LANGUAGES OF LOVE
SESSION 5
LOVE LANGUAGE #3 - RECEIVING GIFTS

Presentation: 16 minutes
Exercise: 3 minutes
Sharing: 20 minutes

I. Introduction of Love Language #3 - Receiving Gifts (Priest or H/W)
   A. Introduce and recap (5 minutes)
      “We have looked at 2 of our five love languages, Words of Affirmation and Quality Time. In this session we will look at the Third love language of receiving gifts. We are on page _____ of the workbook. Gifts are a visual symbol of love. Dr. Chapman examined the cultural patterns surrounding love and marriage and found that in every culture he studied, gift giving was a part of the love-marriage process. This love language seems to have no cultural boundaries.”
   
   B. Explain what a gift is (Other spouse - B&C - 1 minute)
      “A gift is something you can hold in your hand and say, “Look, he was thinking of me” or “He remembered me”. You must be thinking of someone to give that person a gift. The gift itself is a symbol of that thought. To a person whose love language is receiving gifts, it doesn’t matter whether it costs money. What is important is that you thought of them.”
   
   C. Examples of gifts:
      “For instance, for you mothers - do you remember one of your children coming in from out in the yard bringing you the gift of a flower. Even though you may not have wanted that flower picked, you felt loved. It was the intent of the gift that had the meaning. As a part of human nature, we seem to start the gift giving process at a young age. Visual symbols of love are more important to some people than to others. If receiving gifts is my primary love language, gifts like my wedding ring are very important to me and I will wear it with pride. I will be emotionally moved by gifts that are given to me over the years of our marriage. If receiving gifts is my primary love language I may question your love by the lack of your gifts to me.”
   
   D. Personal example of receiving gifts (H/W - 1 minute)
      Recall a time when you received a gift and experienced the power of being loved in this language. Recall your feelings.

II. Hidden gifts/Communication of love (Priest or H/W - 1 minute)
   A. Tell the story
      “Gifts are visual symbols of love, whether they are items purchased or made. Gifts demonstrate that you care, and they represent a tangible sign of the value of the relationship.”
      “There is a Story that means a lot to me. It is about a missionary priest teaching in Africa. He taught the native people how as an expression of their joy, appreciation or love, it was a custom among his people to give to those special to you a gift. On Christmas morning, one of the natives brought the missionary a seashell of lustrous beauty.”
When asked where he had discovered such an extraordinary shell, the native said how he had walked for two days through the rain forest, up the mountain and down to the coast to a certain beach, the only spot where such seashells could be found. Then, with great care he returned over three days.

“I think this shell is just so beautiful and a wonderful gift,” the priest exclaimed. His eyes brightening, the African replied: “Journey, also part of gift.”

The journey being part of the gift is an important thing to remember when receiving gifts.

B. Reaction to the story

Comment on how this story applies to you and how you perceive receiving gifts, in the light of the concept. Give a brief example. (Priest and/or H/W - 1 minute)

III. The Language of Receiving gifts (W/H)

A. How does a gift affect us? (1 minute)

Give a brief example. Then add:

“If however your spouse’s primary love language is receiving gifts, the good news is that this is definitely the easiest language to learn. Becoming a proficient gift giver only requires you to understand that it is not the value of the gift that is important, just that you understand that you are handing over some form or symbol of your love.”

B. Exercise: (3 minutes)

“We are on Page _______ of the workbook”

1. “In the workbook, make a list of all the gifts your spouse has expressed excitement about receiving through the years. These gifts would be ones from you and from others.”

2. “Now list at least 2 things that your spouse gave you that helped you feel loved and special.”

C. Gift giving (1 minute)

Share some ideas on gift giving. Make it spontaneous. We are EXPECTED to give gifts for birthdays and anniversaries. This shows some love, but the true love comes out when you do it for no reason at all, or for some silly reason like Beethoven’s Birthday or Sweetest Day.

“If receiving gifts is your spouse’s primary love language, almost anything you give will be received as an expression of love. If he or she has been critical of your gifts in the past and almost nothing you have given has been acceptable, then receiving gifts is almost certainly not her primary love language.”

D. Personal sharing on importance of receiving gifts (One Spouse - 1 minute)

Explain how you feel receiving gifts, how it is important to you and how it feels. Give an example of receiving a gift that is precious in your eyes and explain how it felt.
LANGUAGES OF LOVE  
SESSION 5  
LOVE LANGUAGE #3 - RECEIVING GIFTS

E. Personal sharing on importance of giving gifts  (Other spouse - 1 minute)

Explain how you feel giving gifts. How is it important to you and how does it make you feel.

IV. Draw backs to Gifts

A. Our Perception of Money and spending it.  Suggestion: Husband and wife can determine who spends and who is the saver, then write the appropriate parts. (A&B - 3 minutes)

1. When spending money comes easy.
   “This language can also create some particular tensions despite its seemingly positive face. It won’t be a surprise to you that we all have an individual perception of money and we have various emotions associated with spending it. Some people feel good about themselves when they are spending money. Others feel good about themselves when they are saving money and investing it wisely. If you are a spender like me, then you will have a great time buying gifts for your spouse.”

2. When spending money is hard.
   Give a brief example of feeling uncomfortable about spending money to buy a gift/s. How does that affect your relationship?

B. How to become an effective gift giver

Becoming an effective gift giver I need to change my attitude about money. Remember I am investing in our relationship and that in turn fills up my spouses love tank.
   “Dr. Chapman reminds us that by investing in loving our spouse we are buying Blue Chip shares.”

C. The Value of the gift is in the eyes of the beholder.  (Priest or H/W - 1 minute)

“It is also important to remember that the value of the gift is in the eye of the beholder. Gifts need not be expensive, nor must they be given weekly. But for some individuals, their worth has nothing to do with monetary value and everything to do with love.”
Recall an incident that illustrates this point, i.e. a time when you received a well-intentioned gift that did not hit home for you.

V. The Gift of Self (W or H does A)

A. Speaks loudest in times of crises (.5 minutes)
   “There are times when just being there, offering the Gift of Self, can be the most powerful gift you can give. There is no need for flowers or words; your physical being becomes the visible symbol of your love. It seems to speak loudest in times of crisis and can be louder than any gift purchased or made. As the Gift is “self”, it can actually meet the needs of several languages.”

B. Personal sharing on receiving gift of self  (Both H/W share briefly about 1 min. each)
   Give an example of a time of crisis when your spouse/someone else was just there for you, perhaps even powerless to do anything, but very obviously present for you. Describe how it felt receiving that gift.
VI. **Commitment-Challenge and Sharing Groups** (The commitment below has a challenge!-read the commitment, then make the challenge!!)

**COMMITMENT:** “At least once per month, surprise your spouse with a gift of love. Remember, it can be a simple wild flower or a night out to dinner, but it needs to be something you give in order to lift up your spouse with your love.”

**CHALLENGE:** All 5-love languages challenge us to give of ourselves to our spouse. Giving is at the heart of loving. Challenge them to give their spouse a gift once a month. Change the challenge to make it once a week! Remember, the gift is a sign of your love, and does not have to be something you purchase. It can be a poem, a flower, a card in the mail, a note on her pillow. Use your imagination here. You can do something simple like get some little wooden hearts. Hide them in unusual places so that your spouse will find them unexpectedly, and know that they are thinking about you. Then the other spouse takes the heart and hides it in some place where it will be found, like in his/her clothing in the suitcase on a business trip! You can have a great time with this. And it is inexpensive to boot!

**SHARING QUESTION:**
How important is giving/receiving gifts to me in expressing or experiencing love?