

Love Languages

Ephesians 3:17-19 "that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height-- to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God."

Philippians 1:9 "And this I pray, that your love may abound still more and more in knowledge and all discernment, "

- You have the ability to speak all five languages, and you should try speaking all of them.**
- Some languages are more prominent in a person's life.**
- Don't be surprised if your spouse's love languages are different from yours (sometimes the opposite).**
- To love other people you may be required to use a love language that is not your strong point. That will require sacrifice.**



Gary Chapman's Five Emotional Love Languages:

Words of Encouragement

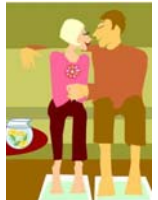
This is when you say how nice your spouse looks, or how great the dinner tasted. These words will also build your mate's self image and confidence.

1 Corinthians 8:1 We know that we all have knowledge. Knowledge puffs up, but love edifies.

Quality Time

Some spouses believe that being together, doing things together and focusing in on one another is the best way to show love. If this is your partner's love language, turn off the TV now and then and give one another some undivided attention.

John 15:12-13 "This is My commandment, that you love one another as I have loved you. "Greater love has no one than this, than to lay down one's life for his friends."



Gift Giving

It is universal in human cultures to give gifts. They don't have to be expensive to send a powerful message of love. Spouses who forget a birthday or anniversary or who never give gifts to someone who truly enjoys gift giving will find themselves with a spouse who feels neglected and unloved.

John 3:16 "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."

Ephesians 5:25 "Husbands, love your wives, just as Christ also loved the church and gave Himself for her, "



Acts of Service

Discovering how you can best do something for your spouse will require time and creativity. These acts of service like vacuuming, hanging a bird feeder, planting a garden, etc., need to be done with joy to be perceived as a gift of love.

1 John 3:18 "My little children, let us not love in word or in tongue, but in deed and in truth. "

Galatians 5:13 "through love serve one another. "



Physical Touch and Closeness

In friendship it could be a handshake, pat on back, or hug. In marriage, sometimes just stroking your spouse's back, holding hands or a peck on the cheek will fulfill this need.

1 Corinthians 7:1-5 "Now concerning the things of which you wrote to me: It is good for a man not to touch a woman. Nevertheless, because of sexual immorality, let each man have his own wife, and let each woman have her own husband. Let the husband render to his wife the affection due her, and likewise also the wife to her husband. The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does. Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control."

How do you rate yourself:

- I feel especially loved when people express how grateful they are for me, and for the simple, everyday things I do
- I feel especially loved when a person gives me undivided attention and spends time alone with me
- I feel especially loved by someone who brings me gifts and other tangible expressions of love
- I feel especially loved when someone pitches in to help me, perhaps by running errands or taking on my household chores
- I feel especially loved when a person expresses feelings for me through physical contact

Determining Your Own Love Language

Since you may be speaking what you need, you can discover your own love language by asking yourself these questions:

Q-How do I express love to others?

Q-What do I complain about the most?

Q-What do I request most often?

Rank your mate then yourself. Primary language = 1, the least = 5

My Spouse's love languages are:	My love languages are:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.