

Before class: Read chapters 1 & 2 in **“Things I Wish I’d Known Before We Got Married”** by Gary Chapman and finish assignments from previous week.

LOVE LANGUAGES

Speaker Notes

Small Group Discussion

- Quickly complete the **Love Language Survey** on the next page. Share what you learned about each other's love languages. Are there any surprises for either of you?
- If you are comfortable, share how your partner has successfully shown you love in your desired love language. How can you better express love using the love language of your partner?
- Do you find that you express love for your future spouse in the way you want to be loved? Does this differ from what THEIR love language is? How will you work to show love through their language and not yours?
- Has your love language changed since you met your partner and/or as you have grown older? Discuss whether it is possible for someone's love language to change over time.
- Share any insight or new perspectives you gained from this week's reading in **Things I Wish I'd Known Before We Got Married**.

LOVE LANGUAGE SURVEY

Here is an exercise to help identify the things that make you feel loved. Within each group, rate the sentences 1 through 5 (1 representing what you *most* appreciate to 5 what you *least* appreciate) regarding what makes you feel loved and appreciated by the other person. After completing, write your points on the score sheet at the bottom to discover your primary love language (the one with the lowest score).

Group One

- A. _____ You are told, "You really did a great job on that. I appreciate it."
- B. _____ The other person does something unexpectedly to help you.
- C. _____ You receive a surprise treat from the other person.
- D. _____ You are invited by the other person to go on a leisurely walk just to talk.
- E. _____ You are kissed and embraced before the other person leaves the house.

Group Two

- A. _____ You are told how much you are appreciated.
- B. _____ The other person volunteers to do one of your routine chores and encourages you to relax.
- C. _____ The other person brings you flowers or something special you will enjoy.
- D. _____ You are asked to sit down and talk about your day.
- E. _____ You enjoy receiving a hug even when you are just passing by room to room.

Group Three

- A. _____ During a party the other person shares about a recent success you had.
- B. _____ The other person cleans out your car.
- C. _____ The other person surprises you with an unexpected gift.
- D. _____ The other person surprises you with a special afternoon trip.
- E. _____ You hold hands with one another walking, or shopping, etc.

Group Four

- A. _____ You are praised by the other person about one of your special qualities.
- B. _____ The other person prepares a meal for you.
- C. _____ The other person surprises you with something you have been wanting to purchase.
- D. _____ The other person plans a special night out for the two of you.
- E. _____ You enjoy when the other person puts his/her arm around you.

Group Five

- A. _____ You enjoy hearing how much his/her friends appreciate you.
- B. _____ The other person completes paperwork that you hoped to get to later.
- C. _____ You receive a surprise phone call from that other person.
- D. _____ The other person kidnaps you for lunch and takes you to your favorite restaurant.
- E. _____ You would enjoy snuggling while watching a good movie.

Score Sheet:

	Encouraging Words	Acts of Service	Gift Giving	Quality Time	Physical Touch
Group One	A _____	B _____	C _____	D _____	E _____
Group Two	A _____	B _____	C _____	D _____	E _____
Group Three	A _____	B _____	C _____	D _____	E _____
Group Four	A _____	B _____	C _____	D _____	E _____

Group Five	A _____	B _____	C _____	D _____	E _____
TOTALS	A _____	B _____	C _____	D _____	E _____

Couple Devotional

In 1 John 4, The Apostle John speaks of God's love, which there is no better thing to experience. Everyone believes love is important, but love is usually thought of as a feeling when in reality love is a *choice* and an *action*. Understanding your future spouse's love language and responding to it is one of your *actions* of loving.

Read Together 1 John 4:7-21

Answer questions separately and then discuss together.

- What is your perspective on love? Is it a feeling or a choice?
- In verse 9, how did God show His love to us?

God's love was sacrificial and selfless. In our marriages we need to focus on being sacrificial and selfless (Biblical view) rather than selfish (world view).

- Describe a time when you were selfless in your relationship with your partner.
- Are you able to describe a time when you have done the opposite and been selfish?
- If you could have a "do over" what would you change to show selfless love?
- In verse 11, what are we are told to do?
- To show true love you need to be selfless. Reflecting on the past, what actions have you displayed to show love to your future spouse?
- Please list some of the ways your partner has shown love to you.
- What personal challenges will you need to overcome to continue to keep the goal of showing true, selfless love in your marriage?

Pray this prayer together:

Dear God,

What we seek is a marriage relationship filled with companionship, commitment, passion, and spiritual intimacy. Please help us fulfill these needs through tenderness, communication, faithfulness, forgiveness, and time spent praying together. We want to pray now your words that we should become as one. "And God created man in His own image, in the image of God He created him; male and female He created them. For this cause a man shall leave his father and his mother, and shall cleave to his wife, and they shall become one flesh." Genesis 1:27 and 2:24

In Christ's Name we pray, Amen

Couple Exercise

Answer questions separately and then discuss together.

Words of Affirmation

“Death and life are in the power of the tongue, and those who love it will eat its fruit.” (Proverbs 18:21)

Life: “I really appreciate you taking the garbage out.”

Death: “About time you took the garbage out. The flies were going to carry it out for you.”

- Share a beautiful memory - day or moment - when you either provided or received an affirmation/fulfillment of your love language (i.e. – bouquet of flowers, overhearing an esteeming comment, receiving an unexpected gift or gift of time, etc.).
- How have you affirmed one another lately?
- How have you affirmed each other in front of others?
- Have you found yourselves laughing at each other as a form of criticism?
- Have you ever heard yourself laugh at your partner in front of others?

Example of Request, not Demand:

Life: “You know those apple pies you make. Would it be possible to make one? I just love your apple pies.”

Death: “Haven’t had an apple pie since the baby was born.”

- Do you remember how you last asked your partner to do something?

Quality Time

Busyness leads to abandonment. Striving for success/material provision may be substitutes for intimacy. Technology can create considerable distractions and disruptions.

- What are ways you spend quality time together right now?
- What activities do you share and will you share when you are married?
- When the **RED FLAG** of busyness goes up, what boundary can you set, and how?
- What are some of the things that get in the way of you spending quality time together?

Gifts

Gifts are visual symbols of love. To those whose love language is receiving gifts, cost is not important.

- What family traditions, surprises, gifts meant the most to you? Would you like to continue any of them?
- What are ways you can give gifts even when money is tight?
- Since you began dating each other, what has been the most precious gift you have received?

Acts of Service

What we do for each other before marriage is no indication of what we will do after marriage. After marriage we revert to the way we were before we fell in love. Requests give direction to love, but demands stop the flow of love.

- Share a loving thing you did for your spouse that didn't get the response you expected?
- What tasks did your father/mother do in the home?
- How would that be the same or different in your marriage?
- What do you hope your partner will do the same as it was done in the home you grew up in?
- Many acts of service will involve household chores, but not all. What are some non-chore ways of serving your spouse?
- What are you already doing to please one another in acts of service?

Touch

- Did your parents hug and express physical touch?
- Which one of you needs personal touch more (i.e. hugs, holding hands)?

For Previously Marrieds

- Reflecting upon your present and past relationships, is there a love language that you have tended not to exhibit or give?
- What love languages do you and your partner use with your respective biological children? What challenges could these differences present?
- What simple act of kindness can you incorporate into each day for your partner or his/her biological children?

Reminder: Read assigned chapter for next lesson.