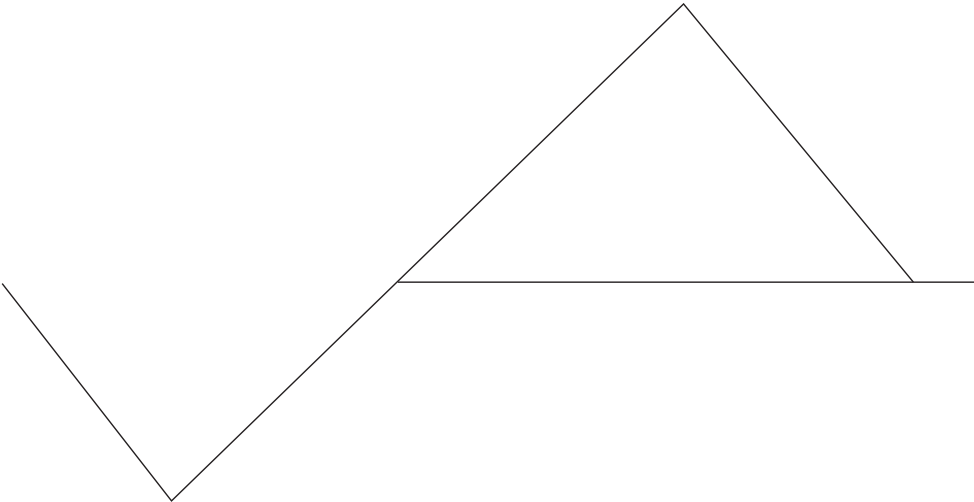


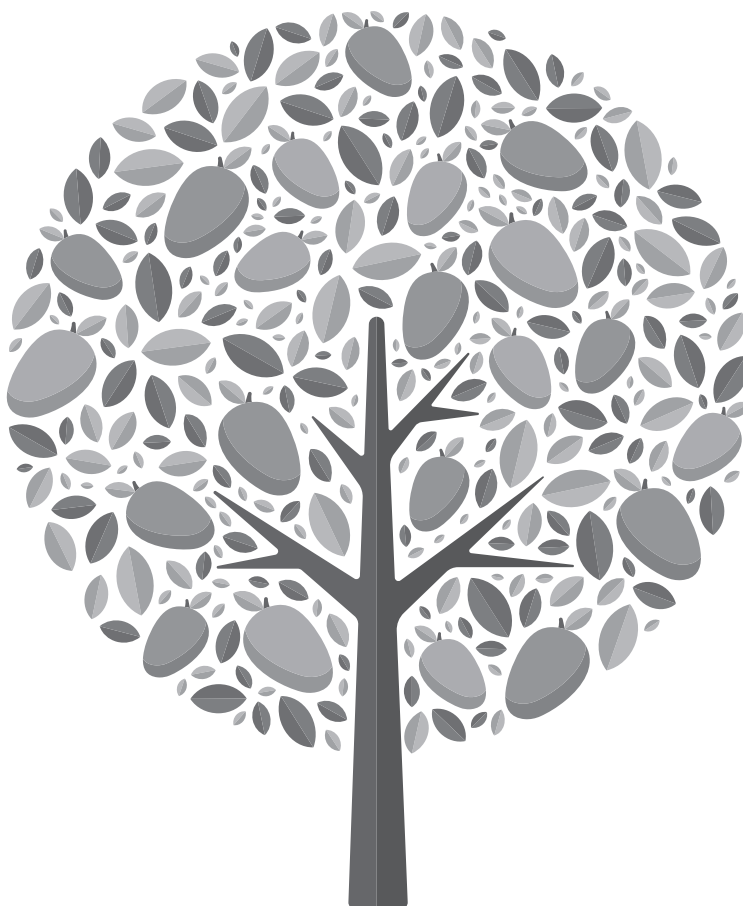
TAKE IT HOME

Speaking the wrong love language can make you feel distant from the people closest to you. It can also make you feel distant from God. Speaking the right love language, on the other hand, can bring you extremely close to Him. That explains why all of us experience “valley” and “mountaintop” moments in our relationship with Him. On the left side of the line below, describe a valley experience—a time when God’s love seemed distant to you. On the right side, describe a mountaintop experience—a time when God and His love seemed very near to you.



DRAWING CLOSER TO GOD THROUGH WORDS OF AFFIRMATION

As Dr. Chapman’s friend Jason pointed out at the end of the chapter, using words of affirmation in prayer can make us feel close to God. Gathering the material you need for such prayers is as easy as noticing and appreciating God’s countless praiseworthy qualities. On the fruit tree below, identify various characteristics, gifts, and skills that God possesses. These are areas that are ripe for words of affirmation. You can start with the low-hanging fruit—the easy ones. These are characteristics that are obvious to most people—a list that might include His creativity, His power, and His love. The upper branches of the tree are the qualities of God that many people may not see or appreciate—a list that might include His holiness, His justice, and His discipline.



TAKE IT HOME

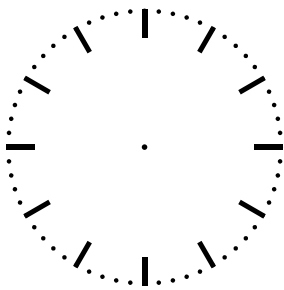
Mother Teresa pointed out that people’s perspectives change when they learn to see Christ in other people. Look at the following list of people. In the second column, describe how people might view and react to that person under typical circumstances. In the third column, describe how people might view and react to the person if they were able to see Christ in him or her.

PERSON	REACTION UNDER TYPICAL CIRCUMSTANCES	REACTION IF YOU SAW CHRIST IN THAT PERSON
An overbearing boss		
An acquaintance whose political views offend you		
A sibling struggling with an addiction		

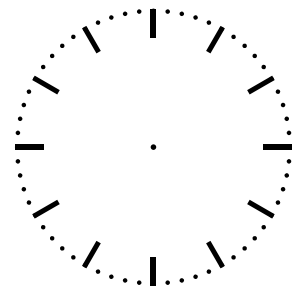
FINDING TIME FOR SERVICE

Dr. Chapman points out that acts of service require sacrifice, starting with our time. The key to success, then, is finding the time. The first pair of clock faces below represent a typical day for you, a.m. and p.m. Divide them as you would a pie chart to show how you spend the hours of a typical day. The more specific you can be, the better. How many hours do you spend working? Sleeping? Eating? Exercising? Scrolling through social media?

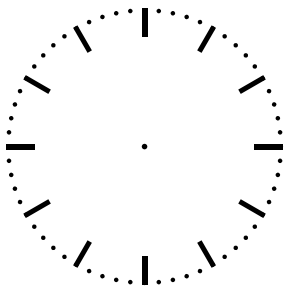
For the second pair of clock faces, think about what a day might look like if you set aside time for acts of service. What areas could be scaled back—sacrificed—to make time to help others?



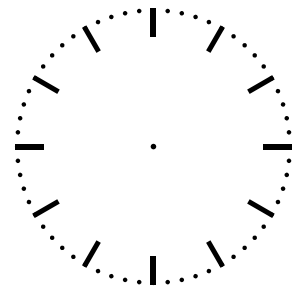
A.M.



P.M.



A.M.



P.M.

TAKE IT HOME

Dr. Chapman emphasizes that each of us has a primary love language—a way of communicating love to God that we use more often than any other. Beyond that, we have varying degrees of comfort with and skill in using the other love languages. Take a moment to assess your strengths and weaknesses when it comes to using each love language to deepen your relationship with God. For example, you may list “a lack of resources” as a weakness when it comes to gifts.

LOVE LANGUAGE	STRENGTHS	WEAKNESSES
Words of Affirmation		
Quality Time		
Gifts		
Acts of Service		
Physical Touch		

TAKE IT HOME

Use the following chart to explore your comfort zone when it comes to expressing your love for God. In the center circle, identify the dialect you're most comfortable with. For example, if your primary love language is words of affirmation, you may be most comfortable with singing hymns and praise songs. In the next ring, identify a dialect or love language that's slightly less comfortable for you. Keep going until you get to the outer ring, which should be a dialect or love language that's way out of your comfort zone.

