

# A Mission to Love

## SESSION ONE



### Prayer

*Father, we thank you for sending us to each other and for this opportunity to learn how to bring each other your love and joy.*

*Please bless this time and grant us insight and clarity of vision.*

*We ask this through Jesus, our Lord, Amen.*



### Share: **LOVE STORY**

1. What did you first find attractive about your fiancé?
2. What was it about them with which you first fell in love?
3. When did you know you wanted to marry him or her?



### Share: **SEXUAL COMPLEMENTARITY**

Differences between men and women are evident everywhere. Name some examples of which you are aware for the following:

- Job preferences
- Parenting style
- Interests/Movies/Entertainment

In what areas are you typical of the general pattern?

In what ways do you differ?





## Concept: SMARTLOVING

### LOVE YOUR FIANCÉ IN THE WAY THAT HE/SHE MOST LIKES AND NEEDS TO BE LOVED.

Know your fiancé's Unique Love Profile.  
Focus your efforts to love on your fiancé's preferred Love Builders and avoid their Love Busters.

# Unique

## LOVE PROFILE

## Falling in love...

### IS A CONVERSION EXPERIENCE

Most of us start out as self-centred individuals and suddenly find ourselves caring more about someone else's happiness than we do our own. Some of the joy that we associate with being 'in love' is really that freedom to be 'outside of ourselves', caught up in the goodness of the other. Their strength or beauty may attract us, but in order to love with an authentic other-centred love we need to **know** the other. We cannot love someone effectively until we know them well.

Everyone has a Unique Love Profile; a combination of preferences and Love Needs that when met, communicate love powerfully to that person. Your task is to learn all that you can about the unique ways that your fiancé experiences love; to create for yourself a concrete action plan based on his or her Unique Love Profile.



### Activity: UNIQUE LOVE PROFILE

Answer the following questions on this and the next page to explore and apply the concepts of this session to your own relationship.

Spend about 15 minutes doing this.

### 1. LOVE BUILDERS

A **Love Builder** is a behaviour or gesture which communicates love to you and helps you feel close and connected to your fiancé.

Of the following list, choose the **five** Love Builders that are most effective in communicating to you that you are loved. That is, if you could only have five Love Builders, and no more, which would you choose?

#### Cherishing Gestures

- ☐ Caring for me, being tender and gentle with me
- ☐ Being of service to me, doing things for me that I enjoy
- ☐ Nurturing me, doting on me
- ☐ Affirming my attractiveness
- ☐ Being considerate and thoughtful, giving way to my preference
- ☐ Being protective of me
- ☐ Self-sacrificing to save me from an unpleasant task
- ☐ Listening to me, being interested in my inner life
- ☐ Trusting me with your feelings and inner thoughts, being emotionally open
- ☐ Being truthful and honest with me
- ☐ Providing materially for me
- ☐ Touching me affectionately, hugs and kisses
- ☐ Other...

#### Respectful Gestures

- ☐ Expressing appreciation for me
- ☐ Acknowledging the sacrifices I make for the sake of our future
- ☐ Admiring me, especially in front of others (particularly my friends of the same sex)
- ☐ Affirming my strength in body and character
- ☐ Trusting my judgement
- ☐ Allowing me to initiate and be the leader, being willing to follow me
- ☐ Expressing your desire to be close to me sexually
- ☐ Doing things together, recreational companionship
- ☐ Taking care of your appearance
- ☐ Other...

## 2. LOVE BUSTERS

A **LOVE BUSTER** is a behaviour pattern or action by your fiancé which actively diminishes your sense of being loved and undermines your trust.

Identify the **THREE** Love Busters to which you would react most negatively. That is, the three things which totally undermine your sense of being loved.

- ☐ Lying to me or withholding information from me
- ☐ Breaking promises, being unreliable
- ☐ Being emotionally distant or closed, withdrawing emotionally from me
- ☐ Not consulting me when making decisions or disregarding my preferences
- ☐ Conveying that I am just being 'tolerated', that my feelings are not important
- ☐ Not talking with me, ignoring me or getting impatient with me when I'm talking
- ☐ Organising me, making commitments for me without consultation
- ☐ Criticising me, especially in the presence of .....
- ☐ Nagging me, reminding me of the things I said I'd do
- ☐ Being indifferent to, or not noticing, the sacrifices I make for us
- ☐ Letting your physical appearance go
- ☐ Teasing me, especially in front of .....
- ☐ Making negative judgements about me, jumping to conclusions about my motives
- ☐ Not trusting that I love you or am committed to you
- ☐ Not considering my judgement, questioning my decisions or motives
- ☐ Not spending time with me doing things I enjoy
- ☐ Spending a lot of time with your friends
- ☐ Other...

## 3. EXPERIENCE OF LOVE

Identify a time that you felt particularly close and connected to your fiancé.

a) What was it about their actions that spoke so powerfully of love to you?

b) Describe the impact that it had on you and on your relationship.

## 4. LOVE AS SELF GIFT

- a) What is your reaction to the idea that you can choose to love your fiancé, even when your feelings aren't very loving? For example,
- ☐ I don't like the idea at all, I want my fiancé to feel love for me all the time.
  - ☐ I'm uneasy with it - isn't love supposed to be spontaneous?
  - ☐ I like the idea, but I feel a bit inadequate - I'm not very skilled at it.
  - ☐ I feel empowered by the idea - it gives me a sense of being in control of our destiny.
  - ☐ Other (specify)
- b) Have you ever been aware of making an unselfish choice to love your fiancé? ..... Yes ..... No
- c) Recall a time when you chose to love your fiancé even though you didn't feel like it. Describe the impact of this choice on you and your relationship.

## 5. THINKING ABOUT YOUR FIANCÉ...

- a) When is he/she most joyful?
- b) What does he/she worry about most?
- c) What does he/she desire most in your relationship?
- d) When does he/she experience self-doubt or emotions of inadequacy in your relationship?



### Share: UNIQUE LOVE PROFILE

Share your answers with your fiancé. Make note of their Love Busters and Love Builders in the space below. Commit to eliminate the Love Busters and doing the Love Builders.

#### My fiancé's Love Builders:

1. ....
2. ....
3. ....
4. ....
5. ....

#### My fiancé's Love Busters:

1. ....
2. ....
3. ....





## HOW THAT QUALITY AFFECTS ME

I feel protected.....

I feel trusted.....



At Home: **SHARE**

## Tool: DAILY APPRECIATION