The 5 Love Languages

Small Group Guide: Quality Time

Opening verse and prayer |
As a deer longs for flowing streams, so my soul longs for you, O God. (Psalm 42:1)

Let us pray: Holy and Gracious God, time spent in your presence brings healing, peace, and renewal. Empower us to be a source of your healing, peace, and renewal in the time we spend with our loved ones, that in our presence they may know our love and yours. Amen.

Note: While knowing the 5 love languages is very helpful in marriages, it also is valuable in relationships with children, friends, and co-workers. In this study the word “partner” refers to anyone in your circle of love.

Ice breaker, think and share |
One of the examples given by the author of things to do for quality time with our loved one is a “Let’s Review our History” evening. Go around the group and each person answer one or two of these questions:

▪ Who was your best and worst teacher in school and why?
▪ What do you remember about the religious aspect of your childhood?
▪ Tell the group about your favorite pet.
▪ If you had it to do over again what would you study in school?
▪ What did you do during your childhood summers?

1. The second love language is “quality time”. For whom in the group is this their primary love language? For whom is it second? Were you surprised?

2. Describe the author’s concept of quality time. What are some ways we can invest quality time with our loved ones?

3. What is focused attention? What is its goal?
4. The author teaches that quality conversation is one of the dialects of quality time. In what ways does quality conversation differ from words of affirmation? How could you enhance your conversations with your loved one?

5. Discuss the author’s five guidelines for engaging quality conversation. Do you consider yourself a good “quality conversation” listener? Can you identify ways you can become a better listener?

6. Dr. Chapman suggests that if we need to learn the language of quality conversation, we should begin by noting the emotions we feel away from home. What are some good examples of events to note during the course of this exercise? What is the point of this exercise?

7. Contrast the “Dead Sea” and “Babbling Brook” personalities. Which are you? Which one describes your partner? What are keys to making these opposite personalities more compatible?

8. Read the story of the woman at the well in John 4. How is this story an example of quality time? What is the difference between Jesus’ conversation with the Samaritan woman and the first “love language” of words of affirmation?

A Samaritan woman came to draw water, and Jesus said to her, ‘Give me a drink’. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, ‘How is it that you, a Jew, ask a drink of me, a woman of Samaria?’ (Jews do not share things in common with Samaritans.) Jesus said to her, ‘Go, call your husband, and come back.’ The woman answered him, ‘I have no husband.’ Jesus said to her, ‘You are right in saying, “I have no husband”; for you have had five husbands, and the one you have now is not your husband. What you have said is true!’ The woman said to him, ‘Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.’ Jesus said to her, ‘Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what we do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.’ The woman said to him, ‘I know that Messiah is coming’ (who is called Christ). ‘When he comes, he will proclaim all things to us.’ Jesus said to her, ‘I am he, the one who is speaking to you.’ (John 4:7-9, 16-26)

Closing Exercise

Read Luke 10:38-42. When have you been a Mary, and when have you been a Martha? Which one are you more likely to embody? Ask God to remind you of a time when you were able to rest in the Spirit, to spend quality time with God. What did you learn during that time? How can you bring what you learned into your relationships with your loved ones? Close with the Lord's Prayer.

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord’s feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, ‘Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.’ But the Lord answered her, ‘Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.’ (Luke 10:38-42)