

## The Five Languages of Love

The idea behind the Five Love Languages is that, as individuals, we value some types of demonstration of love higher than others. Love can be demonstrated by Words of Affirmation, Quality Time, Giving Gifts, Acts of Service and Physical Touch. We may think it important that we demonstrate love for our partner by an act of service – such as cooking a meal – but our partner may value hearing the words, “I love you” more highly. The exercise should have helped you to identify your own personal principal “love language”, and to see whether this is the same as your partners.

During the sit-down use the section corresponding to you, or your partner’s principal love language as a guide for the sit-down together. If your love language differs from your partner’s, you may have time to work through that second section too, or use it for some future sit-down.

### 1. Words of Affirmation

Sequence of the Sit Down

- a. Read aloud the biblical quotations to your spouse.

Proverbs 18 v21 - *Death and life are the gift of the tongue, those who indulge it must eat the fruit it yields.*

Song of Songs 2 v 14 – *My dove, hiding in the clefts of the rock, in the coverts of the cliff, show me your face, let me hear your voice; for your voice is sweet and your face is lovely.*

Proverbs 12 v25 – *Worry makes a heart heavy, a kindly word makes it glad.*

John 21 v15-17 – *When they had eaten, Jesus said to Simon Peter, “Simon, son of John, do you love me more than others do?” He answered, “Yes, Lord, you know I love you.” Jesus said to him, “Feed my lambs.” A second time he said to him, “Simon, son of John, do you love me?” He replied, “Yes, Lord, you know I love you.” Jesus said to him, “Look after my sheep.” Then he said to him a third time, “Simon son of John, do you love me?”. Peter was hurt that he asked him a third time, “Do you love me?” and said, “Lord, you know everything; you know I love you.” Jesus said to him, “Feed my sheep.”*

- b. What do these biblical quotations tell you about expressing this language of love ? Exchange personal reflections on the quotations, as a way of exploring this topic. Is it a common language to both of you ? Is it difficult for you to express it ? Some of these questions may help to communicate how you feel prompting discussion and offering an opportunity of change.
- c. Some questions to consider
  1. What words do we need to use to truly express our love ?
  2. What are the usual words I would say ?
  3. What words would I love to hear said to me ?
- d. Pray together, either in the chapel, or elsewhere.

## 2. Quality Time

### Sequence of the Sit Down

- a. Read aloud the biblical quotation to your spouse.

*Luke 11 v37-42 – He had just finished speaking when a Pharisee invited him to dine at his house. He went in and sat down at table. The Pharisee saw this and was surprised that he had not washed before the meal. But the Lord said to him, “You Pharisees! You clean the outside of cup and plate, while inside yourselves, you are filled with extortion and wickedness. Fools! Did not he who made the outside make the inside too? Instead, give alms from what you have and, look, everything will be clean for you. But alas, for you Pharisees, because you pay your tithe of mint and rue and all sorts of garden herbs and neglect justice and love of God! These you should have practised, without neglecting the others.*

- b. What does this biblical quotation tell you about expressing this language of love ? Exchange personal reflections on the quotation, as a way of exploring this topic. Is it a common language to both of you ? Is it difficult for you to express it ? Some of these questions may help to communicate how you feel prompting discussion and offering an opportunity of change.
- c. Some questions to consider
  1. In what aspect of our married life do we still not experience love through shared quality time ? (Moments in which it may be difficult to share; those dealing with the issues of money, sex, the other’s character, the childrens’ education....)
  2. What particular experiences of quality time am I able to live from today with you ?
- d. Pray together, either in the chapel, or elsewhere.

## 3. Giving Gifts

### Sequence of the Sit Down

- a. Read aloud the biblical quotation to your spouse.

*Luke 7 v36-50 – One of the Pharisees invited him to a meal. When he arrived at the Pharisee’s house and took his place at table, suddenly a woman came in, who had a bad name in the town. She had heard he was dining with the Pharisee and had brought with her an alabaster jar of ointment. She waited behind him at his feet, weeping, and her tears fell on his feet, and she wiped them away with her hair; then she covered his feet with kisses and anointed them with the ointment.*

*When the Pharisee who had invited him saw this, he said to himself, “If this man were a prophet, he would know who this woman is and what sort of person it is who is touching him and what a bad name she has.” Then Jesus looked up at him and said, “Simon, I have something to say to you.” He replied, “ Say on, Master.” “There was once a creditor who had two men in his debt; one owed him five hundred denarii, the other fifty. They were unable to pay, so he let both of them off. Which one*

*will love him more ?” Simon answered, “The one who was let off more, I suppose.” Jesus said, “You are right.”*

*Then he turned to the woman and said to Simon, “You see this woman? I came into your house, and you poured no water over my feet, but she has poured out her tears over my feet and wiped them away with her hair. You gave me no kiss, but she has been covering my feet with kisses ever since I came in. You did not anoint my head with oil, but she has anointed my feet with ointment. For this reason I tell you that her sins, many as they are, have been forgiven her, because she has shown such great love. It is someone who is forgiven little who shows little love.” Then he said to her, “Your sins are forgiven.” Those who were with him at table began to say to themselves, “Who is this man, that even forgives sins?” But he said to the woman, “Your faith has saved you; go in peace.”*

- b. What does this biblical quotation tell you about expressing this language of love ? Exchange personal reflections on the quotation as a way of exploring this topic. Is it a common language to both of you ? Is it difficult for you to express it ? Some of these questions may help to communicate how you feel prompting discussion and offering an opportunity of change.
- c. Some questions to consider
  - 1. What aspects of our married life are affected or not by the receiving of gifts ?
  - 2. Tell your spouse about some of gifts you have experienced and cherished.
- d. Pray together, either in the chapel, or elsewhere.

#### **4. Acts of Service**

Sequence of the Sit Down

- a. Read aloud the biblical quotation to your spouse.

*1 John 3 v17-18 – If anyone is well-off in worldly possessions and sees his brother in need but closes his heart to him, how can the love of God be remaining in him ? Children, our love must not be just words or mere talk, but something active and genuine.*

- b. What does this biblical quotation tell you about expressing this language of love ? Exchange personal reflections on the quotation, as a way of exploring this topic. Is it a common language to both of you ? Is it difficult for you to express it ? Some of these questions may help to communicate how you feel prompting discussion and offering an opportunity of change.
- c. Some questions to consider
  - 1. In what situations in our daily life together is it difficult to give or receive acts of service ?
  - 2. Talk about times when you received acts of service from your spouse and valued them.
- d. Pray together, either in the chapel, or elsewhere.

## 5. Physical Touch

### Sequence of the Sit Down

- a. Read aloud the biblical quotations to your spouse.

Proverbs 5 v18-19 – *Find joy with the wife you married in your youth, fair as a hind, graceful as a fawn: hers the breasts that fill you with delight, hers the love that ever holds you captive.*

Song of Songs 7 v11-14 – *I belong to my love, and his desire is for me. Come, my love, let us go to the fields. We will spend the night in the villages, and in the early morning we will go to the vineyards. We will see if the vines are budding, if their blossoms are opening, if the pomegranate trees are in flower. Then I shall give you the gift of my love. The mandrakes yield their fragrance, the most exquisite fruits are at our door; the new as well as the old, I have stored them for you, my love.*

- e. What do these biblical quotations tell you about expressing this language of love ? Exchange personal reflections on the quotations, as a way of exploring this topic. Is it a common language to both of you ? Is it difficult for you to express it ? Some of these questions may help to communicate how you feel prompting discussion and offering an opportunity of change.
- b. Some questions to consider
  1. Do I seek to feed, nurture and turn on my spouse's love with frequent physical expressions ? Do I seek to be loving even in front of our children ? What sometimes stops us from being more expressive towards each other ?
  2. Remember moments where physical touch was an habitual and rich language between us.
- c. Pray together, either in the chapel, or elsewhere.

### Acknowledgement

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