

LIFE Meeting Relationships February 8, 2016

1. Opening Prayer

Nathan

2. Skit: Love Languages

3. PowerPoint: Love Languages

Everyone, Katie-Transition

4. Small Group: Love Language Test

5. Large Group: Relationship with God

Viveca

6. Small Group: Relationship with God

7. Closing Prayer

Natalie

- **Next Meeting: March 2nd**
- **Sign up if you want to do something at a meeting or mass**
- **Planning Meeting February 10th**

Opening Prayer

Hold hands and interlock fingers so that all the weaknesses in the group are covered by each other's strengths.

Jukebox the Ghost - I love you always forever (cover)

<https://www.youtube.com/watch?v=kbW-TtNqF9M>

Feels like I'm standing in a timeless dream

Exotic sweetness, a magical time

Of light mists with pale amber rose

Feels like I'm lost in a deep cloud of heavenly scent

Say, say it again

Touching, discovering you

I love you always forever

Those days of warm rains come rushing back to me

Near and far, closer together

Miles of windless summer night air

Everywhere I will be with you

Secret moments shared in the heat of the afternoon

Everything I will do for you (Repeat)

Out of the stillness, soft spoken words

Say you'll love, love me forever

Say, say it again

Never stop, never whatever

I love you always forever

Near and far and always and everywhere and everything (Repeat)

Near and far, closer together

I love you always forever

Everywhere I will be with you

Near and far, closer together

Everything I will do for you (Repeat)

Everywhere I will be with you

Everything I will do for you (Repeat)

You've got the most unbelievable blue eyes I've ever seen

Say you'll love, love me forever

You've got me almost melting away

Never stop, never whatever

As we lay there under a blue sky with pure white stars

**Near and far and always and everywhere
and everything** (Repeat)

Reflection:

Google defines love as an intense feeling of deep affection for someone or something. But trying to define love with words is like trying to smell like color 9; highly improbable to end with decent results. Love is the basis of relationships. Before you enter a relationship there is some desire or feeling that you feel solely for the other person. In essence, a sense of love (in its primal stage) is present at the start of this relationship. As a relationship progresses the love present in the relationship is constantly changing as well. That is why it is impossible to define love; due to its ever changing and ever circumstantial qualities. As we delve into this meeting keep in mind that love is present in many different forms and can be experienced in many different ways. As your people let us joyfully proclaim, May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary Amen.

Relationships Skit

Enter **Grant**:

sighs ughhhhhghgh. Wow I sure am bummed out

Enter **Anna**:

"Grant are you okay? If it would make you feel better, I could go clean your room for you or go fill up your car with gas."

Grant: Go away Anna

Anna leaves

Enter **Nathan**:

*gives grant hug * hey buddy it's gonna be okay

Grant: No it won't. Leave me alone.

Nathan Leaves

Enter **Megan**:

Hey grant I got you this Chamade doll to make you feel better!

Grant: Thanks

Megan: feel better?

Grant: No

Megan Leaves

Enter **Natalie:**

“Wow grant your hair is on fleek today! Its so red!!!”

Grant: Uh, ok

Natalie Leaves

Enter **Katie:**

“Hey grant you seem down do you just want to hang out and we can talk? We can do whatever you want!”

Grant: Yea that sounds great thanks Katie!

Grant and Katie leave

| | | | | | |
|----|--|--------|----|---|--------|
| 1 | I like to receive notes of affirmation I like to be hugged | A E | 16 | I like for people to compliment my achievements I know people love me when they do things for me that they don't enjoy | A D |
| 2 | I like to spend one-on-one time with a person who is special to me I feel loved when someone gives me practical help | B D | 17 | I like to be touched as loved ones walk by I like it when people listen to me and show genuine interest in what I am saying | E B |
| 3 | I like it when people give me gifts I like leisurely visits with loved ones | C B | 18 | I feel loved when friends and loved ones help me with jobs or projects I really enjoy receiving gifts from friends and loved ones | D C |
| 4 | I feel loved when people do things to help me I feel loved when people touch me | D E | 19 | I like for people to compliment my appearance I feel loved when people take time to understand my feelings | A B |
| 5 | I feel loved when someone I love or admire puts his or her arm around me I feel loved when I receive a gift from someone I love or admire | E C | 20 | I feel secure when a special person is touching me Acts of service make me feel loved | E D |
| 6 | I like to go places with friends and loved ones I like to high-five or hold hands | B E | 21 | I appreciate the many things that special people do for me I like receiving gifts that special people make for me | D C |
| 7 | Visible symbols of love (gifts) are very important to me I feel loved when people affirm me | C E | 22 | I really enjoy the feeling I get when someone gives me undivided attention I really enjoy the feeling I get when someone helps me make decisions | B D |
| 8 | I like to sit close to people whom I enjoy being around I like for people to tell me that I am beautiful | E A | 23 | I feel loved when a person celebrated my birthday with a gift I feel loved when a person celebrates my birthday with meaningful words | C A |
| 9 | I like to spend time with friends and loved ones I like to receive little gifts from friends and loves ones | B C | 24 | I know a person is thinking of me when he or she gives me a gift I feel loved when a person helps with my chores | C D |
| 10 | Words of acceptance are important to me I know someone loves me when he or she helps me | A D | 25 | I appreciate it when someone listens patiently and doesn't interrupt me I appreciate it when someone remembers special days with a gift | B C |
| 11 | I like being together and doing things with friends and loved ones I like it when kind words are spoken to me | B A | 26 | I like knowing loved ones are concerned enough to help with my daily tasks I enjoy extended trips with someone who is special to me | D B |
| 12 | What someone does affects me more than what he or she says Hugs make me feel connected and valued | D E | 27 | I enjoy kissing or being kissed by people with whom I am close I enjoy receiving a gift given for no special reason | E C |
| 13 | I value praise and try to avoid criticism Several small gifts mean more to me than one large gift | A C | 28 | I like to be told that I am appreciated I like for a person to look at me when we are talking | A B |
| 14 | I feel close to someone when we are talking or doing something together I feel closer to friends and loved ones when they touch me often | B E | 29 | Gifts from a friend or loved one are always special I feel good when a friend or loved one touches me | C E |
| 15 | I feel loved when a person enthusiastically does some task I have requested I feel loved when I am told how much I am needed | D A | 30 | I need to be touched every day I need words of encouragement daily | E A |

Count the number of A's, B's, C's, D's, and E's you have circled, and record them below.

Totals: A: B: C: D: E:

Key:

A – Words of Affirmation

B – Quality Time

C – Receiving Gifts

D – Acts of Service

E – Physical Touch

Words of Affirmation

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

Quality Time

For those whose love language is spoken with Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

Receiving Gifts

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

Acts of Service

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an “Acts of Service” person will speak volumes. The words he or she most want to hear: “Let me do that for you.” Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don’t matter.

Physical Touch

This language isn’t all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

Transition to Small Group

We just learned about the five different love languages: quality time, words of affirmation, receiving gifts, physical touch, and acts of service. It's interesting to think about what love language is our dominate one, but it's also important to remember that each person has a different love language and they may not be the same as yours. We can use the love languages to help show the people we care about we love them whether it be your boyfriend, girlfriend, friends, family, or even God, the different love languages can help us learn more about each other and care for each other more.

Lord, as we move into small group please help us all learn more about our particular love language. Help us to also talk in our small group and be respectful of everyone else in our group. As your people let us joyfully proclaim, May the Father and the Son and the Holy Spirit be Glorified in all Places through the Immaculate Virgin Mary. Amen.

Small Group

Hold hands and interlock fingers so that all the weaknesses in the group are covered by each other's strengths.

Prayer

Lord, help us to be open-minded in all aspects. Help us share thoughts that will be beneficial to each other. Help us to learn more about the love languages so that we can better our relationships with our families, friends, and mostly importantly God. Lord, thank you showing us what love really means. May the father and the son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary Amen

1. Take the Love Languages Quiz
2. After taking the quiz, go around each person say what their love language is.
3. Basically just have an open discussion about each love language (Words of affirmation, quality time, receiving gifts, acts of service, physical touch)
 - a. Pros and cons
 - b. Which ones seem to be the most popular/least popular?
 - c. How can you show others you love and care about them using each love language?
 - d. How can you hurt someone using each love language?
4. Keep in mind, your significant other could have a different love language than you. Why is it important to understand not just your own but other people's love languages?
5. Do you think the different love languages is an interesting new way to look at relationships?
6. How can you look at your different using the love languages? Do you think it's a positive or negative thing? Why?
7. Could you use love languages in more than just your romantic relationships? How? With who?

Closing Prayer

Spontaneous Closing Prayer

Large Group

- Discuss small groups
- Transition into relationship with God
- Reflection about my relationship with God (love languages)- Viveca

Viveca's Reflection

I've always had a relationship with God, and it's always been okay. I grew up in Catholic school so obviously God was always a part of my life. But because I was surrounded by references to God all the time, I started pushing Him away because I didn't want to just accept whatever someone said and "stuffed down my throat". I basically got sick of God, because people always talked about Him. Then high school happened, and even though God is obviously still a big part of our lives, we also have a lot more going on and we don't have weekly mass like we did in grade school. I began to miss God, so I started doing all the religious stuff because at Gross it was also kind of fun to do the religious stuff like LIFE and pastoral council. Then I went on the LIFE retreat and really got to know Him and realized that He is literally a part of every aspect of my life and that actually gave me peace as opposed to in middle school when it made me feel small and insignificant, now the greatness of God comforts me because I know no matter what he has my back and is always watching out for me and I love it. For me God speaks to me through the language of service. For example, I would be driving and hit a patch of ice and after regaining control of the car I realized that was totally God's doing and say a little prayer thanking him. Or I could be talking to people and one of them reminds me about a test or homework that I totally forgot about and I can see God working through them, and I thank Him for reminding me and for giving me enough time to still study or finish the assignment. I've started noticing God in the little moments of my life recently which is nice.

Small Group

1. Discuss Vivica's reflection on her love language with God.
2. How would you rate your relationship with God and why? 1 being no relationship at all and 10 being a very strong relationship.

Then do the 5 love language with God..

This is a summary of the website about relating the love language to God. Maybe we can go around the circle in small groups and take turns reading. Each love language also has a bible verse included.

<http://dtjsoft.com/the-five-love-languages-in-our-relationship-with-christ/>

Just how we all have a personal relationship with our friends and family, we also have a personal relationship with God. Our relationship with God can also be expressed in the five love languages.

1. Words and Affirmations (Praise and Thanks)
 - o Bible passage: "Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name." - Hebrews 13:15
 - o When you appreciate someone you should let them know that you do. Don't keep it a secret. Praise God at Mass. Let Him know that you appreciate everything He does for you and thank Him for everything He has given you.
 - o **Make a list of things that God has done for you, then thank Him for each of these things everyday. Add of the list regularly.**
2. Quality Time
 - o Bible Verse: "Also it shall be, when he sits on the throne of his kingdom, that he shall write for himself a copy of this law in a book, from the one before the priests, the Levites. And it shall be

with him, and he shall read it all the days of his life, that he may learn to fear the Lord his God and be careful to observe all the words of this law and these statutes" - Deuteronomy 17:18-19

- There are many ways to spend quality time with God. Going to mass, praying, in meditation, reading scripture, etc... By spending quality time with God we get to know Him better and He gets to know us better.

3. Receiving Gifts

- Bible Verse: "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service." - Romans 12:1
- Of course you can give money and material things, but this also includes using the gifts and talents that God has given you to help others in need. The hardest part about this is giving ourselves to God and letting Him take control of our lives. It is hard for us to give ourselves fully to God because we often try to take control and do our own thing.

4. Acts of Service

- Bible Verse: "As the Father loved Me, I have loved you; abide in My love. If you keep My commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love. These things I have spoken to you, that My joy may remain in you, and that your joy may be full. This is My commandment, that you love one another as I have loved you. Greater love has no one than this, than to lay down one's life for his friends. You are My friends if you do whatever I command you." - John 15:9-14
- We serve Christ by serving others and by loving others. Although this might seem like the easiest task, it is often the hardest task for us to follow. It is not easy to love those that have hurt us. Of course helping others in need is also in this category. Using the gifts and talents that God has given us to help others in need.

5. Physical Touch

- Bible Passage: "Then they brought little children to Him, that He might touch them; but the disciples rebuked those who brought them. But when Jesus saw it, he was greatly displeased and said to them, 'Let the little children come to Me, and do not forbid them; for of such is the kingdom of God. Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it.' And He took them up in His arms, put His hands on them, and blessed them." - Mark 10:13-16
- This is one of the hardest love languages to apply. How can we physically touch God? This language is not so much about physical touch, but what physical touch communicates. In the Bible there are many instances where there are outcasts such as those sick, immoral lifestyles, and the children as in the bible passage, but Jesus invited all of those outcasts in. Touch indicates an acceptance of a person. We need to show our love for God by loving the unlovable. Going out in the world and helping others hands on.

1. How can you use these love language to make your relationship with God grow stronger?
2. List the love languages in order of which you show more to God. Go from high to low.
3. What is a love language with God that you need to improve on and how you can improve it.

Spontaneous Closing Prayer

Closing Prayer

Jason Mraz—Love Someone

<https://www.youtube.com/watch?v=21mEkH3usQ4>

Hold hands and interlock fingers so that all the weaknesses in the group are covered by each other's strengths.

Love is a funny thing
Whenever I give it, it comes back to me
And it's wonderful to be
Giving with my whole heart
As my heart receives
Your love

Oh, ain't it nice tonight we've got each other
And I am right beside you
More than just a partner or a lover
I'm your friend

When you love someone
Your heartbeat beats so loud
When you love someone
Your feet can't feel the ground

Shining stars all seem
To congregate around your face
When you love someone
It comes back to you

And love is a funny thing
It's making my blood flow with energy
And it's like an awakened dream
As what I've been wishing for, is happening
And it's right on time

Oh ain't it nice this life, we've got each other
And I am right beside you
More than just a partner or a lover
I'm your friend

When you love someone
Your heartbeat beats so loud
When you love someone
Your feet can't feel the ground

Shining stars all seem
To congregate around your face
When you love someone
When you love someone

We're gonna give ourselves to love tonight
Lifting up to touch the starlight
And we will savor every second
We suspend together
You and I will
You and I will
You and I will

When you love someone
Your heartbeat beats so loud
When you love someone
Your feet can't feel the ground

Shining stars all seem
To congregate around your face
When you love someone
It comes back to you

Reflection:

Like Jason Mraz says, love is a funny thing. I chose this song because he says whenever you give love, it comes back to you. Love doesn't always have to be about having a boyfriend or girlfriend. What's more important than that is to love everyone as your friend. We should care for another, as God as told us to. Thou shalt love thy neighbor as thyself. And if you show love to others, they will show love back to you. Love is the strongest thing you can show someone. It makes other people feel good and it makes you feel good as well. We shouldn't be so wrapped up in finding a boyfriend or a girlfriend or whatever. We should focus more on loving everyone as friends. High school is a hard time, and sometimes people need to feel loved. We should focus on showing love to everyone. As your people let us joyfully proclaim: may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary, Amen.