Read

In March 1912, Captain Robert Scott lay huddled in his tent in Antarctica, waiting out a storm. He had lost his race to be first to the South Pole and now struggled to return to his base camp. As he suffered from starvation and frostbite, he penned a last letter to his wife and two-year-old son.

“To my widow... We are in a very tight corner and I have doubts of pulling through. If anything happens to me, I should like you to know how much you have meant to me. Oh my dear, what dreams I had of [our son’s] future. What lots and lots I could tell you of this journey. What tales you would have for the boy, but, oh, what a price to pay. To forfeit the sight of your dear, dear face.”

The letter was finally delivered after Scott’s body was found that November.

Apply

• Write a thank-you note to someone who probably isn’t expecting one (e.g., someone who didn’t just give you a present). Explain what that person has done that you appreciate. Tell how it has impacted you.

• Think of someone you care about but rarely talk to. Maybe it’s a grandparent, other relative, or an old friend. Call just to say “hi.” Spend a few unhurried minutes on the phone together.

• Try out a new format for using your words to show love! Write a poem or a song. Send a video greeting via email. Shoot out a text or a snapchat.

Love Language #1 Words

Review

Use Words of Affirmation to:

Engage

Great Job! I’m really proud of you!
**ROLE PLAY**

**Love Language #1: Words**

**TAKE 1**

*MOM is busy talking on the phone.*

ALEX:  
Mom!

*MOM keeps talking on the phone.*

ALEX:  
(more impatiently) **Mom, come ON! I’m gonna be late!**

MOM:  
(into phone) **Sorry, Lisa. I’ve got to go.** (to ALEX) **What’s the problem?**

ALEX:  
I told you! You have to drive me to practice, and now I’m going to be late!

MOM:  
Honey, that was Casey’s mom on the phone. I was making sure Casey’s dad is picking you up on the way to practice. That’s probably them in the driveway right now.

ALEX:  
You never tell me anything.

**TAKE 2**

*MOM is busy talking on the phone.*

ALEX:  
(smiles and taps wrist as if wearing a watch) **Remember, I have practice. Actually, I think we were supposed to leave already.**

MOM:  
(into phone) **Sorry, Lisa. I’ve got to go.** (to ALEX) **What’s the problem?**

ALEX:  
That was Casey’s mom on the phone. I was making sure Casey’s dad is picking you up on the way to practice. That’s probably them in the driveway right now.

ALEX:  
Oh good. Thanks for making sure I have a ride. Love you, Mom!
Read

The Effects of Being Left Out

The pain of rejection occurs in the same part of the brain as physical pain. Studies have shown that a mild painkiller can reduce the pain of rejection, suggesting that emotional pain is every bit as real as physical pain.

In addition, pain that comes from being excluded or rejected remains much more painful than physical pain long after the event. After a physical injury, the vividness of the pain eventually wears off. However, the emotional pain of being excluded remains just as strong when recalled years later.

Emotional pain does not lessen when the event can be explained away by reason, either. Even if the person who was rejected understands that it was a misunderstanding or a ruse, the very real pain that was inflicted remains.

Engage

Think about quality conversation. How much does each obstacle bother you? Mark an X on the scale (10 being most bothersome).

Texting/Using a Phone
0  5  10

Interrupting the Speaker
0  5  10

Multitasking (watching TV, cooking, etc.)
0  5  10

Focusing on Self
0  5  10

Now consider how guilty you are of each one. Mark it with an O.

Apply

Quality activities may take some planning. Think about the people closest to you. How would they most enjoy spending time with you?

Person Activity

Now make plans to do it!
TAKE 1

SAM: (angrily) I can't believe it! No one works harder than I do in the sailing club, but David got the service scholarship.

TAYLOR: (sympathetically) Don't be mad. There's always next year.

SAM: (still mad) Of course I'm going to be mad! David doesn't even do anything! He only raised the most money because his dad sold a lot of stuff at his office.

TAYLOR: No offense, but you probably could’ve raised more money if you’d started trying earlier.

SAM: What’s that supposed to mean?

TAYLOR: I’m just saying, you didn’t even start trying to do the fund-raiser until the final week.

SAM: Never mind. You aren’t even listening to what I’m saying.

TAKE 2

SAM: (angrily) I can't believe it! No one works harder than I do in the sailing club, but David got the service scholarship.

TAYLOR: ___________________________

SAM: (still mad) David doesn't even do anything! He only raised the most money because his dad sold a lot of stuff at his office.

TAYLOR: ___________________________
Dear Mr. Manners,

Please help. I never know how to act when I receive a gift. I’ve heard that you’re not supposed to open it in front of others, but I’ve also heard it’s okay to open it immediately.

Should I tear it open or carefully remove the tape? Read the card aloud or silently?

What happens if I don’t really like the gift? Do I have to pretend I like it?

Sometimes, when I receive many gifts at the same time, I’m afraid I might get a duplicate. How can I handle that so no one feels bad?

If I say thank you in person, do I still have to send a thank-you note later?

Signed,
Beguiled by Gifts
SITUATION 1: You do not like the gift

FRIEND: Happy Birthday! I hope you like it. I searched all over to find just the right one.

YOU: (after unwrapping a hideous sweater) __________________________________________

SITUATION 2: The gift is a duplicate

GRANDMA: Now, I know you’ll love this because your dad said it was number one on your list!

YOU: (after unwrapping something you already have) __________________________________

SITUATION 3: The gift is handmade

SISTER: I’m not really good at sewing yet, but I saw this fabric and thought of you right away.

YOU: (after unwrapping a poorly sewn tote bag) ________________________________________

SITUATION 4: The gift is thoughtless

SECRET BUDDY: Here ya go.

YOU: (after unwrapping an obviously regifted, unappealing book) ________________________________

SITUATION 5: The gift is awesome

UNCLE: I saw this and thought you might enjoy it.

YOU: (after unwrapping a great gift you didn’t even ask for) ____________________________________
Love Language #4 Service

Read

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples’ feet, drying them with the towel that was wrapped around him...

When he had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them.” (John 13:2–17, NIV)

Engage

Look up each word in a dictionary. Write the definitions that best apply to the love language of service.

service /ˈsərvɪs/ noun

mar·tyr·dom /ˈmɑrdrədəm/ noun

Apply

Family:

School:

Community:

World:
SCENARIO 1:

BAILEY: (playing a video game) Hey, could you turn up the contrast on the monitor? I’m having trouble seeing the flaming arrows.

CASEY: Sure. Hey, isn’t this level three? I thought you said I could have a turn after you beat level two.

BAILEY: Yeah, but level two kind of goes right into level three. Why don’t you make us those pizza bagels while I finish this level?

CASEY: Um, okay.

SCENARIO 2:

BAILEY: (playing a video game) Hey, could you turn up the contrast on the monitor? I’m having trouble seeing the flaming arrows.

CASEY: Sure. And I guess I’ll go make those pizza bagels too. I mean, I might as well do something to keep busy while you play the game.

BAILEY: Ooh, that would be great! I am kind of getting hungry.

CASEY: Yeah, it’s not like I wanted a turn anyway. I just came over to watch you play.

SCENARIO 3:

BAILEY: (playing a video game) Hey, could you turn up the contrast on the monitor? I’m having trouble seeing the flaming arrows.

CASEY: Sure. You know what? The screen looks really dusty. Why don’t you pause the game for a minute and we can get set up better. Where’s your dusting spray?

BAILEY: Don’t worry about it. I can grab it.

CASEY: Okay. While you do that, I’ll pop the pizza bagels in the oven.
The term sexual assault generally means unwanted sexual contact—in other words, sexual contact against your will and without consent. This includes rape. Sometimes people are sexually assaulted or raped by strangers. But more often, people are sexually assaulted by someone they know—a friend, date, relative, acquaintance, or even a longtime partner or spouse.

Sexual assault can be verbal, visual, or anything that forces you to join in unwanted sexual contact or attention. Examples of this are voyeurism (when someone watches private sexual acts), exhibitionism (when someone exposes him/herself in public), incest (sexual contact between family members), and sexual harassment.

Sexual assault or rape can happen to anyone, including women, men, children, and the elderly. A person can also be assaulted by someone of the same gender.

Think about the unhealthy forms of touch teens might encounter. How prevalent is each one among teens you know? Mark an X on the scale.

<table>
<thead>
<tr>
<th>Hazing activities</th>
<th>0</th>
<th>5</th>
<th>10</th>
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<tbody>
<tr>
<td>Sexual assault</td>
<td>0</td>
<td>5</td>
<td>10</td>
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<tr>
<td>Physically harmful “games”</td>
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<td>10</td>
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<tr>
<td>Bullying (physical)</td>
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<td>5</td>
<td>10</td>
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Suppose a friend experienced one of the above behaviors. What trusted adult would you go to for help?

Pay attention. Who around you likes to use touch? When? How? With whom? Who seems to draw back from touch? You are immersed in this language—start reading people’s body language!

What are your standards for touch in a romantic relationship? Don’t wait until you’re in the middle of a physical situation to decide. Set your boundaries ahead of time. Decide what’s okay and what’s not. Write it down or tell a friend.

What is your response to someone who expresses touch in a way that you find uncomfortable? Practice a response so you are ready to respond firmly but tactfully.
**Scenario 1:**

**ALEX:** Oh no. Here comes Aunt Betty.

**SAM:** So what? She’s really nice.

**ALEX:** I know, but she always wants a hug. And she holds on way too long and I end up smelling like old lady perfume. Gross.

**CASEY:** Shh, here she comes.

**AUNT BETTY:** Hello there! (leans in and hugs ALEX)

ALEX looks distressed.

AUNT BETTY leans in to hug SAM.

**SAM:** (taking a small step back and holding up fist) Hey, Aunt Betty, check this out. It’s called a fist bump. (teaches AUNT BETTY to fist-bump) My friends and I all do this instead of shaking hands or hugging. Plus, this way you won’t catch my cold.

**Scenario 2:**

**TREY:** Hey, want to come over later? My dad will be home, but he’ll probably be working in the garage. We could watch a movie or something in my room and he won’t bother us.

**ASHLEY:** Hanging out today would be great, but why don’t we go get ice cream with Jared and Hannah?

**TREY:** Um, that’s fine, but then we wouldn’t be alone.

**ASHLEY:** It will still be fun. When I’m first dating someone, I like to stick to group stuff. It’s just some advice my uncle gave me, and it has worked out well.
**Review**

Which do you think are your top 3 love languages?

___________________________________________

___________________________________________

___________________________________________

Ask 3 people who know you well what they think your primary love language is.

___________________________________________

___________________________________________

___________________________________________

**Read**

They say you can’t choose your family, but for Katie Davis that wasn’t entirely true. And no one, including Katie, would have guessed that her choice would involve becoming the mother of 13 children by the time she turned 26!

Katie traveled to Uganda from her home in Tennessee for the first time when she was 18 years old. Her mission was to serve the poor, starving, and uneducated people of Masese. In the process, this class president and homecoming queen canceled her college plans, moved to Uganda, established several aid organizations, and adopted 13 daughters.

Today, Katie is director of a large ministry in Uganda and an author. Her family grew when she met her husband, another service-minded person from Tennessee who was serving in Africa. You can bet their love-filled family speaks the language of service!

**Apply**

- The next time you catch yourself feeling angry, write it out. You might start off just venting angry feelings, but then get constructive. Think about the tips for anger management from chapter 8.

- Do you owe someone an apology? Write a note, send a text, or talk face to face. Be specific and sincere. Consider the other person’s love language as you seek to make amends.

- Offer forgiveness, even if the other person hasn’t asked for it—and even if you don’t feel like it. Remember, love is a decision, not a feeling. So is forgiveness.

**Engage**

What are the most important qualities you’d like your future spouse to have? Think about this and make some decisions before the starry-eyed feelings of love crop up!

___________________________________________

___________________________________________

___________________________________________

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**Review and Chapters 6-10**

**Activity Sheet**

<table>
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<tr>
<th>Review</th>
<th>Engage</th>
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<tr>
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