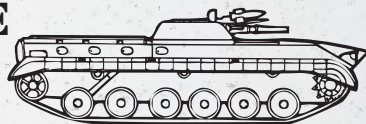


# QUALITY TIME



## WARM UP

The female definition of quality time differs considerably from the male definition. If other people in your life (particularly women) express love primarily through quality time, you will need to understand their definition. Dr Chapman describes this as “togetherness”, which he defines as “focused attention”. This does not include listening to her speak while you watch the rugby! For instance, when I go to a café with my wife, I choose to sit facing into a corner so that I am not distracted by anything or anyone else passing by. This focuses my attention and helps me maintain eye contact. An alternative that can achieve focused attention without the eye contact is going for a drive together. As a man, I am a problem-solver. I analyse problems and create solutions. We forget that our friendships or close relationships are not problems

## BACKGROUND

Five keys that *The Five Love Languages* book gives us are:

1. Maintain eye contact when the other person is talking.
2. Don't listen to them and do something else at the same time.
3. Listen for feelings. Ask yourself, “What emotion are they experiencing?” When you think you know, confirm by rephrasing it back to them. “It sounds like you're feeling disappointed because...”
4. Observe body language - clenched fists, trembling hands, furrowed brows and eye movement.
5. Refuse to interrupt. Most people only listen for 17 seconds before leaping in. Your objective is to understand what is happening.

to be solved or projects to be completed. Often people who express love through quality time just want us to listen and sympathise with the situation. They don't necessarily want a solution.

## READ John 7:33; John 17:24-26



## QUESTIONS

1. What is Jesus' desire in these scriptures?
2. From the study notes, what makes time “quality” time?

3. Who do you spend quality time with? Is your time together primarily quality conversation or quality activities?

4. I go driving or shopping with my wife, and go fishing or watch rugby with friends. What are some other ideas for quality time?

## CONSIDER THIS

We learn from one book that there are two personality types:

1. Dead Sea. A lot flows in, but not much comes out.
2. Babbling Brook. A constant flow that is hard to interrupt. There's nothing wrong with either, but we need to learn to talk or listen, as the case may be, so we can relate to others who are the opposite type.

Which personality type do you tend towards, and how can you use this knowledge to increase your quality time?

## WRAP UP

“Draw near to God and He will draw near to you.” James 4:8. We see again and again in the Bible that God invites us to draw near to Him. He wants quality time with us. The Bible also calls us to have quality fellowship with one another.



## IT'S TIME FOR PRAYER

### MY RESPONSE AS A PROMISE KEEPER

I will consider how I can improve my time with God, with friends and with my wife/family.

