



**Work Book: Foundations For Loving & Healthy Relationships Part 1 & II**

We want to create safe environment to allow the Holy Spirit to speak to us

Respect and value each other, honor each other, not to judge or compare ourselves, and even to respect the walls that some put up, allow people to take the walls down when they are ready.

1. Goal of workshop is to learn more about.....
  - 1.1 Love & Unity in relationships with God and people and how to apply it so we perceive and receive the Love of God.
  - 1.2 How to let God meet our needs instead of what you are doing now.
  - 1.3 To learn the 5 languages of love that God provides to us so we can perceive love better from Him and receive love from people better than we are now.

**Many are looking to their spouse, friends, possessions, power, position, ministry, beauty or other people to meet their needs...**

- *If only this would happen --- then I could be happy*
- *If only this person would change --- then I could be happy*
- *If only all my bills were paid off --- then I could be happy*
- *If only this ministry opportunity would open up -- then I could be happy*
- *If only my children would come back to Jesus -- then I could be happy*
- *If only my spouse would change -- then I could be happy*
- *If only I could get this money or position... then I could be happy*

**Truly God and only God is the one who can meet our emotional needs of:**

- Acceptance, value, love,
- Respect, honor, financial, physical
- And other needs we have

**God is the ONLY source of love, acceptance, blessing, peace, joy, righteousness and if we don't operate out that source we will be disappointed every time.**

**WE ARE HERE TO LEARN HOW TO ALLOW JESUS TO MEET OUR EVERY NEED --- AND REALLY BELIEVE IT IN OUR HEARTS – NOT JUST AN INTELLECTUAL KNOWLEDGE.**

**Our thoughts determine our emotions and our reactions --- not the other way around..**

**Prov. 23:7 ..... as a man thinks in his heart..... So is he.**

So how do many people THINK.... Including carnal Christians and those who don't know Christ.

Many people go into marriage for the spouse to meet their needs and expectations.

When the spouse fails to meet the needs ---- people are unhappy.

Now if you marry a Christian you'd THINK you could count on them. But many Christians are carnal.

The flesh is really ugly and those who don't know Christ can be mean too.

Some put other people down so they feel superior. We live in a FALLEN World

When the spouse fails to meet their needs and expectations they turn to their .....  
Friends, their pastor, their Mom or Dad or other people to meet their needs of love and acceptance

**Since many DON'T KNOW HOW to allow God to meet their needs we use other methods to meet our needs....**

- **A wife has an affair to feel accepted and loved, she expected her husband to meet that need.**
- **A husband does ministry activities to meet his need for affirmation and validation.**
- **A husband verbally or physically abuses his wife to get the wife to meet his need for respect.**
- **The husband get's mad because his wife "said no" to his sexual advances. His ego is bruised and he feels rejected by his wife. So he turns to drinking or porn to feel better that night.**
- **A couple buy a car on credit they can't afford to impress people – later they fight about the payments.**
- **A couple starts fighting over "little things" because both feel hurt and unaccepted. The little things can be someone forgot to turn the faucet all the way off and fight over who did it.**

**WE MUST LEARN TO PERCEIVE AND RECEIVE LOVE AND ALL THE OTHER PROMISES of GOD ----- FROM THE SOURCE--- God Himself**

**We are going to START with love because love is the foundation from which ALL things from God should be perceived.. Because God is LOVE**

**I John 4: 15-17** <sup>15</sup> Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. <sup>16</sup> And we have known and believed the love that God has for us. **God is love**, and he who abides in love abides in God, and God in him. <sup>17</sup> Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world.

**I John 4: 7-9** <sup>7</sup> Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. <sup>8</sup> He who does not love does not know God, **for God is love.** <sup>9</sup> In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him.

**The bible should be read from a perspective of God's love language of love to us.**

Language of the Law vs. Language of God's love...

Language of Law is anything WE must do to earn God's love, favor, acceptance, blessing etc.

Language of God's love is His love is unconditional – there is nothing we can do to earn it.

So we receive and learn how to receive the UNCONDITIONAL LOVE OF GOD.

**We as Christians are supposed to love one another as well. --- Right ?**

Here is a little secret..... people **receive love** from other people in 5 different ways and the vast majority of people **have 2 main methods that they receive love better than the other 3.**

We can receive love in all 5 ways but 2 of the 5 we are about to explain will BE YOUR MOST DOMINATE LANGUAGE OF LOVE

QWRAP - 5 Languages of Love  
Quality Time

Words of Affirmation

Receiving Gifts

Acts of Service

Physical Touch

**How to discover yours, your spouses and your children's language of love.....**

**People generally give love based on how they want to receive love from the other person.**

**Examples of 5 Languages of Love**

**Quality Time –**

Just the 2 of you do cell phone, no distractions, your not thinking about other things.

Full attention and honest interest and interaction.

**Words of Affirmation –**

You did a great job, you are very talented

I appreciate you as a person

You ministered to me when you said that.

You are a good mom

You always see the best in people, I admire that.

You give from your heart, I see that and other do too.

**Receiving Gifts:**

Something small like an ice cream cone you get on your way home

Flowers you pick in the wild that are free, but you are thinking about the other person.

A poem or thank you note you write yourself and give to the person.

A ceramic pot the 2 of you make together.

A set of tools for the person to use on their job

Giving the gift of kindness to that person

Giving the gift of loyalty and trust to the person

Giving the gift of honor and respect to the person

**Acts of Service**

Picking up after yourself – shows real appreciation and love to your spouse

Helping with the dishes

Helping raise the children

Spending time with children to free up time for your spouse

Taking out the trash

Cleaning the bathrooms

Being responsible

Doing something your spouse appreciates to help.

**Physical Touch**

Can be a touch on the arm or shoulder or knee

Can be a hug or caress on the cheek

Can be tickling the pother person

Can be sexual, but it is the experience of being close, not just the act of make of love.

Stop to have people think about how they give love --- do laying of hands exercise only with people you trust or part of family

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