

**BIG IDEA**

We were not created to master commitment outside of our connection to God.

**SCRIPTURE**

1 John 3:18, Romans 5:5

**ICEBREAKER & OPENING THOUGHT**

Use this time to get everyone talking. It doesn't matter so much if the conversation is life-changing, as long as everyone has a chance to share and get comfortable. □

**BIBLE DISCUSSION**

Remember that there are not 'right' or 'wrong' answers in the scriptures. Allow your group to say what they're thinking, affirm their participation, and encourage them to express their questions, doubts, confusion, or insights.

**LIFE APPLICATION**

Encourage your group to explore how we often fixate on someone else's actions rather than our own. We tend to place the blame and responsibility for change on other people. "If only he would..." or "if only she would..."

Make sure everyone in your group knows what the five love languages are and if they don't know their languages, have them take the short online quiz through our app to find out. Here is a brief synopsis of each one to help guide your discussion:

- **Quality Time:** Being present for this type of person is critical. They want undivided, full attention with meaningful interaction.
- **Receiving Gifts:** Love is felt through the thoughtfulness and effort behind a gift. The gesture of a thoughtful gift is important to feeling loved.
- **Acts of Service:** Anything done to ease the burden of responsibilities will make this person feel loved. Chores are an especially good way to do this.
- **Words of Affirmation:** The action of giving and receiving love involves words. Affirming words include compliments, praise, surprise notes, or even handwritten notes in birthday cards.
- **Physical Touch:** This includes hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face. (This is not the 'bedroom-only' love language, but an expression of their love with everyone).

The way we receive love and give love is often the same, but if we're not aware of our close friends', family members', or significant other's love language, we can unintentionally be making them feel unloved.

Relational Bank Account imagines that every action and word is either a deposit or withdrawal in your relationship. Each "action" of love is like one deposit in your relational bank account, and it takes five of these deposits for every withdrawal. So, you need five "actions" of love for every time you screw up, tick off the other person, mishandle a conflict, or let your spouse down. The ratio is 5:1.

**CHALLENGE**

Pick three people close to you who you want to show that they are loved. How could you do that this week? Make a list, guess (or ask!) their love language, and then plan ways to help them feel your love this week!