

ROMANTIC LOVE

Definition : *A strong emotional attraction and/or intense desire for connection with another person.*

1. Called _____ love.

2. As opposed to _____ love.

3. Quotes about love

H. L. Menken: “A perpetual state of anesthesia.”

Plato: “A grave mental disease.”

Unknown: “A feeling you feel when you feel that you’re going to get a feeling you’ve never felt before.”

Unknown: “A find, a fire, a heaven, a hell, where pleasure, pain and sad repentance dwell.”

4. Romantic Love is _____.

5. Romantic Love is _____.

6. Romantic Love is _____.

7. Romantic Love is based on your _____.

Imago = The idealized image we carry of the “ideal mate” or “ideal love”,

8. The Laws of Romantic Attraction

- *We are attracted to individuals who _____ the “imago” of our ideal mate.*
- *We are attracted to individuals who are _____ .*
- *We are most strongly attracted to those individuals who seem to hold the potential of _____ needs for love and relationship.*
- *The individuals who appear to hold the key to fulfilling our deepest love needs are the ones who hold the promise of _____ our childhood wounds or(_____)*

The Five Love Languages

- *The different ways people express and receive love* -

Words of _____: *The Words are Important*

- Verbal compliments
- Encouraging Words
- Kind Words
- Humble Words

Quality _____: *Focused Attention is the Key*

- Eye contact
- Attentive listening: feelings & thoughts
- Body language
- Not interrupting
- Daily sharing
- Quality activities together

Receiving _____: *Gifts are visual symbols of love*

- Purchased, found or made
- Expensive, inexpensive or free
- Surprises are great
- Cards sometimes count

Acts of _____: *Requests freely fulfilled make all the difference*

- Requests, not demands
- Special favors
- Acts of sacrifice

Physical _____: *The Body is for Touching*

- Good touch – bad touch
- Affection is great
- Sex is great

Personal Inventory

1. Please list in order of importance, the top three love languages you want from your spouse:

1) _____

2) _____

3) _____

2. Please list in order of importance, the top three love language your spouse wants from you:

1) _____

2) _____

3) _____

3. Interview your spouse and compare your lists. Look for:

1) Ways your spouse is giving you love in the languages you want

2) Ways you are giving your spouse love in their love language

3) What, if anything, needs to be changed? How?

Your Love Need Pattern

- *When you got your love needs met* -

- How did you feel? _____

- What did you think? _____

- What did you do? _____

- *When you didn't get your love needs met* -

- How did you feel? _____

- What did you think? _____

- What did you do? _____

- How are your feelings, thoughts or actions '*like your past*'? _____

- How does God want you to react? _____

- What do you still need some measure of healing for? _____

How to Make Everything Work (Including Your Marriage)

God's _____ - *unmerited favor that enables us to be what God has called us to be and do what He has called us to do.*

Almost every N.T. epistle from Romans to Revelation either begins or ends with “ _____.”

Our calling and salvation come through _____ (2Tim. 1:9).

Every believer has a measure of _____ (Eph. 4:7).

Grace is the unmerited empowering presence and favor of God that helps in time of _____ (Heb. 4:16).

How to get more Grace - *1 Peter 5:5, James 4:5*

Don't be _____:

Irritable/Impatient

Argumentative

Need to be right

Need not to be wrong

Not easily corrected

Angry

Vengeful/Unforgiving

Stubborn

Need to be heard

Defensive

Critical

Withdrawn

Contemptuous

Controlling

Be _____:

Take wrongs patiently (1 Peter 3:8-17)

Choose to serve others (Phil. 1:1; 2 Cor. 4:5, Matt 23:11)

Be Kind (Eph. 4:32)

Be Tender-hearted (Eph. 4:32, Matt 19:8)

Quick to forgive (Matt. 18:21-35)

Confess your shortcomings/faults (James 5:16)

Be Loving (1 Cor. 13) Use their love language