

THE FIVE LOVE LANGUAGES

DID YOUR LOVE evaporate immediately or was it a gradual loss after marriage?

The desire for romantic love in our marriage is deeply rooted in our psychological makeup.

We must be willing to learn our spouse's primary love language if we are to be effective

communicators of love. Paul exalted LOVE when he indicated that all human accomplishments that

are not motivated by love are in the end empty .He concluded that in the last scene of the human

drama only three characters will remain: **1 Cor 13:13**"Faith, Hope and Love. But the greatest of these

is Love “.

At the heart of mankind's existence is the desire to be intimate and to be loved by another. Marriage

is designed to meet that need for intimacy and love. Love is at the centre of our emotional desires.

We needed love before we “fell in love”, and we will need it as long as we live .Our dreams before

marriage are marital bliss. It’s Hard to Believe Anything else when you are In Love.

Welcome to the real world of marriage where a look can hurt and a word can crush. Intimate lovers

can become enemies and marriage a battlefield .The in-love experience does not focus on our

growth and development of the other person...Rather it gives us the sense that we have arrived

.True love requires effort and discipline. It is the choice to expend energy in an effort to benefit the

other person knowing that if his or her life is enriched by our effort you too will find a sense of

satisfaction-satisfaction of having genuinely loved another.

DISCOVERING YOUR SPOUSE’S PRIMARY LOVE LANGUAGES

The five love languages- Words of affirmation

1] Quality Time.

2] Acts of service.

3] Physical Touch.

4] Receiving Gifts.

1. WORDS OF AFFIRMATION

One way to express love emotionally is to use words that build up **Prov 18:21,12:25**. The object of

love is not getting something you want but doing something for the wellbeing of the one you love. It

is a fact, however that when we receive affirming words we are far more likely to be motivated to

reciprocate

****Encouraging words**-“to inspire courage “=requires empathy and seeing the world from your

spouse's perspective .We must first learn what is important to our spouse.

****Kind words-**The manner in which we speak is exceedingly important .Love keeps no record of

wrongs. If we are to develop an intimate relationship, we need to know each other's desires. If we

wish to love each other, we need to know what the other person wants.

****Humble words-**Love makes requests, not demands .A request introduces the element of choice.

My spouse may in fact comply with my demands ,but it is not an expression of love. It is an act of

fear or guilt or some other emotion, but not love. Thus a request creates the possibility for an

expression of love, whereas a demand suffocates that possibility.

2. QUALITY TIME

Quality time – giving someone your undivided attention. A central aspect of quality time is

togetherness. I do not mean proximity.....togetherness has to do with focussed attention.

Quality conversation – a sympathetic dialogue where two individuals are sharing their experiences,

thoughts, feelings and desires in a friendly , uninterrupted context. Words of affirmation focus on

what we are saying, whereas quality conversation focuses on what we are hearing.

Many of usare trained to analyze a problem and create solutions. We forget that marriage is a

relationship not a project to be completed or a problem to solve.

**1.maintain eye contact when your spouse is talking

**2.do not listen to your spouse and do something else at same time

**3.listen for feelings

**4.observe body language

**5.refuse to interrupt

##Write down your feelings- establish a daily sharing time in which each of you will talk 3 things

that happened to you that day and how you feel about them .

##Quality activities-doing activities in which – (!)At least one of you wants to do it, (2) the other is

willing to do it, (3) both of you know why you are doing it - to express love by being together.

3. RECEIVING GIFTS

Luke 6:38

Gifts are visual symbols of love. They need not be expensive. It is one of the easiest love languages.

Physical presence in the time of crisis is the most powerful gift you can give if your spouse's primary

love language is receiving gifts.

4. ACTS OF SERVICE

John13:3-17

What we do for each other before marriage is no indication of what we will do after marriage.
Acts

of service require thought, planning, time, effort and energy. If done with a positive spirit, they are

indeed expressions of love.

5. PHYSICAL TOUCH

Mark 10:13

Physical touch is also a powerful vehicle for communicating emotional and marital love.
Hugging,

holding hands, kissing, embracing and sexual intercourse are **ways of communicating**

emotional

love to your spouse. For some without it, they feel unloved. With it, their emotional tank is filled

and they feel secure in the love **of their spouse. Physical love can make or break a relationship. It**

can communicate love or hate.

SPEND **SOMETIME** WRITING DOWN WHAT YOU THINK IS YOUR PRIMARY LOVE LANGUAGE. THEN

LIST THE OTHER FOUR IN ORDER OF IMPORTANCE.

THREE WAYS TO DISCOVER YOUR PRIMARY LOVE LANGUAGE

1. What does your spouse do or fail to do to hurt you most deeply? Opposite of what hurts you

most is probably your love language. **Example:** if my wife does not spend time with me I am

hurt. Then obviously spending time with my wife is my love language.

2. What have you most often requested of your spouse? The thing you have most often

requested is likely the thing that would make you feel most love.

2. In what way do you regularly express love to your spouse? Your method of expressing love

may be an indication that that would also make you feel loved.