

FIVE LOVE LANGUAGES

Adapted from Dr. Gary Chapman's ground breaking work

We all seek to love and be loved, right? So why isn't it just a little easier? One reason is that you are saying "I Love You" in Spanish and her language is French! Or in other words you are communicating in a different "Love Language" than his. We tend to communicate our feelings of love and affection in the same language that we best understand it.

Discovering your own Love Language and discovering your partners Love Language is like discovering each others "G Spot" yet it's the "C Spot." (C = Communication) Your expressions of love now feel so good to your partner and the way that your partner expresses love to you back feels so right.

- Discover your primary and secondary Love Languages
- See if you can get what your partners primary and secondary Love Languages are.
- Communicate this to your partner
- Go to <http://www.fivelovelanguages.com/30sec.html> together to learn more.
- Begin expressing the love in your heart in the language that s/he can best hear.

Words of Affirmation

We all like to hear an encouraging word now and then, but some people need that "I love you" on a daily basis. This doesn't necessarily mean that they have a low self-esteem, though that is a common misconception. Quite simply, words of endearment and praise are as vital to some people as water and bread. I know that for me, having someone tell me "I love you," is just about the best thing in the world. :-) This is definitely my love language. Hearing encouragement,

promises of loyalty, love, and, as the title suggests, *affirmation* of your character, talents etc. is essential. For those of you who are the "Words of Love" type, you probably give this love more than you receive it. Perhaps you like to talk things through thoroughly and analyze conflicts down to the bone, much to the dismay of the other types, who would just as soon put the situation behind them without spending an hour discussing it. :-) Remember if you are feeling unloved, that all the affirmation you can ever need is found in the Bible. There should be more than enough passages of love and loyalty to lift you up. :-) The key to showing love to this type of person is to say the assumed, even if you think it is a given. The people who long to hear "I love you," and "I'm proud of you," will be amazingly encouraged by those simple words.

Physical Touch

Know an adorable little girl who thrives on cuddles and hugs? Or perhaps you are the type of person who needs that goodnight hug and kiss from your parents. My brothers have learned to endure my hugs, my ruffling their hair. Just by their allowing it they demonstrate their love for me, even as I show them my love. For the people in your life who enjoy that hug or hand squeeze, make a special effort to show them you love them in the way they can most easily recognize. Whether its the three-year-old you teach in Sunday School or an older sibling, physical touch is one of the best ways to show Christ's love. Remember 1 Cor. 13 and keep your heart and motives pure.

Acts of Service

I need not expound to you the significance and necessity of serving the Body of Christ. This love language is an intense form of that need to serve. I have a friend who is constantly cleaning, writing sweet notes, taking time to teach someone something, reading to a sick child, being a peacemaker, or helping someone with something.

However, to love someone in this way, you must die to you personal wants and selfish ambitions. That is the hard part. But those whose language is acts of service need you to serve them. Doing a chore for someone unasked may be a wonderful opportunity to love.

Gift-Giving

This language could easily be seen as a more fleshly desire. It may seem selfish. But let's look at it from God's point of view. He too gives gifts to His children. Why? Out of His amazing love for us. I do not see anything wrong with the occasional thoughtful gift given as a sign of love, in

hopes of encouraging another and aiding their spiritual growth. Some people are gifted to show love in this way. Learning to give as God gave—out of love.

Quality Time

All of us enjoy spending time with loved ones, and who doesn't feel treasured when you have an in-depth discussion, or fun game with your family? For some people this is their primary way of receiving and expressing love. For some it is the hardest to give, as it requires, in some ways, more of yourself than others. It is perhaps easier to hug someone than spend an hour with them, but true Christ-like love is willing to love in all ways.

As nice as it is to know what your language is, more importantly, strive to learn other's languages, and earnestly love them. Jesus perfectly loved everyone by healing, teaching, touching, caring, but most of all, by that act which we can never truly appreciate; His death is our life, and because of His love we can and must love others.