

# Life Group STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER

### SUNDAY MESSAGE REVIEW

**NOTE to the Life Group Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

## OPEN IN PRAYER

### STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

### MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

### FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group? **CLOSE IN PRAYER**

## **THIS IS US** "Love Languages"

"Inside every person there is an emotional love tank."

-Dr. Ross Campbell

### **How do you help fill up someone's Love Tank?**

#### 1. Let the Lord fill your heart.

"What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace? This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God himself."  
[Pascal, Pensees #425]

*"God has planted eternity in the hearts of men, even so, many cannot see the whole scope of God's work from beginning to end."* Ecclesiastes 3:11 (TLB)

*"For my people have done two evil things: They have abandoned me—the fountain of living water. And they have dug for themselves cracked cisterns that can hold no water at all!"* Jeremiah 2:13 (NLT)

*"I pray that Christ will be more and more at home in your hearts, living within you as you trust in him. May your roots go down deep into the soil of God's marvelous love; and may you be able to feel and understand... how long, how wide, how deep, and how high his love really is; and to experience this love for yourselves... so at last you will be filled up with God himself."* Ephesians 3:17-18(TLB)

#### 2. Learn the Love Languages

*"These older women must train the younger women... to love their husbands and their children."* Titus 2:4 (TLB)

### **The 5 Emotional Love Languages (\*From Gary Chapman's Books)**

- Words of Affirmation
- Acts of Service
- Physical Touch
- Gifts
- Quality Time

## Love Language Test:

I FEEL LOVED WHEN...	Rank 1-5
... I receive a handwritten note of appreciation	
... I get help with my jobs around the house	
... I get a hug or a pat on the back or arm	
... I receive a gift unexpectedly	
... I get to spend one-to-one time with someone I'm close to	

3. Show your love in a way they can most appreciate

*"Dear children, we must show love through actions that are sincere, not through empty words."*

1 John 3:18 (GW)

### **When it comes to showing love, it's often the little things that count!**

- A well timed word of encouragement (Proverbs 25:11)
- A cup of cold water (Matthew 10:42)
- 2 pennies (Mark 12:41-44)

*"God showed his great love for us by sending Christ to die for us while we were still sinners."*

Romans 5:8 (TLB)

### **Resources:**

- [www.5lovelanguages.com](http://www.5lovelanguages.com)
- App - <https://www.5lovelanguages.com/lovenudge/>
- Book: The 5 Love Languages, by Gary Chapman