

The Five Love Languages – Pt. 2

1 Pet. 3:7

Likewise, ye husbands, dwell with them according to knowledge, ...

Conclusions from last week: After the “in love” experience has ended, there are three options: resign to a loveless life, divorce, or learn to truly love the other. And, there are many whose love tanks are empty, though few couples would say they are not trying to love each other.

What is the problem?

We all have different ways of expressing and receiving love. If our spouse “speaks” one love language, and we “speak” another, we will not be able to communicate love effectively.

Sincerity or extreme effort do not make the difference.

Here’s an example: “Trenna, meines liebfrau, du bist die shonest, wichtiges, flusse in alle dem werld.”

No more can Trenna understand my German than she can my expression of love in a “foreign” love language. And unlike spoken languages, one cannot learn to receive love in a new love language. The best you can do is to recognize efforts to communicate in another language other than your own.

We must learn to speak the love languages of others. First, our spouse’s love language, then the languages of our children, then others around us. **Why?** We can even use a knowledge of love languages to reduce the opportunity for unfaithfulness in marriage, by making sure we don’t love some effectively.

One more complicating factor – “Seldom do I meet a couple who both have the same love language.”

We will learn how to determine our own love language in two weeks, but first let’s learn about each of the five love languages. Today,

Words of Affirmation

Quality Time

Gifts

Acts of Service

Physical Touch

Words of Affirmation:

Expressing love by using words that build up.

Death and life are in the power of the tongue, and those who love it will eat its fruit. – Prov. 18:21

Candace or Jennifer – Testimony of how they express and receive love through words of affirmation.

Ask them – “Do you find that you are also especially sensitive to negative words?”

Words can be both positive and negative, and those whose love language is words of affirmation can be even more easily hurt by negative words.

Let me ask the women: Are you a nagger? Please stop! There are few things short of having an affair that will damage your husband more than frequent nagging!

Men, are your words ever critical? That should never be! A woman is so sensitive to critical words, especially about her appearance, size, attractiveness, parenting, cooking, etc. You must weigh every word before you speak it to make sure that it will not hurt her. Never a critical word!

Verbal affirmation – “You are good at ...”, “I really appreciate that you ...”

Encouraging words – When you know your spouse wants to do it, but needs encouragement.

Kind words – Defusing heated situations, forgiveness, not bring up past.

A soft answer turneth away wrath: but grievous words stir up anger. – Prov. 15:1

Humble words – Requests of an equal partner, not demands or ultimatums

Need ideas? Keep a notebook. Say words of affirmation about spouse to others. Write them down.

Acts of Service **Expressing love by doing things you know your spouse would like you to do.**

²⁵But Jesus called them to Himself, and said, “You know that the rulers of the Gentiles lord it over them, and *their* great men exercise authority over them. ²⁶It is not so among you, but whoever wishes to become great among you shall be your servant, ²⁷and whoever wishes to be first among you shall be your slave; ²⁸just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”
Matt. 20:25-28

John Harris – Testimony of how he expresses and receives love through acts of service.

Add – “if done with a positive spirit!”

Ask: Examples of acts of service: Laundry, babysitting kids, cooking, cleaning, vacuuming, washing car, yard work, bugs, fixing stuff, trash, helping...

Not coerced or demanded – “Love is always freely given. Love cannot be demanded.”

Not using or manipulating – “If you were a good spouse, you would...” “You will do this or you will be sorry!”

Not based on stereotypes – you may have to forget how others have divided the roles, especially parents.

Once again, this is applicable to every marriage.

Need ideas? “Requests give direction to love, but demands stop the flow of love.” Write down three or four things that if your spouse chose to do them, it would make you feel loved.

The Five Love Languages – Pt. 3

1 Pet. 3:7

Likewise, ye husbands, dwell with them according to knowledge, ...

Conclusions from last week: We all have different ways of expressing and receiving love. If our spouse “speaks” one love language, and we “speak” another, we will not be able to communicate love effectively.

We must learn to speak the love languages of others. First, our spouse’s love language, then the languages of our children, then others around us.

We will learn how to determine our own love language in a few weeks, but first let’s continue learning about each of the five love languages. Today,

Words of Affirmation

Quality Time

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Quality Time: Expressing love by giving someone your undivided attention.

“... Let me hear your voice; For your voice is sweet, ...” – SoS 2:14

Hollie – Testimony of how they express and receive love through quality time.

Time is the most valuable thing we have. How much time do you spend focused on your spouse each day?

Togetherness – Close proximity or together? Focused attention. Spending time together in a common pursuit.

Quality conversation – Sharing thoughts, ideas, dreams

Not solving problems! Just listening. Giving advice only when requested.

- Maintain eye contact when your spouse is talking.
- Don’t listen to your spouse and do something else at the same time.
- Listen for feelings.
- Observe body language.
- Refuse to interrupt.

How many of you wives wish your husbands shared more of their emotions and feelings with you?

How many of you men remember having an emotion or feeling over the last week?

Self-revelation = Revealing events, emotions, thoughts, desires, then actions.

Quality Activities – Experiencing something together. It doesn’t matter what.

Ask: Examples of quality activities: shopping, listening to music, picnicking, taking long walks, ...

Once again, this expression of love is relevant to every marriage.

Need ideas? QC – Establish a daily sharing time in which each of you will talk about three things that happened to you that day and how you feel about them.

The Five Love Languages – Pt. 4

1 Pet. 3:7

Likewise, ye husbands, dwell with them according to knowledge, ...

Conclusions from last week: We all have different ways of expressing and receiving love. If our spouse “speaks” one love language, and we “speak” another, we will not be able to communicate love effectively.

We must learn to speak the love languages of others. First, our spouse’s love language, then the languages of our children, then others around us.

We will learn how to determine our own love language next week, but first let’s continue learning about each of the five love languages. Today,

Words of Affirmation

Quality Time

Gifts

Acts of Service

Physical Touch

Gifts:

Expressing love by giving visual symbols of your love.

³⁶Now one of the Pharisees was requesting Him to dine with him. And He entered the Pharisee’s house, and reclined *at the table*. ³⁷And behold, there was a woman in the city who was a sinner; and when she learned that He was reclining *at the table* in the Pharisee’s house, she brought an alabaster vial of perfume, ³⁸and standing behind Him at His feet, weeping, she began to wet His feet with her tears, and kept wiping them with the hair of her head, and kissing His feet, and anointing them with the perfume. ³⁹Now when the Pharisee who had invited Him saw this, he said to himself, “If this man were a prophet He would know who and what sort of person this woman is who is touching Him, that she is a sinner.” ⁴⁰And Jesus answered and said to him, “Simon, I have something to say to you.” And he replied, “Say it, Teacher.” ⁴¹“A certain moneylender had two debtors: one owed five hundred denarii, and the other fifty. ⁴²“When they were unable to repay, he graciously forgave them both. Which of them therefore will love him more?” ⁴³Simon answered and said, “I suppose the one whom he forgave more.” And He said to him, “You have judged correctly.” ⁴⁴And turning toward the woman, He said to Simon, “Do you see this woman? I entered your house; you gave Me no water for My feet, but she has wet My feet with her tears, and wiped them with her hair. ⁴⁵“You gave Me no kiss; but she, since the time I came in, has not ceased to kiss My feet. ⁴⁶“You did not anoint My head with oil, but she anointed My feet with perfume. ⁴⁷“For this reason I say to you, her sins, which are many, have been forgiven, for she loved much; but he who is forgiven little, loves little.” ⁴⁸And He said to her, “Your sins have been forgiven.” ⁴⁹And those who were reclining *at the table* with Him began to say to themselves, “Who is this *man* who even forgives sins?” ⁵⁰And He said to the woman, “Your faith has saved you; go in peace.”

Trenna – Testimony of how she expresses and receives love through gifts.

This is one of the easiest love languages to learn!

Thought is what is behind this love language. “You must be thinking of someone to give him a gift. The gift itself is a symbol of that thought. It doesn’t matter whether it costs money.”

A wedding ring is an example.

Gifts can be purchased, found, or made.

Ask: Give examples of gifts that can be purchased, found, and made.

“Their worth has nothing to do with monetary value and everything to do with love.”

An important gift that can be “made” is “**the gift of self.**”

Once again, this expression of love is relevant to every marriage.

Some people spend money easily, some don't. For the savers, you need to get over it. By obsessively saving, "you are purchasing self-worth and emotional security. You are caring for your own emotional needs in the way that you handle money. What you are not doing is meeting the emotional needs of your spouse." Purchasing gifts for your spouse is an investment.

Need ideas? Make a list of past meaningful gifts received from others. Listen carefully to spouse and note any requests.

Spouse with this love language: help your spouse! Don't make this more difficult.

Physical Touch:

Expressing love with meaningful, intentional touch.

Mr 10:13 And they were bringing children to Him so that He might touch them; and the disciples rebuked them.

So 8:3 "Let his left hand be under my head, And his right hand embrace me."

Tiffany – Testimony of how they express and receive love through words of affirmation.

Not just sex!!! "Lovingly touching your spouse almost anywhere can be an expression of love."

Figure out where / how your spouse likes to be touched and then become an expert at that.

For those whose love language is not physical touch, this will require focused attention. If your family was not a touching family then it will take even more effort.

Some are uncomfortable with "PDA", but your spouse may need it.

Ask: Examples of physical touch?

Once again, this expression of love is relevant to every marriage.

As is the case with the other languages, physical touch can have a negative side. It is absolutely unacceptable for there to be any abusive contact of any kind.

Touching is a powerful communicator of love, especially in times of crisis.

Need ideas? Touching under the table at dinner, holding hands, sitting close when reading or watching TV, massage in bed, hug / kiss when greeting / leaving.