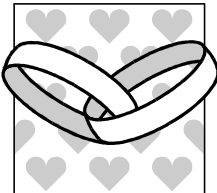




Worldwide Marriage Encounter

Languages Of Love

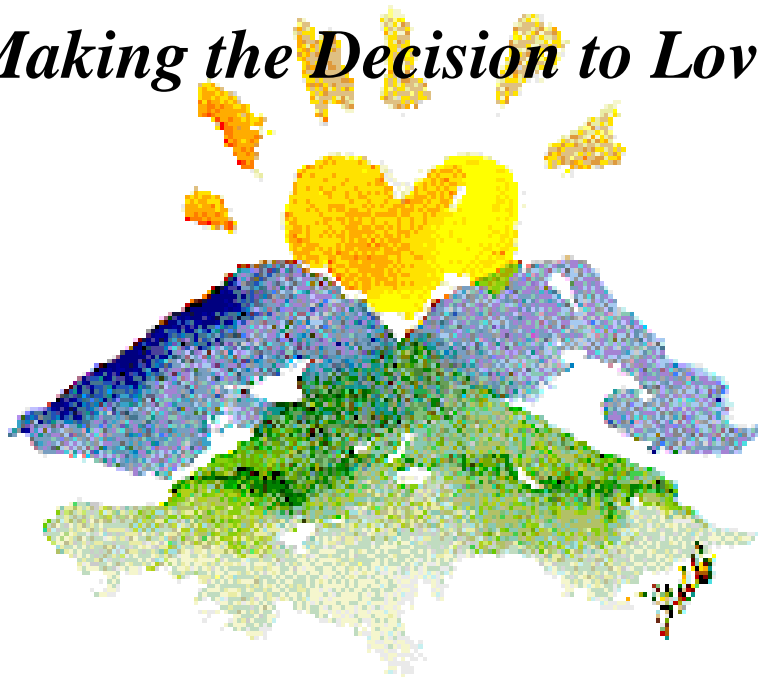


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Intimacy and Disillusionment

*What goes right and what goes wrong?
aka the Hills and Valleys of our
relationship*

Making the Decision to Love



What Happens to Love After the Wedding?

A man was married three times and each time he talked about how their relationship had changed so drastically after the wedding. The last marriage he felt he had found true love, but after the wedding she began complaining about petty things at first – like not taking out the garbage or hanging up his clothes, then later she attacked his character feeling she couldn't trust him. He felt she had become a very negative person. He honestly never knew what happened – what do you think happened?

The desire for romantic love in 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.

Ecclesiastes 9:9:

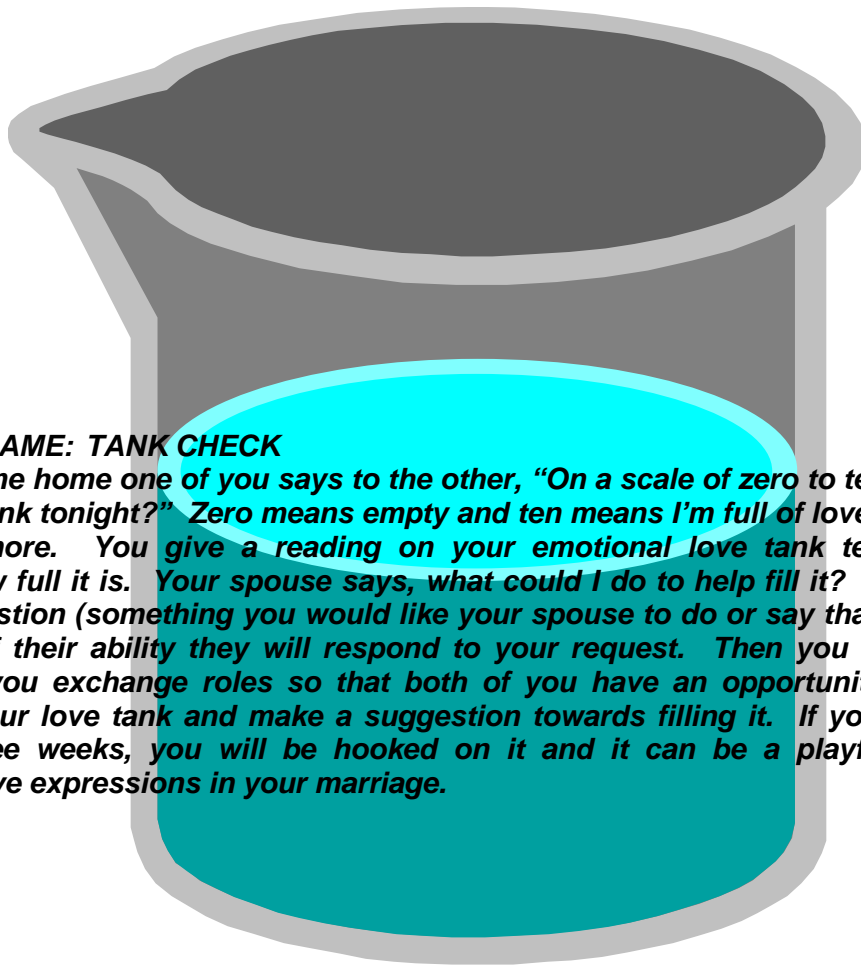
⁹ Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun— all your meaningless days. For this is your lot in life and in your toilsome labor under the sun.

1 Corinthians 13 1-3 and 13

If I speak in the tongue of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. ¹³And now these three remain, faith, hope and love. But the greatest of these is love

Love Tank

How full is my love tank right now?



LOVE TANK GAME: TANK CHECK

When you come home one of you says to the other, "On a scale of zero to ten how full is your love tank tonight?" Zero means empty and ten means I'm full of love and can't handle any more. You give a reading on your emotional love tank ten to zero indicating how full it is. Your spouse says, what could I do to help fill it? When you make a suggestion (something you would like your spouse to do or say that evening) to the best of their ability they will respond to your request. Then you repeat the process but you exchange roles so that both of you have an opportunity to do a reading on your love tank and make a suggestion towards filling it. If you play the game for three weeks, you will be hooked on it and it can be a playful way of stimulating love expressions in your marriage.

Falling in Love

“I met this girl, fell in love, and I can’t get a thing done. I can’t keep my mind on my job. I spend my day dreaming about her.”



Indicators:

- Not act of will
- Effortless and instinctive, requiring little discipline
- Lack of genuine interest in spouse’s personal growth
- Temporary emotional high
- The in-love experience does not focus on our own growth nor on the growth and development of the other person. Rather, it gives us the sense that we have arrived.

Song of Solomon 8:6:

⁶ Place me like a seal over your heart,
like a seal on your arm;
for love is as strong as death,
its jealousy unyielding as the grave.
It burns like blazing fire,
like a mighty flame.

Song of Solomon 8:7:

⁷ Many waters cannot quench love;
rivers cannot wash it away.
If one were to give
all the wealth of his house for love,
it would be utterly scorned.



Real Love

We cannot take credit for the kind and generous things we do while under the influence of “the obsession”. We are pushed and carried along by an instinctual force that goes beyond our normal behavior patterns. But if, once we return to the real world of human choice, we choose to be kind and generous, that is real love.

Indicators:

- Emotional but not obsessive
- Requires an act of will, effort and discipline
- Based on reason
- Seeks growth for the spouse
- True love cannot begin until the “in-love” experience has run its course

Discover Your Primary Love Language!

THE FIVE LOVE LANGUAGES PROFILE

Circle the one that is most like you

	A	B	C	D	E
1. I LIKE TO RECEIVE NOTES OF AFFIRMATION FROM YOU..... I LIKE IT WHEN YOU HUG ME.....	X				X
2. I LIKE TO SPEND ONE-TO-ONE TIME WITH YOU..... I FEEL LOVED WHEN YOU GIVE PRACTICAL HELP TO ME.....		X		X	
3. I LIKE IT WHEN YOU GIVE ME GIFTS..... I LIKE TAKING LONG WALKS WITH YOU.....		X	X		
4. I FEEL LOVED WHEN YOU DO THINGS TO HELP ME..... I FEEL LOVED WHEN YOU TOUCH ME.....				X	X
5. I FEEL LOVED WHEN YOU HOLD ME IN YOUR ARMS..... I FEEL LOVED WHEN I RECEIVE A GIFT FROM YOU.....			X		X
6. I LIKE TO GO PLACES WITH YOU..... I LIKE TO HOLD HANDS WITH YOU.....		X			X
7. VISIBLE SYMBOLS OF LOVE (GIFTS) ARE VERY IMPORTANT TO ME..... I FEEL LOVED WHEN YOU AFFIRM ME.....	X		X		
8. I LIKE TO SIT CLOSE TO YOU..... I LIKE FOR YOU TO TELL ME I AM ATTRACTIVE/HANDSOME.....	X				X
9. I LIKE TO SPEND TIME WITH YOU..... I LIKE TO RECEIVE LITTLE GIFTS FROM YOU.....		X	X		
10. YOUR WORDS OF ACCEPTANCE ARE IMPORTANT TO ME..... I KNOW YOU LOVE ME WHEN YOU HELP ME.....	X			X	
11. I LIKE TO BE TOGETHER WHEN WE DO THINGS..... I LIKE THE KINDS WORDS YOU SAY TO ME.....	X	X			
12. WHAT YOU DO AFFECTS ME MORE THAN WHAT YOU SAY..... I FEEL WHOLE WHEN WE HUG.....				X	X
13. I VALUE YOUR PRAISE AND TRY TO AVOID YOUR CRITICISM..... SEVERAL INEXPENSIVE GIFTS FROM YOU MEAN MORE TO ME THAN ONE LARGE GIFT.....	X		X		
14. I FEEL CLOSE WHEN WE ARE TALKING OF DOING SOMETHING TOGETHER..... I FEEL CLOSER TO YOU WHEN YOU TOUCH ME OFTEN.....		X			X
15. I LIKE FOR YOU TO COMPLIMENT MY ACHIEVEMENTS..... I KNOW YOU LOVE ME WHEN YOU DO THINGS FOR ME THAT YOU DON'T ENJOY DOING.....	X			X	
16. I LIKE FOR YOU TO TOUCH ME WHEN YOU WALK BY..... I LIKE IT WHEN YOU LISTEN TO ME SYMPATHETICALLY.....		X			X
17. I FEEL LOVED WHEN YOU HELP ME WITH MY JOBS AROUND THE HOUSE..... I REALLY ENJOY RECEIVING GIFTS FROM YOU.....			X	X	
18. I LIKE FOR YOU TO COMPLIMENT MY APPEARANCE..... I FEEL LOVED WHEN YOU TAKE TIME TO UNDERSTAND MY FEELINGS.....	X	X			

	A	B	C	D	E
19. I FEEL SECURE WHEN YOU ARE TOUCHING ME..... YOUR ACTS OF SERVICE MAKE ME FEEL LOVED.....				X	X
20. I APPRECIATE THE MANY THINGS YOU DO FOR ME..... I LIKE RECEIVING GIFTS THAT YOU MAKE.....			X	X	
21. I REALLY ENJOY THE FEELING I GET WHEN YOU GIVE ME YOUR UNDIVIDED ATTENTION..... I REALLY ENJOY THE FEELING I GET WHEN YOU DO SOME ACT OF SERVICE FOR ME.....		X		X	
22. I FEEL LOVED WHEN YOU CELEBRATE MY BIRTHDAY WITH A GIFT..... I FEEL LOVED WHEN YOU CELEBRATE MY BIRTHDAY WITH MEANINGFUL WORDS (WRITTEN OR SPOKEN).....	X		X		
23. I KNOW YOU ARE THINKING OF ME WHEN YOU GIVE ME A GIFT. I FEEL LOVED WHEN YOU HELP OUT WITH MY CHORES.....			X	X	
24. I APPRECIATE IT WHEN YOU LISTEN PATIENTLY AND DON'T INTERRUPT ME..... I APPRECIATE IT WHEN YOU REMEMBER SPECIAL DAYS WITH A GIFT.....		X	X		
25. I LIKE TO KNOW YOU ARE CONCERNED ENOUGH TO HELP WITH MY DAILY TASKS..... I ENJOY EXTENDED TRIPS WITH YOU.....		X		X	
26. KISSING ME UNEXPECTEDLY EXCITES ME..... GIVING ME A GIFT FOR NO SPECIAL OCCASION EXCITES ME....			X		X
27. I LIKE TO BE TOLD THAT YOU APPRECIATE ME..... I LIKE FOR YOU TO LOOK AT ME WHEN WE ARE TALKING.....	X	X			
28. YOUR GIFTS ARE ALWAYS SPECIAL TO ME..... I FEEL GOOD WHEN YOU ARE TOUCHING ME.....			X		X
29. I FEEL LOVED WHEN YOU ENTHUSIASTICALLY DO SOME TASK I HAVE REQUESTED..... I FEEL LOVED WHEN YOU TELL ME HOW MUCH YOU APPRECIATE ME.....	X			X	
30. I NEED TO BE TOUCHED EVERY DAY..... I NEED YOUR WORDS OF AFFIRMATION DAILY.....	X				X
TOTAL EACH COLUMN (ALL 5 COLUMNS SHOULD EQUAL 30)					
	A	B	C	D	E

A = WORDS OF AFFIRMATION
 B = QUALITY TIME
 C = RECEIVING GIFTS
 D = ACTS OF SERVICE
 E = PHYSICAL TOUCH

What is my primary love language is?

List the other 4 love languages in the order of preference:

2 _____ 4 _____

3 _____ 5 _____

The 5 Love Languages

Words of Affirmation

Quality Time

Receiving Gifts

Acts of Service

Physical Touch

What is your Love Language?

What is your Spouse's Love Language?



Dialogue/Sharing

Dialogue:

Recall a time when your spouse made a deposit in your love tank. HDIFAMA?

Sharing:

Share how you felt when your love tank was FULL during your dating days.

What did MY spouse do that helped me feel loved?



Love Language 1

Words of Affirmation

Using words that build up (Dialects)

Complimentary Words

- You look sharp in that suit.
- Do you ever look nice in that dress. WOW!
- You must be the best cook in the world. I love these potatoes.
- I really appreciate you washing the dishes tonight.
- I really appreciate you taking out the garbage.

Encouraging Words

- You're the best engineer for that job. You can do it!
- If you want to be an artist, you should try it! You are really good.

Kind Words

- I understand why you forgot to stop at the store. Don't worry about it, we can go together.
- It's okay if my new suit isn't pressed. I can wear the other one to the meeting.
- Love makes requests not demands. Demands do not build intimacy.

Request Words

- I love those apple pies you make, would it be possible for you to make one for me this week?
- I would like to spend some time with you. Could we go to a movie tonight?

Words of Praise

- You are a wonderful father.
- You have a wonderful way of working with people. You sure do help everyone to be a part of the group.

Words of Thanks

- Thank you for taking that phone call for me, I wasn't really up to it.
- Thanks for being home on time; it helped me to feel more relaxed about being ready to leave on time.

Mark Twain once said, "I can live two months on a good compliment." If we take him literally, six compliments per year would keep his love tank at the operational level. If your spouse's love language is Words of Affirmation, they will probably need a lot more than that.

Solomon wrote much on the power of the tongue just a couple verses...

Proverbs 12:18:

¹⁸ Reckless words pierce like a sword,
but the tongue of the wise brings healing.

Proverbs 18:21:

²¹ The tongue has the power of life and death,
and those who love it will eat its fruit



Exercise

LIST SOME OF YOUR SPOUSE'S POSITIVE TRAITS:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

Examples:

- He hasn't missed a day of work in 12 years.
- He makes the house payment every month.
- He mows the lawn every week.
- He carries out the garbage every week without me asking.
- She makes the beds every day.
- She is a very neat housekeeper.
- She is a great cook.
- She does the washing and most of the ironing.



Exercise

- 1. Read what your spouse wrote.**
- 2. Express verbal appreciation to your spouse for one or two things on your list.**
- 3. Write down two situations when you felt loved, after your spouse has said something positive either about you or to you.**

1 _____

2 _____

Dialogue:

HDIF when you use words to affirm me?

Commitment:

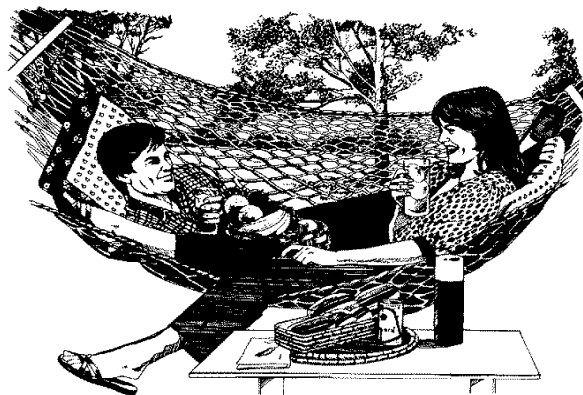
At least once per week, verbally affirm your spouse for a quality or something they do.



Love Language 2

Quality Time

- Togetherness
- Spending quality time, through sharing, listening and participation in joint meaningful activities.
- Focused and Undivided Attention.
- **NOTHING** can replace it except **taking time** for your spouse.



Quality Time

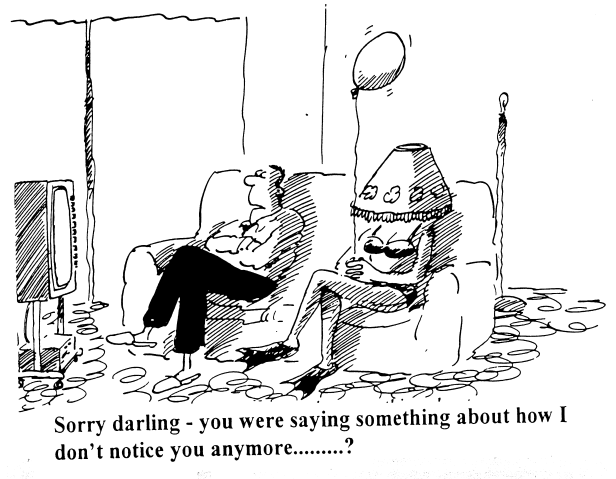
Dialects

- Quality Conversation
- Quality Activities
- Listening

- √ Maintain Eye Contact
- √ Don't listen and do something else at the same time
- √ Listen for Feelings
- √ Observe Body Language
- √ Refuse to Interrupt

- Learning to Talk

- Togetherness – not proximity... but
focused attention



Proverbs 18:13:

¹³ He who answers before listening—
that is his folly and his shame.



Exercise

Make two lists:

1) List activities that I would like my spouse to do with me

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

2) List activities that I think my spouse would like me to do with him/her

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

3) Quietly share with your spouse what you wrote

Dialogue:

How do I feel when I receive a gift from you?

Open Sharing:

Talk about a time where the two of you have shared special “quality time” together.

Commitment:

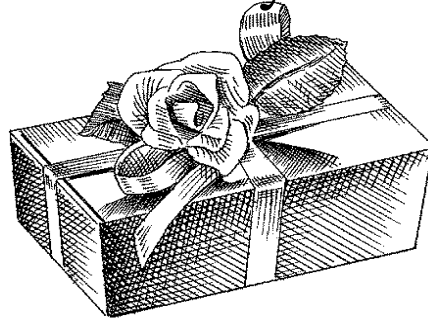
At least once per month do an activity that your spouse would like you to do with them. This is a choice by you, not a requirement from your spouse.



Love Language 3

Receiving Gifts

- Visible Symbol of Love



Exercise:

Make a list of all the gifts your spouse has expressed excitement about receiving through the years. These can be gifts from you or from others.

- 1 _____
- 2 _____
- 3 _____
- 4 _____



List at least 2 gifts that your spouse gave you that helped you feel loved and special:

- 1 _____
- 2 _____

You may wish to look at the gift as an Investment in your Relationship. Just remember it isn't always about purchasing items but it **is about the thought** that was put into the gift i.e. the thought that was put into the person. It might be also about the presentation that it is presented in – it might not be – but you will need to find out the dialect that is spoken. It can also be offering the **Gift of Self**, which especially during times of crisis is one of the most powerful gifts you can give.

Proverbs 19:6:

⁶ Many curry favor with a ruler,
and everyone is the friend of a man who gives gifts.

The value of the gift Is in the eye of the Beholder



Right, I've got my eyes closed. I just hope you haven't bought anything exotic this time - I can't abide your showy presents

Dialogue:

How do I feel when I receive a gift from you?

Remember: We are talking about all kinds of gifts here, not just gifts that are expensive, or even purchased. The bouquet of wild flowers is a gift of love.

Sharing Question:

Talks about a time where the two of you have shared special "quality time" together?

Commitment:

At least once per week, surprise your spouse with a gift of love. Remember that it can be a simple flower or a night out to dinner, but it needs to be something you give in order to lift up your spouse with love.

Love Language 4

Acts of Service

Doing Things:
With thought, effort and
with a positive spirit



In the Jennifer Aniston & Vince Vaughn movie "The Breakup" - in one of the scenes from it, during a fight, Vince says "I thought you wanted me to do the dishes" and Jennifer retorts "I want you to want to do the dishes!" Wanting to do the dishes is an act of service.

Dialects:

- Requests not Demands
- Special Projects vs. Routine Tasks
- Important to Spouse as a Person
- Unexpected/ Surprise Acts

Mark 10:43:

⁴³ But among you it will be different. Whoever wants to be a leader among you must be your servant.

Impediments to Acts of Service

- What we do for each other before marriage is no indication of what we will do after marriage.
- Love is a choice and cannot be coerced.
- Requests give direction to love, demands stop the flow of love.
- Making demands can be seen as treating our spouse as an object.
- Criticisms and demands can dry up our love tanks.
- The criticism from your spouse can be a clear clue as to their primary love language.
- Learning the love language of acts of service will require some of us to reexamine our stereotypes of the roles of husbands and wives.

Exercise

List 4 things that would help you feel loved if your spouse did them for you (REMEMBER: these are requests, not demands. You have no right to EXPECT your spouse to do them)

1.

2.

3.

4.

Now list 4 things that you think would help your spouse feel loved if you did them for him/her:

1 _____

2 _____

3 _____

4 _____

Discussion:

Can you recall a recent act of service from your spouse? How important is this love language to me?

Commitment:

At least once per week, surprise your spouse with an act of service that he/she would not expect.



Love Language 5

Physical Touch

- To touch my body is to touch me
- A powerful communicator of emotion

Some common expressions of physical touch:

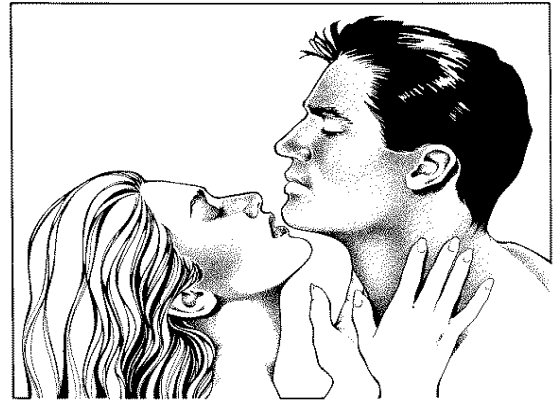
- ✓ Holding hands
- ✓ Pinch your cheeks
- ✓ Kisses and hugs
- ✓ Snuggling in each other's arms
- ✓ Sexual intercourse

Aspects of physical touch:

- Think of touch as having a broad spectrum.
- We all thrive on touch
- Sexual intercourse is only one dialect

Dialects:

- Touch as Communication
- Sexual Touch/ Intercourse
- Touch in Crisis



Physical touch can make or break a relationship. It can communicate hate or love. Physical touch, as a gesture of love, can reach to the depths of our being and really help fill our emotional love tanks. We can perceive the sensation of touch as pain or pleasure; we can interpret it as something loving or something hostile. We need to be considerate and aware of how we touch, what pleases each other and what does not.

Of the five senses, touching, unlike the other four, is not limited to one localized area of the body. It causes pain or pleasure. We interpret the touch as hot or cold, loving or hostile.

LUKE 8:43 – 48 ⁴³And a woman was there who had been subject to bleeding for twelve years,^D but no one could heal her. ⁴⁴She came up behind him and touched the edge of his cloak, and immediately her bleeding stopped. ⁴⁵"Who touched me?" Jesus asked. When they all denied it, Peter said, "Master, the people are crowding and pressing against you." ⁴⁶But Jesus said, "Someone touched me; I know that power has gone out from me." ⁴⁷Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. ⁴⁸Then he said to her, "Daughter, your faith has healed you. Go in peace."

Jesus used touch as a message of His love for His people. Loving touches are a basic of love, no matter what your primary language.

Physical Touch

The Power of Touch

During World War II there was a special hospital with two different wards for the orphans, the orphans were fed the same diet and received the same medical treatment and the environment seemed the same. However, the babies in one ward were healthy and developing well, while those in the other ward failed to thrive and were often unsettled. They set up a study to see what was happening; The study concluded that the only differing factor between the two wards was that in one ward, the ward sister allowed the nurses to pick up the babies and feed them and talk to them for long periods each day, while in the other ward the babies were fed in their cribs and rarely picked up held and cuddled.

Touches are not created equal.

- *Even the same touch can be received differently on different occasions.*
- *Some touches will bring more pleasure than others.*
- *Touches may be simple and only require a moment such as a pat on the back or helping someone get out of the car.*
- *Touches may be explicit and require your full attention*
- *Be considerate and aware of how we touch, what pleases our spouse and what does not, what is appropriate and what is not.*
- *What is most important is for the touchee to feel free to give feedback on whether a touch is pleasurable or not.*
- *Don't make the mistake of thinking that the touch that brings pleasure to you will also bring pleasure to your spouse!*

Almost instinctively, in times of crisis, humans hug or physically reach out to one another. It is at these times that our greatest need is to seek the reassurance of love.”

“The body is for touching. Whatever there is of me resides in my body. To touch my body is to touch me.

- *Touching sends messages of love, warmth, caring.*
- *Touches reach into our emotions.*
- *Touches talk and express feelings beyond words.*

“To withdraw from my body is to distance yourself from me emotionally.”

- *Pulling away from touches can cause a range of feelings from concern to deep pain and loss.*
- *Feelings can be of inadequacies and loss.*
- *Feel disaffirmed with lack of touches.*

Below is a list of examples of physical touches. We would like you to use a rating scale of 1 to 5, where 1 is not at all pleasurable, and 5 is highly pleasurable. On the left side of the page marked "your spouse" is a box to write in what you believe your spouse would rate this touch. For example: do they like you playing with their hair? On the right side marked "your rating" put in your rating of this physical touch. For example: Do you like it when your spouse plays with your hair?

Your Spouse	Physical Touch Description	Your Rating
	Playing with your hair	
	Pinching of cheeks	
	Rubbing ears	
	Kissing	
	Hugging	
	Holding Hands	
	Kissing on the neck	
	Back Rubs	
	Foot massages	
	Slow dancing	
	Blowing on the ears	
	Facial touches	
	(Other)	

Dialogue:

Share a time when I experienced love from my spouse through physical touch. WAMF recalling this?

Commitment:

At least once per week, take a 1 minute vacation (hold each other close wherever you are at the moment) for 1 whole minute and if you are in an appropriate place, learn how your spouse needs to be touched at the moment. Simple touches on the face or shoulders say a lot!

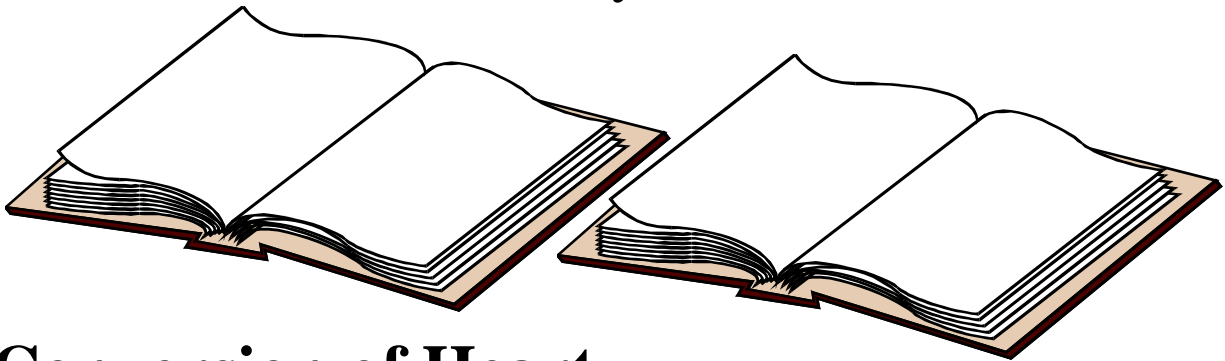
Love Language 6

Dialogue as a Language of Love

Focus on Feelings



Intimacy Grows



Conversion of Heart

- Take responsibility for feelings
- Share them – listen and accept

Conversion of Mind

- Take responsibility for thoughts
- Learn and understand

Conversion of Habit

- Take responsibility for behavior
- Make responsible choices

Commitment:

Make daily dialogue a decision to love your spouse. Make it a habit to love your spouse each day as part of your dialogue, in their love language, if possible. Commit to continued growth in intimacy by attending other enrichments. Learn to love each other better so that your Love can be a beautiful Sign of Christ's love.