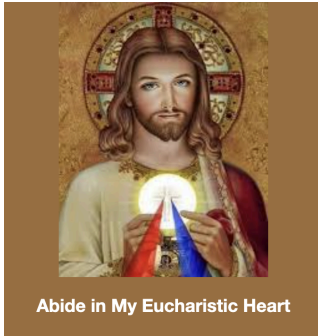


TASTE Reflection Questions
April 11, 2024



**The Eucharist and
The Five Love Languages**
Joan Watson

When you look at the Crucifix,
you understand how much Jesus loved you then.
When you look at the Sacred Host,
you understand how much He loves you now.
~ St. Teresa of Calcutta.



1. What did you find most interesting about this talk? (e.g., how self knowledge is crucially important to grow in virtue, how easy it is for signals to be crossed in giving and receiving love, such as the example of the engaged couple).
2. Joan provided some background on the book, "The Five Love Languages" which articulates that we all receive and give love in different ways. The author, Gary Chapman lists the five love languages as: 1) quality time, 2) acts of service, 3) words of affirmation, 4) gift giving and 5) physical touch. She reminded us that while he identified this set of common love languages that are useful to understand, 1) they are not meant to be an exhaustive list, 2) many of us express each of them in unique ways, and 3) most of us associate with more than one language.
 - What do you feel is your main love language....what makes you feel loved?
 - Do you find that you tend to give love in the same way as how you feel loved?
 - How did this talk help you to see that showing love for one person may be different than for another?
 - Do you feel that you have a unique love language not necessarily captured amongst the five discussed?
3. Jesus expressed each of the five love languages in His inexhaustible love for each one of us. (see back)
 - Which expression of His love are you most grateful for?
4. Joan challenged us to increase and express our love for Jesus and provided many practical examples (see back).
 - Which way(s) do you typically find yourself showing your love for God? Why?
 - Which additional ones do you think God would appreciate receiving from you? How would you do this?
 - Given that we are in the 3-year Eucharistic Revival, what can you do to express love for Jesus specifically in the Eucharist?
 - We all show love in acts of service differently. How do YOU express acts of service?

Love Language	How JESUS Expresses His Love for Us	How WE Can Express Our Love for Jesus
Words of Affirmation	• Jesus comes as the Word, and continues to live among us in scripture — a living and active word. • The Lord speaks to us in Sacred Scripture through the Liturgy and as we read the Bible (Pray the Word thru Lectio Divina). • Sacred scripture is God's love letter to comfort & convict us, but not to accuse.	• Pray prayers of praise to express affirmation as opposed to focusing on prayers of petition. • Pray the psalms as they often begin and end in praise. • Pray the "Glory be" a great way of honoring the Trinity, • Pray the Liturgy of the Hours • Praise God throughout the day • Praise the Lord for our gifts when we receive a compliment, • Pray the divine praises (Blessed be God, blessed be His Holy Name, Blessed be Jesus Christ true God and true man...).
Quality Time	• God shows us quality "time" through the incarnation — becoming one of us. • In human flesh, He enters time and space to spend "time" with us.	• Spend time with Jesus in Adoration even when the Eucharist is not exposed, sit with Him. • Commit to a specific time and have it on our calendar. • Bring some spiritual reading if an hour of silence feels too daunting.
Gift Giving	• God "gives" us priests to make present His public ministry. • God "gives" us the sacraments and makes His life accessible to us through His priests.	• Although God has everything, what we can give Him is our heart. That is what He wants. • We can give Him the gift of our time, energy, thought, and even our sins. • He wants us to be vulnerable, honest, and to give Him everything — gifts of our joys, sufferings, struggles, and sacrifices.
Acts of Service	• Jesus laid down His very life for us. • There is no greater act of service than to take on our sins and die for us.	• He wants us to love others — especially those who make demands on us and those who make life difficult for us. • We do acts of service when we pick up our cross and follow Him. • We are called to wash the feet of those who we like the least and deal with the part of them we like the least.
Physical Touch	• God desires to actually touch us and to physically nourish us. • He comes to us in ways we can see, touch, and taste Him in the Eucharist.	• In response to His gift of physical touch in the Eucharist, we can: • Give Him the gift of receiving Him worthily. • Prepare our hearts and minds • Focus on what/who we are receiving and how we do not deserve His gift. • Offer gratitude, frequent confession, preparing for Mass, getting to Mass early, & removing distractions. • Converse with Him throughout the day starting with the repetition of a short prayer.