



GIVING & RECEIVING

*Love bears all things, believes all
things, hopes all things, endures all
things. Love never ends.
1 Cor 13: 7-8a*



Peony

WEEK TEN

GIVING & RECEIVING

Opening Prayer

God of Love,

You have given us so many beautiful ways to share
You with others. Help us to see our differences as
beauty instead of difficulty. Open our hearts to give
and receive Your love fully.

Amen

*Love bears all things, believes all things,
hopes all things, endures all things. Love
never ends.*

1 Cor 13: 7-8a



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Song for Reflection:
Nocturne Op. 9 No. 1 - Chopin



ST. MOTHER TERESA OF CALCUTTA
MISSIONARY OF LOVE



*"Not all of us can do great things. But, we
can do small things with great love"*

- St. Mother Teresa of Calcutta

- ✦ **Early Life:** Born Agnes Bojaxhiu in August 1910 in Skopje, North Macedonia, the youngest child in her family. She grew up near a Jesuit parish of the Sacred Heart, where her faith was formed and cultivated from an early age.
- ✦ **Vocation:** Inspired by the missionary parish, she joined the Sisters of Loreto in Ireland at age 18. There she received the name Sister Mary Teresa, in honor of St. Thérèse of Lisieux. She then traveled to Calcutta, India to teach at a girls' school.
- ✦ **Final Vows:** At 27, she made her Final Profession of vows and became known as Mother Teresa.
- ✦ **"A Call Within a Call":** In September 1946, she received what she described as "her call within a call" — Jesus calling her to love the poorest of the poor in a special way. Nearly two years later, she established the Missionaries of Charity and began wearing the now-recognizable white and blue habit, chosen in dedication to the Blessed Mother.
- ✦ **Her Mission:** She worked tirelessly to bring Jesus, in love, to "the unwanted, the unloved, the uncared for."
- ✦ **Recognition:** In 1979, amid significant attention for her work in places of deepest poverty, she received the Nobel Peace Prize.
- ✦ **Death and Legacy:** She died suddenly in September 1997 and was given a state burial by the government of India. She was beatified by Pope Saint John Paul II in October 2003.
- ✦ **Her Witness:** Mother Teresa is a shining example of answering the call of love — bringing Christ to all peoples through small, faithful acts of service.

THE SONG OF LOVE

- ✦ We were made for love, by love, and in love. If we boil everything down to one thing — it's love. It is the reason we were made.
- ✦ God loved us into existence so that we could love Him back for all of eternity.
- ✦ God is a lover of variety. He didn't just create love — He created it in a multi-dimensional way.
- ✦ Love languages focus on how we express and receive affection. Love styles expand on this, adding dimensions like emotional support and intellectual connection.
- ✦ As St. Mother Teresa reminds us, it is not the size of the deed — it is the size of the love that matters.

FIVE LANGUAGES OF LOVE

The concept of love languages was developed by marriage counselor Dr. Gary Chapman in the 1980s. His work with couples led him to recognize distinct patterns in how people express and interpret love. He identified five primary love languages.

Each of us gives and receives love in all five ways, but usually has a primary and secondary language.

Acts of Service: Love through action; "Actions speak louder than words" - doing, working, creating to show love to others

Gift Giving/Receiving: Love through gifting; "It's the thought that counts" - giving something to show you're thinking of the other person

Physical Touch: Love through physical connection; "To touch is to give life" - *Michelangelo* - showing love with your body: a hug, a high five, holding hands

Quality Time: Love through being together; "The greatest gift you can give someone is your time" - focused attention, zero distractions, fully present with the person you love

Words of Affirmation: Love through words; "The tongue has the power of life and death" - speaking your love out loud; compliments and encouragements, "I love you" says it all

ACTS OF SERVICE

REFLECTING GOD'S SERVANT HEART

Acts of Service literally means doing things for others. Someone with this primary love language goes out of their way to act, to show their love to those around them by doing.

How God Speaks This Language: He "works all things for the good of those who love Him." Something working out just when you need it to, an answered prayer, a friend who reaches out at the right moment — these are all ways God is showing you He is always working for you. In every Mass, He humbles Himself to become bread and wine so that we may have life — what a massive thing hidden in the smallest of places.

In Scripture: "The Son of Man did not come to be served but to serve." When Jesus came to live among us, He loved us by serving — and He does that still.

In Your Relationships: Doing chores without being asked, making dinner for someone celebrating or mourning, asking "is there anything I can do for you?" — these are ways you speak this language of love.

Your Gift to Others: You bring a servant heart to your relationships. You give of yourself by doing and working, and in that, you show your love.

"For even the Son of Man came not to be served but to serve." — Mark 10:45

GIFT GIVING/RECEIVING

REFLECTING GOD'S GENEROUS HEART

Gift giving is all about gifts from the heart. It's not about the thing itself — it's about the thought behind the gift. Someone with this primary love language is always thinking about getting or giving something to those they love.

How God Speaks This Language: Through small things that make you smile and through the big things that sometimes go unnoticed — a butterfly flitting by, a beautiful sunset that makes your heart sing, the daisies growing by the side of the road. These are gifts given by the God of the universe to love you. Not to mention the greatest gift of all — the gift of Himself in the Eucharist.

In Scripture: "Every good and perfect gift is from above." This is the heart of the matter — everything good and perfect is a gift from God.

In Your Relationships: Picking up something small when out and about, putting time and effort into choosing just the right thing, saying "I saw this and thought of you" — these are ways you speak this language of love.

Your Gift to Others: You bring joy through gifts — every item given represents a small piece of your love.

"Every good and perfect gift is from above." — James 1:17

PHYSICAL TOUCH

REFLECTING GOD'S INCARNATE LOVE

Physical Touch is about showing love through physical contact. A person with this primary love language is what many people would call "a hugger" — they show their love using their bodies to talk.

How God Speaks This Language: Many times through His creations — a hug from a friend, a gentle breeze that kisses your face, or the rush of the Spirit as He moves through your soul. God is with you.

In Scripture: "The Word became flesh and dwelt among us." He came to be with us in physical form so that we might know Him more fully. And even when He ascended to Heaven, He stayed with us in the form of the Eucharist. Every time we encounter Him in the Mass, we physically touch and consume our Lord, and kiss the face of God.

In Your Relationships: A pat on the back or a high five, a big hug when it's been awhile, or a comforting arm around your shoulder when you're feeling down — these are ways you speak this language of love.

Your Gift to Others: You bring the gift of loving touch — every hug or hand held is your language of love spoken to the world.

"The Word became flesh and dwelt among us." — John 1:14

QUALITY TIME

REFLECTING GOD'S FAITHFUL PRESENCE

Quality Time consists of spending time in the presence of those you love — simply being with the other person, fully present and without distractions.

How God Speaks This Language: By His constant Presence. He is always there, waiting for you to spend time with Him. Silent reflective prayer, time spent in Adoration simply being with the Lord, or even the sense of peace when sitting in nature — these are some of the ways He shows Himself to you.

In Scripture: "I am with you always, until the end of the age." He is always with us, loving us by His very being.

In Your Relationships: Sitting and chatting over a cup of coffee or a glass of wine, setting up time to just "hang out," or planning a lunch or dinner to catch up — these are ways you speak this language of love.

Your Gift to Others: You bring the gift of loving presence to the world — in the simplest act of being present, you love those in your life.

*"I am with you always, until the end of the age." —
Matthew 28:20*

WORDS OF AFFIRMATION REFLECTING GOD'S SPOKEN TRUTH

Words of Affirmation is all about saying your love. To someone with this love language as their primary, actions don't speak louder than words — words are the loudest thing they hear.

How God Speaks This Language: Often through the Scriptures — confirming His love for you, speaking His Truth over you, building you up and encouraging you. He also speaks through the saints and visionaries, continuing to pour out His heart to His people, 2,000 years after His death and resurrection.

In Scripture: "Gracious words are like a honeycomb, sweetness to the soul and health to the body." Our Lord speaks these gracious words to our hearts, filling our souls and healing our hearts.

In Your Relationships: Saying the words behind your feelings is how you speak this language — compliments, encouragement, and the words "I love you" mean the world.

Your Gift to Others: You tell the truth of love to those you hold dear to your heart.

"Gracious words are like a honeycomb, sweetness to the soul and health to the body." — Proverbs 16:24

SEVEN STYLES OF LOVE

The seven love styles were developed by Truity after a research project surveying over 500,000 people. They identified seven key ways individuals give and receive love.

A person usually has one primary style and two or three secondary styles.

Activity: feeling love through interest and actively engaging in the things that are important to you

Appreciation: feeling love through kind words that make you feel seen and known deeply as a person

Emotional: feeling love through emotional support, especially through difficult or vulnerable times

Financial: feeling love through a generosity of resources, someone spending what they have (time, money, talents) to bring you joy

Intellectual: feeling love through mutual intellectual connection, discussing and exploring ideas together, and valuing each other's intelligence

Physical: feeling love through physical connection of all kinds, being held, touched, loved through physical contact

Practical: feeling love through a lightening of your load, going above and beyond to make your life easier, just for love of you

ACTIVITY

LOVE IN SHARED EXPERIENCE

The Activity love style is about shared experiences. Those with this style feel special and important when their loved ones take an interest in them and their lives. It's not just about being together — it's about doing something you love with the person you love.

What This Looks Like in Action: When someone asks about how your project is going, or wants to do something together, that lights up your heart. You want those you love to enter your world with you.

How God Connects With You This Way: God is with us always, and He always wants us to ask Him into our lives and hearts. He doesn't watch from a distance — He walks alongside you.

"Walk humbly with your God." — Micah 6:8

APPRECIATION

LOVE IN BEING SEEN

The Appreciation love style is about being seen and loved for who you are, not just what you do. Those with this style feel special and important when their loved ones express their appreciation in compliments, praise, and gratefulness for them as a person. It's not just about nice words — it's about feeling like you are truly known and your gifts are appreciated by those you love.

What This Looks Like in Action: When your loved ones tell you "I'm so proud of you," or someone notices your haircut — you feel seen in the little things.

How God Connects With You This Way: God sees you completely. He knows everything about you and has numbered the hairs on your head. We are beautiful and loved by Him, just for being who we are.

*"You shall be a crown of beauty in the hand of the Lord."
— Isaiah 62:3*

EMOTIONAL LOVE IN VULNERABILITY

The Emotional love style is about being supported emotionally, especially in difficult or vulnerable times. Those with this style feel special and important when their loved ones show concern for them and make an effort to connect with and support them through their emotions.

What This Looks Like in Action: Asking "Are you okay?" or "How are you really doing?" — and then truly listening to the response — feels like a breath of fresh air. No one trying to fix anything — just helping you hold up life when things feel heavy.

How God Connects With You This Way: God tells us to "cast all our cares on Him" — He is always there for us, in good times and in bad. But especially in the darkness, He is with us. During our hardest times, our Father draws us close to His own heart.

"The Lord is near to the brokenhearted and saves the crushed in spirit." — Psalm 34:18

FINANCIAL LOVE IN GENEROSITY

The Financial love style is about being cared for with thoughtful use of your loved one's resources. It's not necessarily about the gifts themselves, but the thoughtfulness and preparation behind purchasing or planning something special. Those with this style feel special and important when their loved ones are generous with what they have to bring joy and delight to your life.

What This Looks Like in Action: A surprise outing, a small token picked up while out and about, or an offer to pick up the tab are all ways to speak this love style.

How God Connects With You This Way: God is the ultimate provider. He knows our needs intimately and takes care of us.

"My God will supply every need of yours according to His riches in glory." — Philippians 4:19

INTELLECTUAL LOVE IN MEETING OF THE MINDS

The Intellectual love style is about connecting on a deeper level through the mind. Those with this style feel special and important when their loved ones care about their opinions, value their intelligence, and seek to understand them.

What This Looks Like in Action: Having deep conversations instead of just small talk, asking your opinion and actually listening to it, or a genuine curiosity about what you think and why — these things bring you great joy and light up your soul.

How God Connects With You This Way: In Isaiah 1:18, the Lord says, "Come now, let us reason together." He knows your mind and your heart, but He wants to be invited in to share in your thoughts and feelings, your joys and sorrows.

"Come now, let us reason together." — Isaiah 1:18

PHYSICAL LOVE IN CLOSENESS

The Physical love style is about being loved through physical touch and contact. Those with this style feel special and important when their loved ones show their love through touch — a gentle hug, a squeeze on the shoulder, or a pat on the back. It's not about romance — it's about the comfort and connection of physical contact.

What This Looks Like in Action: A long hug at the end of a hard day, holding hands, or a friend who touches your arm when she's talking to you. You feel most connected through physical closeness.

How God Connects With You This Way: While God is often felt in Spirit more easily than in the Flesh, He still comforts us through His creation. We are His hands and feet in this world, and so He uses us to embrace those who need His comfort. He is also physically present in the sacraments — when the priest lays his hands on us to bless us, Jesus is there. And He continues to do that today through the hands of His priests.

"He took them in His arms and blessed them, laying His hands on them." — Mark 10:16

PRACTICAL LOVE IN THE EVERY DAY

The Practical love style is about being loved in the small, everyday tasks of life. Those with this style feel special and important when their loved ones go out of their way to help them out and lighten their daily burdens. It's not just about doing — it's about going above and beyond for the express benefit of the person you love.

What This Looks Like in Action: Helping with chores, taking something off their plate, or asking "What can I do to help you?" are all ways to love in this style.

How God Connects With You This Way: The Lord, our God, is always giving of Himself. He provided food for His people every morning. And today, He gives us Himself as the Bread of Heaven in the Eucharist, feeding us physically and spiritually each day.

*"I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day."
— Exodus 16:4*

WEEKLY CHALLENGE

This week, choose one person to love intentionally in their love language instead of your own. Notice what happens - in them and in you - when love is spoken in the language of the heart.

Closing Prayer

God of Love,

Thank You for the gift of Your love in our hearts.

Teach me to recognize the differences in the way we
love,

And help me to love others in the way they most
need.

Amen.



notes

LIVING IT OUT

Pause in Prayer:

Take a deep breath and invite the Lord into this moment.

"Jesus, how do You speak love to my heart?"

Reflect:

What do you believe is your primary love language?

What do you believe is your primary love style?

Were you surprised by your results?

LIVING IT OUT. CONTINUED

Notice:

Think about the people closest to you — what might their love languages be? How might you love them differently knowing this? Have there been moments of "missed" love — where you were loving someone in your language instead of theirs?

Discern:

How does God speak your love language to you? Where have you seen His love show up in a way that felt deeply personal? What is one relationship where understanding love languages could change how you love that person?

