

# LOVE LANGUAGES

## Session 6A

### Warm-up

Get together with one other couple. Tell about a time when your partner made you feel fantastic (please be appropriate).

### Introduction

Opposites \_\_\_\_\_. Why?

*"It is not good for the man to be alone. I will make a helper suitable for him"* (Genesis 2:18).

"helper" is "neged" in Hebrew which means \_\_\_\_\_ or \_\_\_\_\_ — \_\_\_\_\_ or one who helps.

### Keeping the Love Tank Full

*"By this all men will know that you are My disciples, if you love one another"* (John 13:35).

Inside every person is a \_\_\_\_\_ waiting to be filled with love. And if it is not filled, we will feel empty.

What small things does your partner do that fill up your love tank?

Each of us \_\_\_\_\_ (receives) love differently and each of us \_\_\_\_\_ (gives) love differently. These different forms of communicating love are called "love Languages." (Gary Chapman is the author of the book *The Five Love Languages*, from which much of this material originates.)

#### Five love languages:

1. \_\_\_\_\_ of \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_ of \_\_\_\_\_
5. \_\_\_\_\_

### Words of Affirmation

*"The tongue has the power of life and death, and those who love it will eat its fruit"* (Proverbs 18:21).

*"A cheerful look brings joy to the heart, and good news gives health to the bones"* (Proverbs 15:30).

*"An anxious heart weighs a man down, but a kind word cheers him up"* (Proverbs 12:25).

Words of \_\_\_\_\_ — kindness and requests, rather than demands — all affirm the self-worth of your partner. They create *intimacy*, *heal wounds*, and bring out their full *potential*.

Give an example of:

- encouragement
- speaking kindly
- making a humble request

## Quality Time

Spending quality time together through \_\_\_\_\_ — closeness and participation in joint meaningful activities — communicates that we truly *care* for and *enjoy* each other.

A central aspect of quality time is *togetherness* — not just proximity, but *focused attention*.

The two ingredients of a quality conversation: 1) \_\_\_\_\_ 2) \_\_\_\_\_

Give an example of a “quality time” activity.

## Gifts (Giving and Receiving)

Gifts are visual symbols of *love*, whether they are *items* you \_\_\_\_\_ or \_\_\_\_\_ — or simply your own *presence* made available to your partner. Gifts demonstrate that you *care*, that you thought about them when you were apart, and they represent the *value* of the relationship.

Someone who is a “gifts” person . . .

- Give an example of a gift that you received or gave, what it meant to you, and why it communicated love to you.
- Explain the phrase “gift of self.”

## Acts of Service

“*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*” (Galatians 5:13).

Criticism of your partner’s *failure* to \_\_\_\_\_ for you may be an indication that “acts of service” is your primary love language. Acts of service should never be *coerced* or demanded, but should be *freely given* and received, and completed as *requested*.

What we do for each other *before* marriage during the magical period of courtship or engagement is not an indication of what we will do *after* marriage.

Someone who is an “acts of service” person . . .

- Give an example of a humble request for help.

## Physical Touch

“*And He took the children in His arms, put His hands on them and blessed them*” (Mark 10:16).

Appropriate physical touch is a very common but often misunderstood expression of love, and it reaches to the depths of our being. As a love language, it is a powerful form of *communication* from the *smallest* \_\_\_\_\_ on the \_\_\_\_\_ to the most *passionate* \_\_\_\_\_.

If your partner's primary love language is physical touch, nothing is more important than *holding* them while they cry.

Someone who is a "physical touch" person . . .

- Give an example of one your favorite touches (again, please be appropriate).

**So, what are your top two love languages? \_\_\_\_\_ and \_\_\_\_\_**

### **Love is a Command**

*"And the second is like it: 'Love your neighbor as yourself.' All the Law and the prophets hang on these two commandments" (Matthew 22:39-40).*

*Choosing* to love in the *language* of our partner is "filling" their love tank, and has many benefits. It can help *heal* past wounds and provide a sense of safety, security and \_\_\_\_\_. Yet the feelings of "*falling in love*" aren't the same as the intentional *choices* we make to meet the deep emotional love needs of our partner.

One important dynamic to understand . . .

During courtship (or engagement), each of us is giving our full attention to the growth of the relationship. So it is relatively easy and natural to speak ALL FIVE of the love languages. But after marriage, other circumstances and/or seasons of life crowd in, and we tend to default to speaking only our top one or two love languages.

If your partner's top love languages are your bottom love languages — as is often the case — you can unintentionally fall "out of love." Be sure to speak your partner's love language to the best of your ability until "death do you part!" Do this and it will go a LONG way toward helping you both establish and enjoy a great marriage!

**COUPLES HOMEWORK PROJECT:  
A WEEK OF *LOVING* EACH OTHER!**

**This week:**

Complete the following homework assignment that aligns with your partner's first and second love language. Have fun!

**Words of affirmation** — Compliment your partner in the presence of their parents or friends. You will get double credit: Your partner will feel loved, and the parents will feel lucky to be getting (*Lord-willing*) such a great son-in-law or daughter-in-law!

**Quality time** — Take a walk together through the old neighborhood where one of you grew up. Ask questions about your partner's childhood such as, "What are the fun memories of your childhood?" Or, "What was most painful about your childhood?"

**Gifts** — Starting today, give your partner a gift every day until the next class. This does NOT require spending (gifts of the heart are usually most meaningful). We promise you that it will be a GREAT week!

**Acts of service** — Do some major acts of service like washing the car, cooking a meal, fixing something, painting a room, or washing a deck, and then post a large sign that reads, "*To (partner) with love,*" and sign your name!

**Physical touch** — When you sit together at church or a movie, or when you're driving around, reach over and hold your partner's hand! Or go for a walk together – holding hands!