



## Currencies of Love

"Anyone who wants to give you love needs to know what those forms are and to express his or her love in those ways. We should do this for our spouses because God did this for us."



## 5 Love Languages Brainstorming

- Chapman's 5 Love Languages:
  - Words of Affirmation
  - Quality Time
  - Receiving Gifts
  - Acts of Service
  - Physical Touch
- Work together at your tables to brainstorm specific examples of each Love Language.
- These examples can be lighthearted, serious, or personal examples!
- Write the examples on the sheets provided!



## Transitioning from In Love to Love

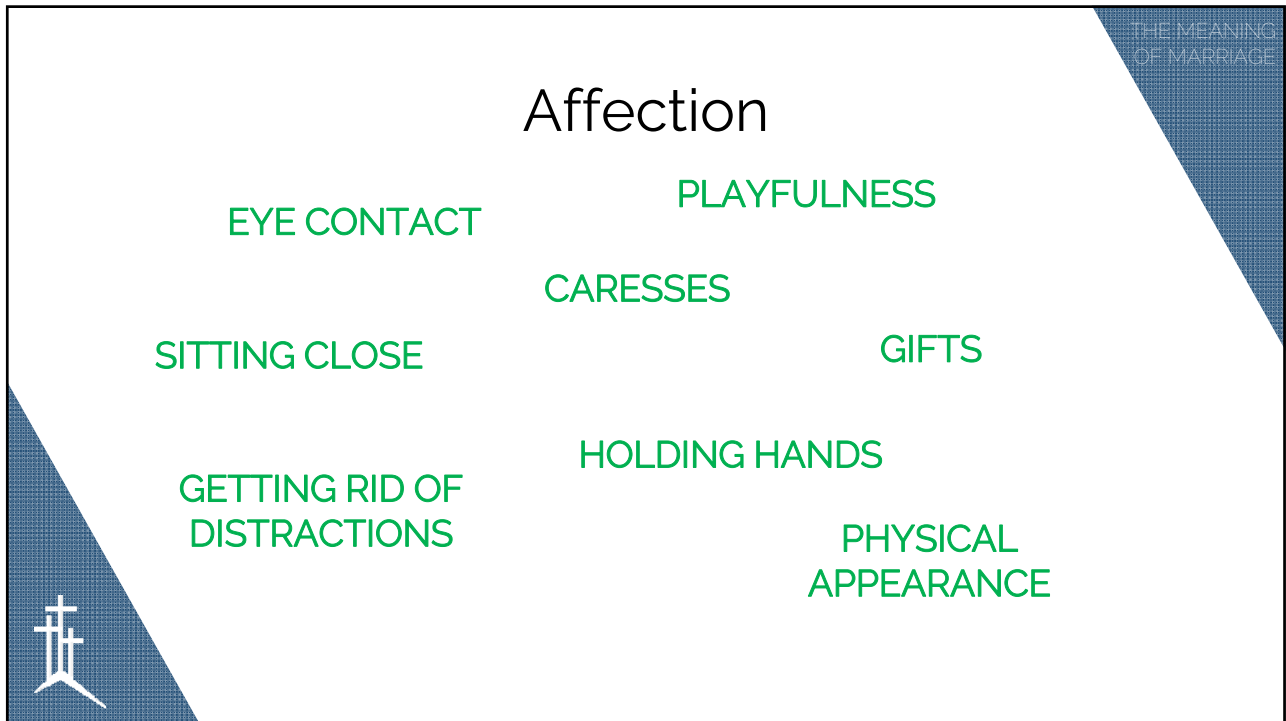
"...most marriages start with an in-love 'high' during which time both partners feel profoundly loved by the very presence of the other. But eventually that high wears off and then love must become a deliberate choice."



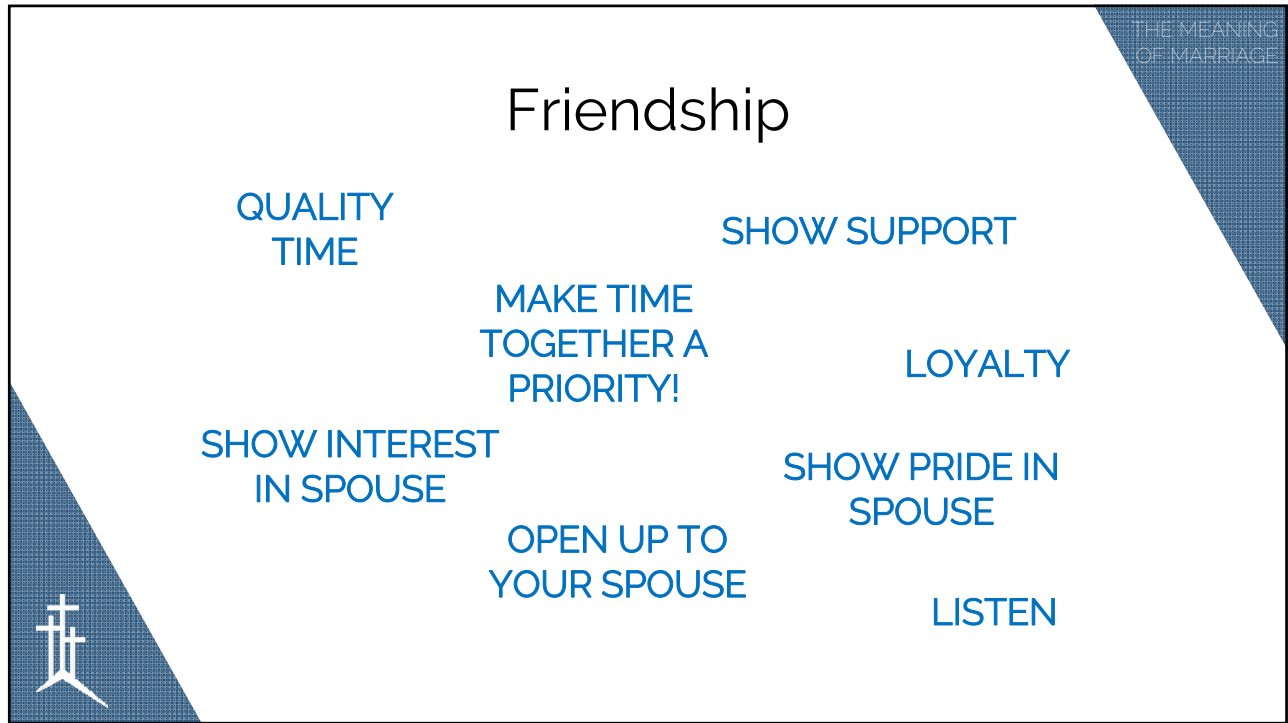
## Transitioning from In Love to Love

"It will seem mechanical at first... but if both spouses do it together, eventually the experience of being loved richly and well will sweeten their lives."









## Love Currency & Love Languages

- Look back at your "Love Language" ideas.
  - Highlight ideas that express **AFFECTION** green
  - Highlight ideas that express **FRIENDSHIP** blue
  - Highlight ideas that express **SERVICE** orange



## The Great Problem

"Your spouse's opinion of you can be a terrible weapon."



"The one person in the whole world who holds your heart in her hand, whose approval and affirmation you most long for and need, is the one who is hurt more deeply by your sins than anyone else on the planet."



## The Great Problem

"Truth and love need to be kept together, but it is very hard. When we are hurt, we use the power of truth without love. The fury and pain of such encounters can lead to the mistake of trying to just love without telling the truth, though in the end this does not lead to anyone feeling loved at all."



## The Great Problem

"We need to feel so loved by our partners that when they criticize us, we have the security to admit our own faults. Then we can come to know and face who we are and grow."



## The Power of Grace—Reconciling

"Truth without love ruins the oneness, and love without truth gives the illusion of unity but actually stops the journey and the growth. The solution is grace. The experience of Jesus's grace makes it possible to practice the two most important skills in marriage: forgiveness and repentance. Only if we are very good at forgiving and very good at repenting can truth and love be kept together."



## The Power of Grace—Reconciling

"The Bible says we are supposed to forgive people and *then* go and confront them? Yes! The reason we are surprised by this is almost always because *we confront people who have wronged us as a way of paying them back.*"





## The Power of Grace—Reconciling

"One of the most basic skills in marriage is the ability to tell the straight, unvarnished truth about what your spouse has done—and then, completely, unself-righteously, and joyously express forgiveness without a shred of superiority without making the other person feel small."

**MARK 11:25**  
AND WHEN YOU STAND PRAYING,  
IF YOU HOLD ANYTHING  
AGAINST ANYONE,  
FORGIVE HIM,  
SO THAT YOUR FATHER  
IN HEAVEN MAY  
FORGIVE YOU YOUR SINS.



## The Power of Grace—Reconciling


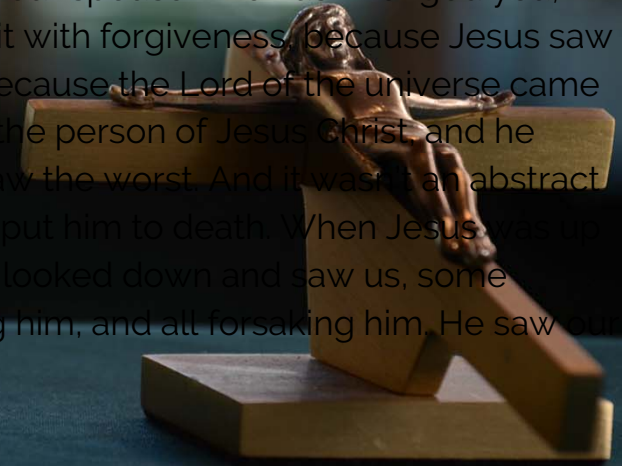
"If you see Jesus dying on the cross for others, forgiving the people who killed him, that can be just a crushing example of forgiving love that you will never be able to live up to. But if instead you see Jesus dying on the cross for *you*, forgiving you, putting away your sin, that changes everything. He saw your heart to the bottom but loved you to the skies. And the joy and freedom that comes from knowing that the Son of God did that for you enables you to do the same for your spouse. It gives you both the emotional humility and wealth to exercise the power of grace."



THE MEANING OF MARRIAGE

## The Ultimate Power

"Here is why you can say to your spouse who has wronged you, "I see your sin, but I can cover it with forgiveness, because Jesus saw my sin and covered it." It is because the Lord of the universe came into the world in disguise, in the person of Jesus Christ, and he looked into our hearts and saw the worst. And it wasn't an abstract exercise for Jesus— our sins put him to death. When Jesus was up there, nailed to the cross, he looked down and saw us, some denying him, some betraying him, and all forsaking him. He saw our sin and covered it."



THE MEANING OF MARRIAGE

DO NOT LOSE **HEART**  
THOUGH OUTWARDLY  
WE ARE WASTING AWAY  
**YET INWARDLY**  
WE ARE **RENEWED** BY DAY  
OUR LIGHT AND MOMENTARY  
TROUBLES  
ARE ACHIEVING FOR US AN  
**ETERNAL GLORY**  
THAT FAR **OUTWEIGHS** THEM ALL

2 CORINTHIANS 4:16-17

