

## **Single & Single-Again TUES NITES Meal, Message & Mixer**

### **Heart to Heart – Digging A Little Deeper!**

Jane Stolz's video teaching, handout, and audio Mp3 file of this message will be online to share with others at [www.christiansinglesindenver.com](http://www.christiansinglesindenver.com)

#### **The Five Love Languages**

- Words of affirmation
- Gifts
- Acts of service
- Quality time
- Physical touch

#### **Which One is Yours? Do you know?**

- 1. Observe Your Own Behavior**
- 2. Observe What You Request of Others**
- 3. Listen to Your complaints**
- 4. Ask the Right Questions**

#### **Which Love Language is Theirs?**

##### **Observe Their Expressions, Complaints, and Requests**

Let's begin with the obvious – Observation.

1. Observe how they express love to other people.
2. What do they complain about most often?  
I need a little more help around here.  
I'm getting tired of picking up your wet towel.  
You don't ever initiate a kiss. Just a peck on the cheek would be a good starting place  
Frankly, I'm upset that you didn't send me flowers or anything on my birthday.
3. Notice what they request most often  
Mom – Could you come over for dinner this Sunday?  
Coworker – When you go to the conference, could you pick up some “freebies for me?”  
Friend – Could we take a walk?

None of this is terribly difficult or painful – it just takes an observant mindset and desire to love others effectively. Observing their behavior and listening to their complaints and requests may well show you.

**Don't be afraid to ask questions:**

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#### **Experiment –**

**Can you Love this way?**

**Words of Affirmation**

**Gifts:**

**Acts of Service:**

**Quality Time**

#### **8 Steps to Sympathetic Listening**

1. Maintain eye contact when you're listening to someone
2. Don't engage in other activities while you are listening to another individual
3. Listen for feelings
4. Observe body language
5. Refuse to interrupt
6. Ask reflective questions
7. Express Understanding
8. Ask if there is something you can do that might be helpful

This is called quality conversation – this takes a great deal of effort. In fact, twice as much time will be spent listening as opposed to talking. The outcome is that the other person will feel respected, understood, and loved, which is the goal of quality conversations.

**Physical Touch**

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#### Family Members:

##### Mom

Scale

0 \_\_\_\_\_ 5 \_\_\_\_\_ 10

##### Dad

Scale

0 \_\_\_\_\_ 5 \_\_\_\_\_ 10

##### Siblings/Kids

Scale

0 \_\_\_\_\_ 5 \_\_\_\_\_ 10

Scale

0 \_\_\_\_\_ 5 \_\_\_\_\_ 10

#### How to say "I Love You" to My Family

Name: \_\_\_\_\_ Love Language

My love response:

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Name: \_\_\_\_\_ Love Language

My love response:

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#### Discussion Questions:

To what degree did you receive words of affirmation from your parents?

**How freely do you express words of affirmation in your relationships?**

How often do you give gifts to those you love and care for?

**Do you find speaking the love language of gifts difficult, or does it come naturally for you? Why?**

How freely do you express acts of service to others?

**What acts of service have others done for you recently?**

Are you energized when you spend quality time with others, or does it tend to deplete you emotionally?

**With whom have you spent quality time this week? Was your time together primarily quality conversation or quality activities?**

In your circle of friends, who seems to be asking for quality time? Is this a relationship you would like to improve? If so, why not set aside some quality time for them right now?

**What kind of physical touch do you consider affirming?**

What kinds of touches make you feel uncomfortable?

**Do you know the primary love language of your family?**

#### HELPFUL TIPS for Great Table Discussions

**Each table should have a designated Table Host.**

#### Use God's ear-to-mouth ratio:

Listen two times more than you speak. 1 or 2 people should not dominate the time, and EVERYONE should contribute during the discussion.

- 1. Smile and be friendly.**  
Avoid excessive complaining about people or personal problems.
- 2. God's grace rules the day**  
Recognize that everyone will not always agree – be gracious and give grace to one another. People are at different places in their spiritual walk and in their life journey.
- 3. Moving the discussion along.**  
Table host/facilitators are to move the discussion along. They have permission to limit any negative comments, to invite people to answer a question, to ask someone for their perspective, to limit the amount of time some people speak, and to move on to the next question.
- 4. Help for the hurting:**  
This is a supportive group, but it is not a support group or a therapy session. But if someone is really hurting, take a moment and have someone in the group specifically pray for them.