LANGUAGES OF LOVE
SESSION 4
LOVE LANGUAGE #2 - QUALITY TIME

Presentation: 15 minutes
2 Exercises: 9 minutes
Sharing: 20 minutes

I. **Introduction:** (Priest or H/W - .5 minutes)
   A. “In the last session we looked at the 1st love language Words of affirmation. In this session we will explore the second love language - Quality Time. We are on page ____ of the workbook. The essence of this love language is that spending quality time together, through sharing, listening, and participation in joint meaningful activities, communicates that we really care for and enjoy each other.”

B. **Present the definition of quality time: “Giving someone your undivided attention”** (other spouse - 1 minute)
   “If your spouse’s love language is Quality Time, there is NOTHING that can replace it except taking time for him or her. The gift of your time is the gift of YOU, the gift of your love. Quality time is “giving someone your undivided attention.” “It doesn’t mean sitting on the couch watching television together. Time spent that way is giving ABC or NBC your attention—not your spouse. What is meant by quality time is sitting on the couch with the TV off, looking at each other and talking, giving each other your undivided attention. It means taking a walk, just the two of you. Have you ever noticed how you can tell the difference between a dating couple and a married couple in the restaurant? Dating couples look at each other and talk. Married couples sit there and gaze around the restaurant. You would think they went there to eat.”
   “So, how do I take the time my spouse needs when I am so busy at work and have so many tasks to complete at home? If you are going to succeed in life, you need to take so much time to do all those things. Just ask yourself- “when I am a success in my job and in my life, do I want my spouse to be there with me?”

II. **Use of Quality time**
   A. **Courting and early marriage** (H or W - 1 minute)
      *Share courting and early marriage day’s use of quality time. What were the effects it had on your love relationship?*

   B. **Elements that took away from Quality Time** (other spouse - 1 minute)
      *Share some of the elements in our lives that began to take away this focus on each other resulting in lack of intimacy. Describe the feelings.*

   C. **Scripture relating to Quality Time** (Spouse who did A - 1 minute)
      *Read Luke 10: 38 - 42 and explain how Mary chose quality time with Jesus over tasks. Sometimes our personality styles can be roadblocks to us experiencing these love languages. Jesus taught us the importance of balance in our lives.*
      “As they continued their journey he entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary [who] sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, “Lord, do you not care that my sister has left me by myself to do the serving? Tell her
to help me.’’ The Lord said to her in reply, ‘‘Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her.’’

D. Explanation of focused attention on the other. (Spouse that shared in B - 1 minute)

“The essence of togetherness within this language is not just being with the other. Togetherness has to do with focused attention on the other. ‘‘What makes one person feel loved emotionally is not always the same thing that makes the other person feel loved emotionally.’’

“When my spouse speaks in my love language it is more meaningful to me. When he goes out of his way to do it, (give an example of your spouse going out of their way to do something that pleases you), intensifies the meaning of the activity. When our spouse does this, they are going out of their way to express LOVE through the love language of Quality Time. For the person whose love language is quality Time, their love tank is filled up at a much faster level.”

“The essential aspect of quality time is togetherness. However, that doesn’t just mean a close physical proximity. It is about focusing our hearts and minds on the other. This togetherness can be experienced via different dialects. Yet the togetherness needs certain elements to make it a language of love.”

III. Introduce dialects and variations (H or W)

“Again within this language of love there are some dialects or variations. Couples and priests can express their love through quality time in many different ways, such as (give several examples of your thoughts of quality time).”

“Let’s look at two of the dialects of this language of love.”

A. Explain Quality Conversation (H or W - 2 minutes)

“The first is Quality Conversation, which is one of the most common dialects in this language of love. It has two essential elements. The first is that we are sharing our inner selves – things like our dreams, hopes, successes, fears and struggles and not just external things. Secondly, that we share our feelings as well as our thoughts. Quality conversation is markedly different from the Words of Affirmation in our first language. In fact, it’s quite the reverse. Words of Affirmation focus on what you say to fill up your spouse’s love tank, whereas quality conversation focuses on hearing what your spouse has to say. It’s how you listen that can begin to fill up your spouse’s love tank. The term ‘not talking to each other’, doesn’t mean silence, but it usually means there is little or no sharing of ourselves, and/or our feelings. What is missing is intimacy in communication. Intimate, empathic conversation is an exchange, not just of words, but also of how it feels to live each of our lives at that time. It calls for vulnerability and openness on one side and tender listening on the other. This is not the time for problem solving, only listening and gentle, nurturing with questions that show a desire to really understand thoughts and feelings.”
B. Personal examples (Other spouse - 1-2 minutes)

Share a simple example of offering your spouse time and presence but without focused attention. Then share a contrasting example of real quality time with focused attention. What were the results—how did your spouse respond to your focused attention.

C. Listening is a key to Quality Conversation (Priest or H/W - 1 minute)

(Intro how on our Weekend we learned about listening from the heart in our dialogue. Then go through the list below to review what they learned. You may want to add a personal short sharing to some of these.)

“All the guidelines for effective listening are important in the dialect of quality conversation. It involves:

1. Maintaining eye contact when your spouse is talking. It will keep your mind from wandering and tells your spouse that they have your full attention.
2. Listen to your spouse with your head and with your heart. Don’t try to do other things while your spouse is speaking.
3. Listen for your spouse’s feelings. Remember to ask questions to clarify what your spouse is saying so you get a full understanding of what is being said.
4. Observe body language - the non-verbals. Our body gives clues to the message that is being relayed.
5. Refuse to interrupt or quiz. Recent research has shown that the average person listens for only 17 seconds before interrupting and interjecting his own ideas. The goal here is to discover our spouse’s thoughts and feelings. My objective is not to defend myself or to set my spouse straight. It is to understand my spouse.”

D. Exercise: (Other Spouse - 4 minutes total)

Introduce the fact that Quality conversation requires not only good listening, but also self-revelation.

“Sometimes it is hard for us to open up and talk to our spouse about uncomfortable or red light feelings. But through dialogue we have learned the importance of sharing our deep feelings and the improvement in our relationship. Turn to the exercise in the workbook on page _____.”

Explain the exercise to list three things that happened in the past day or two and their feelings about them. Give them a few examples like: The car that cut me off on the freeway that caused angry feelings. Or going to the check out stand to find I forgot my wallet and I felt embarrassed. Give them a few minutes to do it.

(Wait 3 minutes)

Suggest they take this and do it at home. Do it daily, or weekly; but make sure that you try it. If either of them has difficulty in talking, this will help a lot!

IV. Quality Activities (1 minute)

A. Introduce quality activities (H/W)

“Another dialect is Quality Activities. Quality activities can include anything in which one or both of you have an interest. The emphasis is not on what you are doing but on
why you are doing it. The purpose is to experience something together, to walk away from it feeling “He/she cares about me. He/she was willing to do something with me that I enjoy, and he/she did it with a positive attitude.” That is love, and for some people it is love’s loudest voice.

The essential ingredients are at least one of you WANTS to do it, the other is WILLING to do it, and both of you know why you are doing it – to express by being together. One of the great by-products of quality activities is that they provide a store of wonderful, intimate memories from which to draw in the years ahead.”

B. Personal examples

*Short example of you offering the gift of sharing a quality activity that was important to your spouse. Describe your feelings. (Other spouse)*

C. Introduce and play the song.  “Love is Something that we do” by Clint Black (4 minutes)

V. EXERCISE & SHARING: (5 minutes)

*Explain how to do the exercise: Make two lists, individually. One list is the activities that you would like your spouse to do with you, and the second list is the activities that you think your spouse would like to have you do with them. Do this now.*

(Wait 4 minutes, approx.)

*Now share quietly with your spouse what each of you wrote.*

**COMMITMENT:** At least once per month do an activity that your spouse would like you to do with them. This is a choice by you, not a requirement from your spouse.

**SHARING:**

What new things did I learn in this presentation and exercise? (20 minutes)