

*By this everyone will know that you are my disciples, if you love one another. John 13:35, NIV*



Being a disciple and making disciples is about relationships. It is about showing love. What does it mean to love one another? It seems like this is the ticket for us to really be able to tap into what God desires for us and the power that is at work within us. We all say that we love each other as brothers and sisters in Christ; but, do we really love one another? I think we're all usually very nice, friendly people, but do we LOVE?

Gary Chapman in his book, *The Five Love Languages*, gives us a glimpse at what it means to love and helps us understand that we all have different ways of expressing and receiving love. It is a book written to help married couples love one another, but I think the principles written in the book also apply to other relationships. He says, "There are basically five emotional love languages—five ways that people speak and understand emotional love. In the field of linguistics, a language may have numerous dialects or variations. Similarly, within the five basic emotional love languages, there are many dialects" The five love languages Chapman describes in his book are:



**Words of Affirmation**—Using words to build someone up: encouraging words, kind words, and humble words  
**Quality Time**—Giving someone your undivided attention through togetherness, quality conversation, and quality activities  
**Receiving Gifts**—A gift is something you can hold in your hand and say, "look, he was thinking of me" or "she remembered me". A gift is a symbol of thought. It doesn't matter if it costs money.  
**Acts of Service**—Doing things you know the one loved would like you to do.  
**Physical Touch**—Communicating emotional love by physically

touching the one loved.

Instructions for identifying your love languages:

1. To take the 5-love languages assessment, <http://www.5lovelanguages.com/> Follow the prompts.
2. After you finish the assessment (10-15 minutes), please click on the print button (left side).
3. Bring your results to our meeting to discuss.

Discovering your primary love language helps you know not only how you can most easily express love to others, but also how you best receive love from others. How can we live out what John wrote about in his letter "Dear friends, since God so loved us, we also ought to love one another." (1 John 4:11, NIV)?

Becoming aware of love languages, will allow you to more effectively love those you disciple.

Here are some more questions for you to consider:

- Are we really being obedient to God's command to love one another?
- What does Jesus say about love and how did he show us how to love?
- What are some other practical examples of how we can really love others?
- What things are you going to start doing today to be more loving?
- How are you going to watch for the ways that God lives in you and his love is made complete in you because you loved another?
- Can we effectively disciple others when we do not speak their language? A language where they feel love?