

The *Five* Love Languages for Singles

INTRODUCTION

We are about to experience a journey of discovery as we search for understanding regarding one of life's greatest challenges: *How can we fulfill our need to give and receive emotional love as singles?*

The guide for navigating this journey is a format we call C-groups. C-groups are a simple and extremely practical technique for living out the principles shared in *The Five Love Languages for Singles* book. Much easier than a traditional small group, you can use C-groups in a home, a workplace setting, a church-based group, or even adapt it to fit a weekend retreat format.

Depending on your time and limitations, each session can be shared over a 30-60 minute breakfast, lunch, or evening meal time. Of course, the material is also usable for personal study and reflection, though maximum impact will only be achieved in shared community.

Before starting, be sure each group member has a copy of this group guide in addition to a copy of *The Five Love Languages for Singles* book. In each of the fourteen interactive sessions, Gary Chapman leads us through the four steps of a C-group:

Check Progress: Each session begins by having each person share what has happened in their lives since the previous C-group. Before learning anything new, check how previous information has been experienced in one another's lives.

Consider the Truth: Next, interact with one another using the study guide questions based on each chapter of *The Five Love Languages for Singles*. Allow each person to share what has made the biggest impact in their life or thinking.

Connect with Your life: Third, each session is designed to advance life-change in its readers. This includes journaling points and specific action steps you can apply during the next week to encourage use of the concepts in everyday life situations.

Communicate to Others: Ultimately, you must pass on what you are learning to others. The most direct way to accomplish this is to facilitate a C-group of your own.

Here's how this group works. At your first gathering, meet with your friends and bring your copy of *The Five Love Languages for Singles* book and *The Five Love Languages for Singles* group study guide. This guide will walk you through each step of the process. There is no outside preparation needed.

Once your C-group has begun, members can (and should be encouraged to) begin additional groups where they not only live out the five love languages, but also communicate the concepts they have learned with others.

Can it be this easy? While no group is without its problems, sharing what you are personally gaining from *The Five Love Languages for Singles* will create shared experiences that become memories and foundations for a lifetime of better relationships. So hang on and prepare for a life-changing ride that will radically alter your view of life!

