

## **LOVE LANGUAGES**

This study has been compiled from 'The 5 Love Languages of teenagers' by Gary Chapman

Ice Breaker \_\_\_\_\_

Game/activity \_\_\_\_\_

This study is designed to help your LG understand how they best give and receive messages expressing love, in the family or with friends.

### **Some Questions...**

- Q Think about your closest friend. What is it they do that makes you feel great?
- Q If you wanted to show your mum/dad that you loved them how would you do it?

In doing this study we hope that each person will realise that they are wired a particular way to send and receive love messaged from friends and family.

We will look at 5 love languages, however most of us have a combination of a few and based on our depth or type or relationship with a particular person determines our response. For example 12 year old Phillip loves his grandmother and her hugs, but from his grandpa, who he also loves and respects, he listens for words of affirmation.

Let's look.....and talk about the following 5 ways that we express our affection towards others (descriptions are below),

1. Words of affirmation
2. Physical touch
3. Quality time
4. Acts of service
5. Gifts

READ the following verses and see which love language was been expressed (maybe more than 1)

Matthew 26:7

Matthew 4: 19-20

John 1:47-48

Matthew 6:34

Date you did this study \_\_\_\_\_

### **Leaders' Notes**

## Some Questions...

Which language do you appreciate the most and which one do you use the most?

How do you think the following scripture could apply to love languages and what can you do about it?

Luke 6:38

*Give, and you will receive. A large quantity, pressed together, shaken down, and running over will be put into your pocket. The standards you use for others will be applied to you.*

And read out Matthew 5: 43-48

Now go through the love languages one at a time and talk about how you could start using these more at home, cause that's the first place our Christian walk starts. This is about giving not expecting to receive. 😊

1. **Words of affirmation:** words of praise, make them truthful, be specific, don't butter. Praise efforts, ie thanks for taking the time to cook our dinner mum, (even if you didn't enjoy it). Affirm, I love you, I appreciate you, saying words in front of other members of the family. What is the destructive side of words of affirmation?
2. **Physical touch:** Appropriate times for touching, not when someone's angry, choose the right time and place, test the touch boundaries. Don't push. It could be a pat on the back, a brush of the arm, a neck massage. An arm wrestle, a gentle elbow between a guy and his dad.
3. **Quality time:** giving someone your undivided attention. Let them know that they are the centre of the universe at the moment. You can start by taking an interest in those things that they like. Look for common interests and spend time doing them. Simply ask the other person. Part of quality time is quality conversation.

Discuss these next points on keys to quality conversation...

- a. maintain eye contact
- b. don't do something else while you are listening
- c. Listen for feelings (what emotions are being expressed?)
- d. Body language
- e. Refuse to interrupt: (did you know that the average person only listens for 17 seconds before interrupting with their own ideas)

- f. Ask reflective questions (it causes people to think deeper than usual, with feelings)
  - g. Express understanding, (using your own words to summarise the conversation to show you understand)
  - h. Ask permission to share your perspective. (you aim is a response not a reaction)
- 
- 4. **Acts of service:** doing something for another person that makes them feel loved and appreciated. They are acts of kindness that can be out of the ordinary or because of commitment to a relationship. E.g. like making your brother/sisters bed as a surprise, or make their lunch when you're making your own...And don't hold it over them, by reminding them for the next 3 months about how good you are.
  - 5. **Gifts:** visible, tangible evidence of emotional love. The word gift comes from the Greek word, Charis which means grace or an undeserved gift. So a gift of love is not a payment for a job done, it is in love and appreciation for who the person is, and of the importance they are in your life. It cannot be given with the idea that something will be given in return and does not include Christmas or Birthday presents. Its purpose is to express emotional love. The best way to give such a gift is through creating a ceremony of some description. For example, Jane (13 yrs old) makes her mum some basic earrings, she could put them on her mums bed and wait for the surprise or she could wrap them, ask her mum for a few minutes to share something with her and then hand her a gift and say 'mum, I want to say how glad I am that you are my mum and I love you heaps.' And then her mum could appropriately express love in return by wearing the earrings and not just in the house, but out somewhere where others will see. To give a gift with a ceremony can reduce the tendency towards materialism

### **Leader:**

Maybe there are some in your LG who are hurting right now because they have not been shown the kind of love that you have talked about tonight so PRAY for each of them, or get them to pray for each other.

PRAY for some of the kids at school who appear to be unloved at your school.

### **Personal application:**

Choice #1 See if you can identify the love languages of your family members and do something to show them how much you care this week.

Choice #2 there are bound to be some kids at school that you can show some love this week, will you commit to show them some of God's love this week.

Be prepared to share about them at LG next week.