

# One Thing

Luke 10:38-42

Luke 10:38 Now as they were traveling along, He entered a village; and a woman named Martha welcomed Him into her home. <sup>39</sup> She had a sister called Mary, who was seated at the Lord's feet, listening to His word. <sup>40</sup> But Martha was distracted with all her preparations; and she came up to Him and said, "Lord, do You not care that my sister has left me to do all the serving alone? Then tell her to help me." <sup>41</sup> But the Lord answered and said to her, "Martha, Martha, you are worried and bothered about so many things; <sup>42</sup> but only one thing is necessary, for Mary has chosen the good part, which shall not be taken away from her." (NASB)

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## THE 5 LOVE LANGUAGES

The 5 different ways we show and experience love are described by Gary Chapman as the most willing book THE 5 LOVE LANGUAGES: THE SECRET TO LOVE THAT LASTS.

**Quality Time**  Spending time together while being present and giving your full undivided attention. Activities to bond: distractions, postponed dates or not coming.

**Acts of Service**  The things you do to ease the responsibilities and burdens of others. It means a lot when someone goes out of their way to do something for someone else especially when it's a sacrifice. Activities to bond: Laughter, shared responsibilities, making them work for them.

**Words of Affirmation**  Expressing your love in words uplifts and encourages the receiver why. Saying the words "I love you" is important but saying the reason behind why you love them is most important. Activities to bond: Praise and affirmations.

**Physical Touch**  Physical presence and availability are important. They use to receive hugs, gifts on the back, hand holds are just to name others. Activities to bond: Hugs, kisses and shows of any kind.

**Receiving Gifts**  Gifts and gestures show that you are loved, loved and cared for. They focus on the thoughtfulness and effort behind a great representation of love. Activities to bond: Giving birthdays or anniversaries and thoughtful gifts.

*"Love can be expressed and received in all five languages. However, if you don't speak a person's primary love language, that person will not feel loved, even though you may be speaking the other four. Once you are speaking his or her primary love language fluently, those you can sprinkle in the other four and they will be like icing on the cake!"*  
— Gary Chapman



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## The 5 Taco Love Languages

*Words of Affirmation:* **Your tacos are delicious.**

*Acts of Service:* **I made you tacos.**

*Receiving Gifts:* **Here's a taco.**

*Quality Time:* **Let's go out for tacos.**

*Physical Touch:* **Let me hold you like a taco.**



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Luke 18:18 A certain ruler asked him, “Good teacher, what must I do to inherit eternal life?” ... Jesus answered, <sup>20</sup> You know the commandments: ‘You shall not commit adultery, you shall not murder, you shall not steal, you shall not give false testimony, honor your father and mother.’”

<sup>21</sup> “All these I have kept since I was a boy,” he said.

<sup>22</sup> When Jesus heard this, he said to him, “You still lack one thing. Sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”