemptive way because we are giving them to God to heal, and grieving the ungrieved feelings we haven’t yet dealt with. This means tears, and sometimes screams. (The best definition I’ve ever heard of Post Traumatic Stress Disorder, the emotional debilitation that can follow an emotional trauma such as sexual abuse, or war, or observing something horrific like the workers who cleaned up the aftermath of 9/11, is “failure to scream.”) Journaling is one of the most important tools in grieving because there is something therapeutic about the layers of sensory experience in writing on paper: holding the pen, feeling the paper, smelling the ink and the paper, hearing the sounds of pen on paper. And somehow, the Holy Spirit seems to be able to direct our thoughts and our feelings in the process of writing out what’s in our hearts, and He dislodges the shards and splinters of lies that are embedded in our souls so that we can recognize them, renounce them, and embrace the truth He shows us.

One of the things God has shown me about grieving is that there is a finite amount of grief for each wound and loss. He knows how many tears are attached to each wound, and once they’re out of us, they are gone forever, collected by God Himself in His tear-bottle (Ps. 56:8). (Consider this: if you think about a childhood loss or painful experience that caused tears, have you cried about it lately? Probably not, because you finished grieving it years ago. There were a finite number of tears over losing a beloved pet in fourth grade, for example. And also consider that since there will be no sorrow or crying or pain in heaven for the believer (Rev. 21:4), all

our grieving has a time limit.

The other part of healing is forgiving, where we face the wrongs done to us and choose to let go of them into God's hands for Him to deal with. There are good resources on understanding forgiveness and how to forgive (two of the best are *Total Forgiveness* by R.T Kendall and *I Should Forgive, But…* by Chuck Lynch), but bottom line, we forgive because the only one we hurt by refusing to forgive is ourselves. It's like someone tosses us a hot potato, and we clutch it to our chest exclaiming with pain, all the while continuing to hold it to ourselves. Forgiving means letting go of the hot potato so it no longer hurts us. When we forgive the people who caused us pain, we release them into God's hands for HIM to deal with them as He sees fit. Louis Smedes said that when we forgive someone, we set a prisoner free, and we discover that the prisoner was us.

Refusing to forgive has terrible repercussions. Unforgiveness is a bitter, corrosive poison that consumes a person's soul and diminishes their spirit. I watched a family member grow increasingly invalid and weak with the years of holding onto grudges and insults, whether real or perceived, as if they were treasures. By the time she died, all of her life and vitality was drained out, and there was nothing but a brittle shell of who she used to be. But failing to grieve also has painful consequences: uncried tears heighten stress and cause all kinds of physical diseases and maladies. Because we are a unit of body, soul and spirit, our bodies hold onto soulish pain and it comes out as physical pain and illness. This is why James 5 "connects the dots" between physical illness, confession of sins, and the need for prayer.

Hope you find this helpful.

Sue Bohlin

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“My Hurting Friend Has Stopped Believing in God”

I have a friend who has had a rough couple of years. Her parents split up and she doesn’t like her mom’s boyfriend and she recently told me she has stopped believing in God though she has been brought up to be a Christian. She just told me and a friend all this stuff and we don’t know what to say, could you please help?

I wouldn’t worry about what your friend is saying right now about not believing in God. Those are the words of a broken heart. Often when people feel God has abandoned them or betrayed them because He has allowed something bad to happen, they respond by saying, “OK, God, I’ll show you, I won’t believe in You anymore!” They don’t really mean it. . . they’re just hurting so bad they don’t know how else to respond.

If she were my friend, I would just be there for her, put an arm around her and hug her and love on her, and silently ask God to love her through me. She needs friends, she needs support, she needs to feel loved and cared for. That’s how she’ll eventually come to realize how God was loving her in her pain.

I also wouldn’t get into any arguments about God. If she says things like “Well, I don’t believe in God anymore, if God were there He wouldn’t let stuff like this happen,” I’d just nod and say, “Yeah, it really stinks what’s going on, and I don’t blame you for hurting so bad.”

Just keep in mind what her heart needs instead of what her mouth is saying. And love her, love her, love her through it.

Later on you can tell her you were doing it in Jesus' name.

I hope this helps.

Sue Bohlin

Probe Ministries

"I Battle Terrible Self-Esteem"

Dear Sue,

I read your testimony, How to Handle the Things You Hate But Can't Change. I am not physically handicapped, but what about spiritual or mental handicaps? I not saying I am stupid or slow but things happened to me as a child that have haunted me all my life. I have a very low self-esteem and I don't feel like I am worth anything to any body. I feel more like a hindrance then a help. I am a Christian and I am spiriting, but strongholds from the past keep me in bondage. I have served the Lord most of my life and in many areas my life has changed, but in this area of low self-esteem, I have prayed about it for so long without results, that I have almost decided to learn to live with it. If our God can heal the physical can he not heal the mental? Sometimes I get physically sick over this thing. As they say I am sick and tired of being sick and tired. This thing is so deep that I don't know what to do about it anymore. It is destroying my marriage and hurting my kids. It is a constant battle.

My mother died when I was about two-and-a-half and my father married again when I was five. I then had new brothers and sisters and the home life was not exactly Shangri-la. I ran

away when I was fifteen and have never really looked back. I understand why I feel rejected but what I can't understand is why I can't get rid of it. I found the Lord when I was seventeen and it has been the best thing ever. I brought my husband to the Lord when we were dating and both my girls are born-again and serve the Lord. But why after all these years does this one thing still plague me? I have rebuked it until I wore my rebuker out. And still this thing is there. Sometimes it fades into the background but it is always there hovering over me. I am sad to see my family suffer because of my suffering. They do not complain but it makes me sad not able to fix this problem for their sakes. I don't know if you can help, but please pray that God will bring along the right person who can help me.

Dear _____,

Thank you for sharing your heart with me. I am so very, very sorry to hear of the heavy burden you have been carrying all this time. You must be exhausted!!

I can understand why rebuking this thing isn't working; it can't be overcome by rebuking anything. From what I understand of your life and your situation, you have been wounded by not just life but also by the lies of the evil one who wants to keep you in bondage to false beliefs. Since you are a believer, you need to know who you are in Christ so you can replace the false beliefs with what is true.

For instance, you've been carrying the baggage of feeling rejected, but you won't be able to let go of it until you embrace the truth that you are "accepted in the Beloved," as Ephesians 1 says. And if God accepts you, you can choose to see yourself as acceptable. . . and you can choose to accept yourself. Listen—it's only been two years since I made a conscious choice to realize that God MADE me to be a self-accepting person, so I can accept myself!

The best resource I know of to help you grow in your identity in Christ is Neil Anderson's book *Victory Over the Darkness.* Another couple of excellent books that would help are both by Kay Arthur: *Lord, Heal My Hurts* and *Lord, Is It Warfare?* I promise you, _____, Satan doesn't want you to know and fully grasp the truth that you are a princess, a greatly beloved child of the King and the Bride of Christ. . . infinitely significant and valuable simply because God made you no matter WHAT happened after that! But Neil's and Kay's books are really good for helping people move out of the darkness of the enemy's lies and into the light of the truth.

I hope this helps.

In His grip,

Sue Bohlin
Probe Ministries

"How Do I Find Out Who I Am Inside?"

I have a question…..I've been struggling lately with my identity. Not my identity in Christ, but who *I* am! I know what I want to do, I know what ministry I want to get in, I know my strengths and my weaknesses! But I've been trying to figure out who I AM!!! I'm not shy or timid, I just lack a persona, a character. I feel like sometimes (and I know this isn't true) that God has written the script for my life and forgot to write the character backgound. IT'S KILLING ME INSIDE, I FEEL SO EMPTY AND HELPLESS….How do I find myself, how do I figure out how I'm supposed to act, feel, think. People say "Well, you should be more like Jesus in what you do

in your life and your personality" but I don't trust that response. How do I find my personality, I FEEL LIKE A SKITTLE WITH NO FLAVOR, I find it impossible to be me. Help!

A very wise man was teaching on boundaries and provided the most wonderful chart:

> ***Who Am I?***
> *I AM:*
> *What I think / What I don't think*
> *What I feel / What I don't feel*
> *What I want or need / What I don't want or need*
> *What I will do / What I won't do*
> *What is acceptable to me / What is not acceptable to me*

"Who I am" is the answer to these questions. It's not like a test where you sit down and fill in the blanks; it's more of a grid through which you pass the moments of your life, with these questions in the background. It takes a while to come up with a picture of who you are by finding out the sorts of things you like and don't like, what you think and what you don't think, what you want or need and what you don't what or need, etc.

For instance, there was a time in fourth grade when someone asked me who I was rooting for in the World Series. I didn't have a clue, not being a baseball fan. So I found out what team John Witten was for, since he was the love of my life at that point in time, and that's who I was for. But I really wasn't: the REAL me didn't care about baseball and couldn't care less who was in the World Series. But I didn't know that that was an acceptable answer. I do now!

I would suggest you write these questions on an index card and carry them with you, and as your personal beliefs and preferences and surface, make a note of them. I think you'll discover who you are.

I hope this helps—I am very confident that it should at least help you get started!

Warmly,

Sue Bohlin
Probe Ministries

"How Do I Help My Friend Get Unstuck From a Failed Relationship?"

I have a friend who has been saved for about 8 years. She is a 30 year old single parent with an 8 year old daughter. She broke up with the baby's father about 6 years ago. The problem bothering her is that she is still in love with him. She realizes this is not a man she can marry due to his lifestyle and the fact that he is living with another woman. This is the only man she has been sexually involved with. Moving on with her life has been a constant struggle. Her confession to me is, "I feel stuck." What do you recommend?

I suggest you encourage her to reframe her thinking about her daughters daddy. In our culture, we tend to elevate our feelings to the position of idols, and we feel like it would somehow be dishonest not to follow them. But feelings are just feelings, and they are not equally valid or wise. If shes still "in love with" a man she hasnt had a relationship with for six years, who had made it abundantly clear he doesnt care for her, then its because she is still feeding the fantasy and the feelings with her thoughts. No wonder she feels stuck! She is stuck because she keeps feeding the feelings.

The problem is that we cant change our feelings by attacking them directly. Feelings are like the caboose on a train; they follow the engines. The engines are our beliefs/thoughts and our behavior. Redirect the engine, and the caboose will follow in a different direction.

I would suggest you help her write out on a sheet of paper two columns: the lies and stuck thoughts she believes, and the truths that would counter the lies. Such as:

Lies and Stuck Thoughts	**Truths**
I want my daughters daddy to come back	Hes not coming back. That chapter is over.
I have feelings for him	So what, theyre just feelings. I have to deal with reality.
I am stuck	God will help me get unstuck as I follow Him
I need him	Hes not available; I must get my needs met from God, through my support network of friends and family
I love him because I had sex with him	I must confess my sin of sexual immorality and renounce the emotional ties I have to him because of our one-flesh union

I would also suggest that you instruct her to imagine taking a giant roll of Saran wrap to her bundle of feelings and wrapping them up like leftovers that go in the fridge. Then

put them on a mental shelf, and purposely engage in some activity that will help her replace her thoughts and feelings with something else. The biblical pattern for lasting change is to replace and displace the old with the new, but first we have to plan on what the new will be—such as a new hobby, new relationships, new habits that dont remind us of the old thing were trying to renounce. She may need some help with coming up with ideas for new things to add into her life.

Its also possible that shell say no, no, no to all that you suggest, giving excuses why none of those will work. Sometimes people dont really want to change, they just want to complain about their terrible emotional state and suck sympathy and compassion from those they complain to. If you discern that thats the route shes taking, then I would suggest that you tell her, You dont really want to be unstuck. So Im not going to talk about this situation with you. Then always change the subject if it comes up.

Bless you for being a friend! I hope you find this helpful.

Cordially,

Sue Bohlin

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"Help Me Stop Verbal Abuse of My Boyfriend"

I am in a relationship with a wonderful man but I am verbally abusive to him. I become easily frustrated and angry with him when he doesn't know how to get somewhere or when we can't agree on what to eat. I seem to make him feel stupid and not

wanted because we have different educational backgrounds. I hate that I am destroying his spirit and, in turn, destroying mine. I know I am verbally abusive but I am having such a hard time stopping and keeping my mouth shut. I don't want to even think the way I do…. I just want to change and love him deeply because now I am just snide and mean.

I am a Christian and a.) I know this is wrong; b.) I want to change, and; c.) I want this relationship to work because he is a sweet, gentle, kind man, marriage material. Do you have any suggestions as to what I can do? I already see a therapist.

The fact that you are aware you are being so unloving and destructive in your relationship is the most important first step to changing it. Good for you!

What occurs to me is that deeply profound truth the Lord Jesus said: "Out of the abundance of the heart, the mouth speaks." What comes out of your mouth is generated from what's in your heart. Which sounds like [bluntness warning ON] pridefulness, disrespect and self-centerednessfruits of the flesh (see also Galatians 5:19-21).[bluntness warning OFF] I think the problem isn't as much your behavior, but a heart desperately in need of transformation by Jesus. (Please understand: there isn't a single one of us who doesn't desperately need a heart transformation! I was recently asked, "What's your best evidence for the existence of God?" I replied, "He changed my whole life!")

I'm glad to hear you're a Christian, since your heart issues can be solved by cooperating with the Lord in the sanctification process. And that is usually a process of Him:

1. Convicting us of sin so we can repent

2. Giving us power to change the way we respond to life's challenges, as we depend on Him to do it

3. Identifying lies we believe, and helping us replace them with the truth

I suggest that you make a solemn decision to choose humility before the Lord and with your boyfriend. Pray daily about this, asking the Lord to show you your sin from HIS perspective. Ask Him to break your heart over your pride and arrogance so that you will deeply WANT to repent, and will work hard at changing your bad habits.

At the same time, ask your boyfriend for help in changing the habits you are ashamed of. Choose a code word or phrase that he can say when you are being judgmental, impatient, and frustrated. Give him permission to say the code word/phrase, make a solemn promise that you will not get angry and will instead say, "Thank you for helping me get better." (And pre-decide that if your ego rises up in ugliness, you will tell yourself the truth: "You are being unkind, prideful and ugly. Shut up, flesh. I choose love and kindness instead.")

I have learned that when we are easily frustrated and angry, that is usually the result of harboring unrealistic expectations. (I recently came across a word of wisdom on that: "Expectations are the mother of resentments.") When you find yourself erupting in frustration and anger, pre-decide to ask yourself, "What am I believing about this?" It could be unrealistic beliefs such as, "Men should always know how to get anywhere." "Other people should want the same things I want since I know best." "Men should always have education levels higher than or at least equal to women." With the Lord's help, work at being more self-aware about what drives your self-centeredness. Ask Him in your prayer times, "Lord, what do You want me to know about myself? Give me grace to hear what You have to say without being defensive."

This kind of internal turnaround works best when you "put it on project status," as Dr. Phil says. You have to make it a

primary intention and put a lot of mental and emotional and spiritual energy into it. And every time you think about it, give it back to the Lord and invite His help, confessing your desperate need of Him to make you more Christlike. He has all the power you need for exactly what you want.

Hope you find this helpful.

Sue Bohlin

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"Why Won't My Sister Accept My Live-In Boyfriend?"

Please help me answer this question?

I am a single parent (40 yrs old) of three children 16, 14, and 9. I have decided to live with my current boyfriend. I have taken all the pros and cons into consideration. So far it is going well. The only draw back so far has been my sister, her husband and 2 children. My sister and I are very close and spend a lot of time together. But since I have started dating again, 2 years with this one person (the only person I have dated by the way), I am not allowed to bring my boyfriend to her house. We are not allowed to do things with her children at all. I can understand that they would not want their children to spend the night or us to spend the night over there. I do not however understand why we can not spend time together as a family as we have in the past. Going to Six Flags, etc…. We do not hug or kiss, we may on occasion hold hands. I understand this is a moral issue, living together.

Can you please explain why I can't spend time with my niece

and nephew?

P.S. My family is Catholic. When I married the first time I married into a different church. My family is Catholic. I was married for 19 years. Been divorced for about 2 1/2 years and have been dating my current boyfriend for much of that time.

Dear _____,

I'm sort of wondering why you're asking US instead of your sister. . .??!

My guess is that your sister is extremely uncomfortable with your choice of an immoral lifestyle and she is concerned that doing things together as if you were married might communicate to her children that immorality is okay. Many people are not confident that their kids can handle (or that they can teach) both the belief that "we love our family member" and "that family member is doing wrong things that we deeply disagree with."

I noticed you used the term "moral issue," but my guess is that your sister is thinking of it as an IMmoral issue. Which, to be blunt, it is. Living together outside of marriage is sin. You said you took all the pros and cons into consideration, but apparently you didn't, since you could not possibly foresee how other people would react to your choice.

I hear the hurt in your "voice," and I am sure that it weighs very heavily on you. Unfortunately, that's one of the consequences of making choices that do not align with God's intentions and commands for us. Sin causes pain and always ends up affecting more people than just ourselves. Your sister may be concerned about the effect of your lifestyle choice on your children as well, since you are teaching them that living with someone you're not married to and not committed to is a good thing. As a mother, your sister may be concerned about the impact your children's attitude and perspective may have on HER children as a result of what you're modeling to your

own kids.

By the way, I don't think this issue has anything to do with denominations. It's a people issue and it's a moral issue. You could substitute any mix of religious traditions and have the same heartbreak over this situation.

If you were looking for comfort, I'm sure this isn't what you were hoping for, but it DOES align with what the Word of God says. He grieves over your choice just as He grieves over the pain you are experiencing because of it.

I hope this helps.

Sue Bohlin
Probe Ministries

"I Hurt So Bad Because I Miss My Boyfriend"

I have been going out with my boyfriend for a year now, I love him so much and there is no doubt he loves me. I always want to be with him but it's not possible at the moment because we are far from each other. I am at university in another country so we only communicate through the phone and emails. We are both devorted Christians, we love God and we comfort each other knowing that God has a purpose and plan for our relationship even as we long to be together.

My problem is I think about him a lot, I think about him sexually also. I long to be with him everyday and I tell him this. I dream of us being intimate, I pray about this and ask God for guidance. I love him so much and there is nothing in the world that I would want right now except to be with him.

We are hoping to get married next year when I finish my studies but the thing is it's hard for me now, I just want to be with him. It hurts me worse when I see other people spending time with their loved ones, it makes me feel so lonely and I start thinking of the warm feeling that he makes me feel when I am with him.

I completely understand! My husband just returned from a missions trip out of the country for two weeks and I missed him so much I could practically TASTE it!

What you have isn't so much a problem as it is a painful condition of being separated. Your longing to be with him in every possible way is part of love. I would like to suggest that you turn your emotional energies (and you have a LOT of those for him, right?) from painful feelings into constructive prayer. Every time you find yourself missing him and longing for him, pray for him. There are many scripture prayers you can pray, and I think you would find it very helpful to make a special prayer journal into which you copy scripture that you turn into prayer for him. For example, consider Eph.1:15-19—

> *15 For this reason I too, having heard of the faith in the Lord Jesus which exists among you and your love for all the saints,*
> *16 do not cease giving thanks for you, while making mention of you in my prayers;*
> *17 that the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him.*
> *18 I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,*
> *19 and what is the surpassing greatness of His power toward us who believe.*

You can turn it into a prayer:

“I do not cease giving thanks for _____, while making mention of him in my prayers; that You, Father, the God of our Lord Jesus Christ, the Father of glory, may give to him a spirit of wisdom and of revelation in the knowledge of You. I pray that the eyes of his heart may be enlightened, so that he will know what is the hope of Your calling, what are the riches of the glory of Your inheritance in the saints, and what is the surpassing greatness of Your power toward us who believe.”

You can use this time of separation to “log in” hundreds and hundreds of scripture prayers for your beloved, which you can read from your journal (even if it’s a collection of index cards) as prayers as you add to them.

Here is a web page to give you a head start on coming up with some great scripture prayers:
http://www.believers.org/believe/bel117.htm

I hope this helps!

Sue Bohlin