# A Mission to Love SESSION ONE





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?



### 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 othercentred 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.

### 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.



#### **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

Being emotionally distant or closed, withdrawing

Conveying that I am just being 'tolerated', that my

Not consulting me when making decisions or

Not talking with me, ignoring me or getting impatient with me when I'm talking
 Organising me, making commitments for me

Criticising me, especially in the presence

Letting your physical appearance go
 Teasing me, especially in front of ......

to conclusions about my motives

my decisions or motives

Nagging me, reminding me of the things I said

Being indifferent to, or not noticing, the sacrifices

Making negative judgements about me, jumping

Not spending time with me doing things I enjoy Spending a lot of time with your friends

Not trusting that I love you or am committed

Not considering my judgement, questioning

Breaking promises, being unreliable

emotionally from me

without consultation

l'd do

to you

Other...

I make for us

of .....

disregarding my preferences

feelings are not important

- 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?

#### **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.

### 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
1



### Activity: **REFLECTIVE AFFIRMATION**

This activity will provide an opportunity for each of you to help the other see his masculinity or her femininity through your eyes, the eyes of love. We cannot evaluate nor appreciate our masculinity or femininity alone. Being in an intimate love relationship is like having a mirror - the reality of our goodness and the magnificence of our sexuality is reflected in the eyes of our beloved. Too often, we are quick to believe criticism but mistrust affirmation. The truth is, that the one who loves you the most, sees you closest to the way that God sees you. In other words, God loves you at least as much as he or she does. His vision is truth!

This is a powerful activity for any couple to do from time to time, both before and after marriage.

#### WRITE

- 1. Make a list of absolutely everything that is attractive about your fiancé. Start with the physical, then list all the personal qualities and characteristics. Hold nothing back. Be very specific, sexy, and thorough!
- For each quality, write how that quality (physical, emotional, or spiritual) affects you or makes you feel.

For example:

- His physical strength or integrity; she feels safe.
- Her good looks/attractiveness; he feels proud to be with her.
- His gentle manner with his little niece; touches her heart and makes her feel close to him.
- Her admiration and affirmation of him; he feels confident and valued.

### At Home: share

First one, then the other, read from your notes. Affirm every aspect of your fiancé's masculinity or femininity.

#### **QUESTIONS FOR FURTHER REFLECTION**

- 1. Were you surprised by what your fiancé found so attractive?
- 2. Did you have a hard time accepting it?

## **WORKspace**

#### QUALITY IN MY FIANCÉ/SPOUSE

g. His strong shoulders	l feel prot
g. Her honesty	l feel trus
- 	

## AFFECTS ME

**HOW THAT QUALITY** 

Ŭ	
	I feel trusted
	•

### Tool: daily appreciation

Build your relationship on a steady diet of affirmation with this simple daily exercise. At least once a day, tell each other one thing that you appreciate or find endearing or attractive about the other.

#### WHAT I APPRECIATED ABOUT YOU TODAY IS...

...followed by a short description of how you feel about that quality.