

# MONDAY NIGHT SOLUTIONS

YOU'VE LOST  
THAT LOVING FEELING  
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Ever had a friend confide in you about having “lost that loving feeling” for his or her partner? “We’re committed to one another, but we just don’t feel ‘in love’ anymore.” It’s a tough scenario, but not uncommon. You may even have faced this dilemma yourself and agonized over what brought your relationship to this point, and what to do about it. While it seems like there could be dozens of reasons for this loss of love, when you boil it all down, there are only a few. Join us and learn how to get back that loving feeling.

## OUTLINE

#1. Feelings of Love Aren't Just Gravy

#2. So Where Did the Passion Go?

### #3. Avoid These Traps

### #4. Tips and Suggestions

#### **Discussion questions:**

1. Have you ever devalued your emotions, thinking they weren't important? Why?
2. What has caused your loving feelings to go away in an important relationship?
3. How has trying harder helped your feelings of love to return?
4. What can you do this week to put your "heart and soul" into the relationship?

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