

## THE FIVE LOVE LANGUAGES

Dr. Gary Chapman

Rom 5:8; But God **demonstrates His own love toward us**, in that while we were yet sinners, Christ died for us.

### #1- WORDS OF AFFIRMATION

1. Words that build up.- Eph.4:29
2. Encouraging words.- Pr,12;25
3. Kind words
4. Words of appreciation

Express verbal appreciation for the things you like in the other person

Select one positive trait about that person this week and give appreciation for it.

### #2- QUALITY TIME

Giving an individual your undivided attention.

Look at each other and talk – no distractions.

Develop “togetherness”

Develop quality conversation.= Maintain eye-contact while talking

Don't listen to your spouse and do something else at the same time

Listen for feelings & Observe body language

Refuse to interrupt

Do Quality activities - Rate 1-10 your favorite activities

Find something that meets or is close to both 10's.

Meet for lunch OR Go out for dinner – without kids or friends

Spend three (3) NIGHTS AT HOME per week.

Vacation at least once per year

### #3- GIFTS

Visual symbol of love. Something you can hold or touch that tells you the other person was/is thinking of you.

Gifts are purchased, found, or made.

Price is seldom the motivator.

Better if done in ADVANCE

Gift of self; Physical presence in time of need or difficulty is invaluable.

### #4- ACTS OF SERVICE

Gal 5:13; You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.

Doing things you know your spouse would like you to do.

Expression of love by serving another

Provide an act of service without expecting reward

Honor the other person's work by doing the things they would normally do

Make a list of the three or four meaningful things you would like your spouse to do, that if they would do them, would help you to know that you are loved.

The actions before marriage are no indication of the actions after marriage.

#### **#5- PHYSICAL TOUCH**

Physical touch can make or break a relationship. It can communicate hate or love.

The touch of physical love can take many forms / dialects.

No all touch is equal / communicate what is comfortable and uncomfortable

Don't insist on physical touch in your way and in your time

Implicit love touches

Sitting next to each other, touching a hand, shoulder or side when your walking or passing by, a kiss or hug as you enter or leave

Physical touch is a powerful communicator of love. In a time of crisis, more than anything, we need to feel loved. Words may mean little – a hug, an arm around the shoulders or a hand on the shoulder can speak volumes.

LIST YOUR LOVE LANGUAGE AND THE OTHER FOUR IN PRIORITY

LIST YOUR SPOUSE'S PRIMARY LOVE LANGUAGE AND OTHER FOUR IN ORDER OF IMPORTANCE.

#### **LOVE IS A CHOICE**

1 Cor 13:1-8; If I speak with the tongues of men and of angels, but do not have love, I have become a noisy gong or a clanging cymbal.

2 And if I have {the gift of} prophecy, and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but do not have love, I am nothing.

3 And if I give all my possessions to feed {the poor,} and if I deliver my body to be burned, but do not have love, it profits me nothing.

4 **Love is** patient, love is kind, {and} is not jealous; love does not brag {and} is not arrogant,

5 does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong {suffered,}

6 does not rejoice in unrighteousness, but rejoices with the truth;

7 bears all things, believes all things, hopes all things, endures all things.

8 Love never fails;

#### **LOVE MAKES A DIFFERENCE**

1 Pet 4:8; Above all, keep fervent in your love for one another, because love covers a multitude of sins.