

The Five Love Languages of Small Groups

by Jess Bousa

One of the leading authors on marriage, Dr. Gary Chapman, wrote the profound book, *The Five Love Languages*. After 30 plus years of counseling married couples, he came to the conclusion that each person feels most loved when he or she is loved with one of the five love languages: affirmation, acts of service, quality time, receiving gifts, and physical touch.

Expressing love is obviously not just limited to marriage, but to all relationships across the board. The theory behind *The Five Love Languages* can be applied to a host of relationships including those in small groups. Whenever there is an environment where the goal is to build genuine authentic relationships, loving people will expedient the majority of energy between those in the group. In order to get along in a group setting, loving one another must be the main focus. If there is no chemistry between group members then they will not be edified by the spiritual, relational and intellectual components that small groups offer.

The *Five Love Languages in Small Groups* will both open up the connections between small group members and bring the group chemistry to the point where the love will overflow to those outside the group. This will bring existing members back to group each week and cause the group to grow and multiply. If people feel loved, then they will return!

Words of Affirmation

Within the parameters of small group ministry "Words of Affirmation" is the most common means of communicating love. When you affirm people you encourage motivation to change, you encourage people to see their potential, and you make people feel good about themselves. Mark Twain once said, "I can live for two months on a good compliment." Although there is no scientific number on the amount of affirming words we need on a daily basis, it cannot hurt to over due on affirming your small group members.

Quality Time

Giving your group members your undivided time

will speak volumes. As the saying goes, people do not care how much you know until they know how much you care. You can prepare the best small group meeting but if your group members even slightly think you're not interested in who they are as a person, and only concerned with the success of the group, they'll begin to tune you off and eventually stop coming all together. To bridge the gap, you'll have to spend quality time outside the group with your members. I'm not saying you have to take them to a five star restaurant, but I do recommend that you drop by from time to time to see and experience their life as they do. Think how much more effective you would be if you actually tailored your ministry to the needs of the group, and not to the latest idea you read in a small group book. Without question, you will build a successful small group ministry if you personally spend time with the people in your group.

Acts of Service

Some people do not care how many ways you know how to say, "I love you." They want to hear your heart through your actions. Depending on the person, if you don't show that you care about them with tangible acts of service, they'll never hear the wealth of words stored in your heart. The saying, actions speak louder than words, is the only way to genuinely love those whose primary love language is acts of service. Performing acts of service in small groups for the most part will not be done directly in the group. You will learn the needs from dialoguing with group members, but you will have to step into the life of those who need help in order to speak the love language of acts of service. Acts of service brings tangibility to love and the ways in which to do this are as numerous.

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Life group prayer and praise



- Praise God, He is good! ~ **Hyesook**
- **Bret** would like prayer for his mom she needs healing.
- Pray for **Larry Stover**, he has cancer. ~ **Kathy Helm**
- Pray for my daughter, **Christa** who is into witchery. ~ **Barb Lillard**
- Praise God and thank you! My mom's breast cancer surgery went well! Cameron and I would like to ask for continued prayer for her, **Sandy Abood**, as she begins radiation treatments. ~ **Jenn Decker**
- **Sylvia Smith** asks that we pray for her, she wants to get involved and feel like she's a part of the FBC family. Pray too for her relationship to her own family. Please reach out to this lovely lady.
- Please pray for me as I have depression and it can really get to you, I have God in my life and know He will help me. ~ **Watkins**
- My friend, **Mark Wexelberg**, made it through all the surgeries and is in rehab and improving and the doctors are very optimistic. ~ **Christen W.**
- Pray for my friend's father **Jim Bender** who has stage 3 prostate cancer. Prayer that his treatment will be successful and that

- throughout all this that he will find the Lord. ~ **Judy Warren**
- Please pray for my brother who is not feeling well, jobs, and my daughter who I miss and wish was here. ~ **Peter Johnson**
- **PJ Conner** asks that we pray for **Jake Huber**.
- **Tracey Ayers-Tate** just received her layoff notice from Boeing, please pray that she can find another job quickly.
- Please pray for the **Roullier** family the Lord's provision for them in their current house situation.
- I need prayer to strengthen me as **Nina's father Alex** moves here to Washington with his new wife, he is going to sue for custody. ~ **Darcy Stanyo**
- Our **students** will be taking a mission trip to Mexico this summer from July 10-20. We will be working with **Pastor Gama** at a Children's camp in Merida, Mexico. Please continue to keep our team in your prayers.
- Please continue to pray for **Leanne Durham**, the oral chemo treatment she is taking is working! And she has had no ill effects from it and no new symptoms—Praise God all is going well.

Pray for our military

- *Jonathan Michaels Estrella— son of Sharon Boswell.*
- *Jason Bjazevich—Megan Owenby's husband—Army Special Forces— Stationed at Fort Lewis.*
- *Joel Ellis—son of John & Midge—Serving in Iraq.*
- *Scott Harpell—son of Brian & Lynne—Stationed at Fort Bragg.*
- *Aaron Weston—nephew of Ken and Kathy—Stationed in San Diego.*
- *Eric Schmidt — son of Gene and Pat Schmidt — Camp Fallujah, Iraq.*
- *Benjamin Lagonia—dear friend of the Naylor family—stationed in Manitoba.*
- *Elijah Austin —Ashley Naylor's husband—a Marine—Stationed at 29 Palms in California.*
- *David Coyle—son of Karen Mark—residing in Seattle, member of the National Guard.*
- *Adam Flynn—a young Marine going back for his second tour in Iraq.*
- *Brett Love—grandson of Wilma— Army National Guard-Serving second tour in Iraq.*
- *Robin Swartz - Serving in the military - currently home in Everett.*
- *Christian Chmielewski—nephew of JoAnn Couturie' - in the Marines.*
- *Jeffrey Lillard—son of Barbara Lillard — Srg. In Army, Stationed at Fort Lewis.*
- *ENS Andrew E. Timpner (fiancé to Christin Suthard) on deployment with USS Momsen.*
- *Devin Abbitt—nephew of Paul Abbitt - Marine, stateside.*
- *Doug Baer—a teacher at Kamiak HS heading to Iraq in the Army Reserves—thru Sept. 09.*
- *Duane Neyens—brother to Kathy Chapman—Nat. Grd. Afghanistan*

Life Group Happenings

all in the family

by *florence miller*

Lorren Olsen's farewell "party" was one he would have loved. It was the way he planned it and many family and friends contributed their thoughts, memories and read some of Lorren's meaningful poems. Now Arlene, their family and the rest of us can keep the memories and rejoice in Lorren's place in Heaven.

Lois Caldwell had her seventh cancer surgery on her jaw this past Thursday and the good news is that it went better than expected. The surgery lasted only one hour, she was able to go home that evening and the Doctors "think" they got it all.

Gerry Allen has been relocated to ICC at Colby campus since he is still having breathing problems. In the meantime **Phyllis** is very tired as she

cope with ongoing vertigo and visiting with Gerry. Our continued prayers are needed.

Join visiting David and Carol Darmstad at the **SAM Coffee Hour** this **Thursday, the 16th** in the Community Center with a drop -in time from 9:30 a.m. to 11:00 a.m. They are former long time members and workers of FBC who now reside in Baltimore and are visiting in the Seattle area. They also hope to attend this coming Sunday morning's worship hour

The beautiful flowers which graced the Easter chancel area are now available for purchase. There are 12 White Lace Cap Hydrangeas for \$25.00 each. They are florist quality ready for planting in your yard but may need some protection from this year's continued cold

spell as they are in bloom. Also available are 13 Red/Pink Calla lilies, in bloom, for \$10.00 each and 5 Cordyline Red Grass at \$8.00 each. Please sign up and pay in the office

And a note received with a delivered Easter Lily to the church was in loving memory of **Bill and Rachel Lee** from Ron and Dee Dee, Stephen and Trish, Cali Kat and Mr Pumpkin, Bear and Chloe

Eloise Lambright recently moved to a group home nearer her son Jim where she will receive around the clock care. I'm sure she would love to hear from us.

By donating your used Book, Videos and DVDs for an upcoming

SPRING BOOK SALE

Just drop off your donations at the S.A.M. desk. Proceeds go to fund our mission projects.

Please
support
SAM

Happy Birthday

April 16th, Steve Linari, Fred Prinzing, Lori Witucki
April 17th, Arlee Barker, Laura Young
April 18th, Devon DeCelles
April 19th, Lois Mack, Nicholas Blair
April 20th, Jerry Thompson
April 21st, Michaela Love, Joy & Kaye Peterson

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Giving Gifts

In searching the Scriptures, it's difficult to find times when Jesus gave tangible items to his disciples but Jesus did say that it is better to give than to receive. Jesus changed the water to wine, and provided enough bread and fish to feed the multitudes, but the greatest gift He gave was the gift of life. Jesus said that he has come to give us life—life to its fullest. He gave the disciples a way to live that had the power to transform the world. Imagine what it can do for an individual soul. Jesus opened up His life to His disciples for them to see and model.

You can give this intangible gift, just like Jesus did, in your ministry as a small group leader. I challenge you to live your life like an open book in front of your group. Let them know the real you—doing this will help them deal with life's ups and downs. The more transparent you become, the more they will open up. Jesus embodied transparency. He did nothing in secret but lived in such a way that when he was gone to be with His Father, his disciples had a clear picture of what Jesus did and how He lived. Do people know the real you or do you show only your good side? The majority of life is caught not taught. So start by giving yourself to your group and watch as your group moves from a bunch of people to a community of believers.

Appropriate Touch

One of the ways you can appropriately touch somebody in your small group is by just being there. Your presence can touch a life as it did throughout Jesus' ministry to countless people. The Bible says that Jesus could not keep his presence secret. Also, there are times when physical touch is appropriate. There will be appropriate times and places for touch in small group ministry. Sometimes, you can give a hug or a pat on the back. It's up to you as the leader to discern when appropriate touch is necessary. Jesus touched those who people regarded as the lowest of the low in society. When was the last time you touched somebody like that? This is not for everybody, but if applied with wisdom and done appropriately it will make all the difference in the world for the people in your small group.

From smallgroupexchange.com

Life group contributing opportunities



We're on the web! CareNecton, Hub & Bulletin—check it out!

See how we look in color—www.fbc-everett.org

The HUB will be mailed for the last time in May. If you would like to have it mailed to you, please contact the church office—425.259.9166 and we will put you on the list. We will still have them in house for you to pick up.



We had several special baptisms here at FBC on Easter Sunday, especially the six Africans Baptized on Easter Sunday - HALLELUJAH! Here is a picture of just one of the families that FBC blesses by the use of our facility. They also bless us by their presence and the worship they do here at FBC.



Time is limited to reserve your tickets for the Women of Faith Conference in Seattle on July 24th and 25th. We have tickets available, but we need to have them confirmed by April 15th. Please see Ruelyn Nelson or Eva LaStrange at the info table in the Hospitality Room before or after our church service. If you would like to get more info or confirm your ticket please contact Ruelyn.

USHER CAPTAIN 2009:

April—Luckey Elkins
Pete Sontra
May—Ron and Kay Olson
Craig Reisen

COFFEE HOUR 2009

April 19th
Arlee Barker
Unplugged

April 26th
Mel Tessness
Church Elders

May 3rd
Bill Erickson
Clipper Class

May 10th
Tom Warren
Men of Integrity

Purchase now~ White Lace Cap Hydrangeas (10) available after Easter Sunday for \$25.00 each. Florist quality to beautify your home and yard. May need cold protection this year as they are in bloom. Also available Red/Pink Calla lilies (12) in bloom for \$10.00 each. We also have 5 Cordyline Red Grass for \$8.00. Please sign up and pay in the office, or call 259.9166.