

New Year- Same Person?

Learning to Love deeply

“Quality Time”

Questions for this week:

1. Of the 5 love languages (words of encouragement, quality time, giving gifts, acts of service, physical touch), which one makes you feel most loved?
2. Which love language do you use most frequently with others? Which one is most challenging for you?
3. Read Luke 10: 38-42. How does this passage illustrate quality time as a love language? Who is giving it? Who is receiving it?
4. Who do you relate to most in this passage when it comes to love languages: Mary or Martha? How do their love languages differ? Do you have anyone close to you that has a different love language than you?
5. Bart described quality time as being “fully present to someone”. What do you think this means? Have you ever experienced this with someone? Is there a person in your life who is good at this?
6. On a scale of 1-10, how good of a listener do you think you are? How important is listening when it comes to quality time?
7. Is there someone in your life who God may be nudging you to spend more quality time with? If so, who?
8. At the end of his sermon, Bart gave some tips for how to grow in faith and love this year.
 - Work on being fully present to people around you
 - Study the life of Jesus to see how He loved others
 - Read The Greatest Thing in the World by Henry Drummond or The Only Necessary Thing by Henri Nouwen
 - Write your reflections in a journal and share what you are learning with 1-2 spiritual friends

Are there any of these you would like to do this year? Is there something not on this list you feel God nudging you to do to grow in love this year?

Share prayer requests and close in prayer