



## MCA DISCUSSION GUIDE

MAY 2

### Week 4: Commitment Goals

#### OPENING THOUGHT

We all want to feel loved and in turn to show our love for our friends, family members, and significant others – but we often fall short. Relationships take work and intentionality, but a lot of us feel frustrated because our efforts to love other people can go unnoticed or under-appreciated. We were not created to master commitment outside of our connection to God.

#### ICE BREAKER

What's the best way to make you feel loved?

What is your biggest failure when trying to express your love to your spouse or significant other?

#### BIBLE DISCUSSION

- Read Romans 5:1-8, what stood out to you?
- Read 1 John 3:16-18, how was God's love shown to us?
- How do these two passages together deepen our understanding of love and God's work in our lives?

#### LIFE APPLICATION

- What could it mean that "change always starts with me"?
- Have you explored the Five Love Languages? If so, share with the group what your love languages are and what makes you feel loved.
- Of the 5, what love languages do you tend to ignore or even dislike?
- Pick someone close to you (parent, sibling, close friend, or significant other), what do you think their love language is? Do you do a good job of expressing your love and appreciation for them in a way that they can feel?
- The Relational Bank Account imagines that every action and word is either a deposit or withdrawal in your relationship with someone else. How might this be helpful in your life?

#### CHALLENGE

Pick three people close to you who you want to show that they are loved. How could you do that this week? Make a list, guess (or ask!) their love language, and then plan ways to help them feel your love this week!

#### THE FIVE LOVE LANGUAGES

**Quality Time:** Being present for this type of person is critical. They want undivided, full attention with meaningful interaction. **Receiving Gifts:** Love is felt through the thoughtfulness and effort behind a gift. The gesture of a thoughtful gift is important to feeling loved. **Acts of Service:** Anything done to ease the burden of responsibilities will make this person feel loved. Chores are an especially good way to do this. **Words of Affirmation:** The action of giving and receiving love involves words. Affirming words include compliments, praise, or handwritten notes. **Physical Touch:** This includes high fives, hugs, and pats on the back. (This is not between husband and wife only, but an expression of their love with everyone).