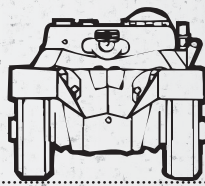


FIVE WAYS WE GIVE AND RECEIVE LOVE



WARM UP

In his book *The Five Love Languages*, Dr Gary Chapman discusses how we each give and receive love in one or more languages. Although we might be showing our love in our language, others may not understand that language. We have to communicate to them in their language.

This is important when it comes to our friends, spouse and children, but also in

BACKGROUND

The five love languages are:

Words of Affirmation: A simple statement such as, "You look great in that suit!" is sometimes all a person needs to hear to feel loved.

Quality Time: This is about focusing all your energy on the other person. Quality conversation and quality activities are a very important part of quality time.

Receiving Gifts: If you speak this love language, you are likely to treasure any gift as an expression of love and devotion.

Acts of Service: As Jesus demonstrated when he washed the feet of His disciples, doing humble chores can be a very powerful expression of love and devotion. It can mean stepping out of the stereotypes.

Physical Touch: Many people feel the most loved when they receive physical contact. For a spouse, this can make or break the relationship.

In the next five studies, we will look at these love languages in more depth.

our relationship to God. *"And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him."*

1 John 4:16



READ 1 Timothy 1:5; 1 John 4:10,11



QUESTIONS

1. Try to identify your love language and those of your family members.

2. What could you do to show love to those you cherish?

3. God is love! How does He love you in each of the five love languages?

4. How could you love the Lord in these love languages?



IT'S TIME FOR PRAYER

MY RESPONSE AS A PROMISE KEEPER

I am commanded to love. I now need to consider in what language I need to do that. Lord, help me to become fluent in them all, to Your glory!



CONSIDER THIS

Love makes the world go around, they say. It certainly is very important. I know that when I discovered how to love my wife in the language she understood it made such a difference. However it costs us to learn a new language. We have to think more about it, because it may not be the way we would normally show love.



WRAP UP

Discuss how important it is to love and be loved. Purchase the book when you can and learn all there is on the subject.