

THE 5

love languages

Overview:

Christ loved us sacrificially and selflessly when he went to the cross, and this same kind of love should be evident in our marriages.

Lessons:

1. Learning the 5 Love Languages
2. Words of Affirmation
3. Quality Time
4. Giving Gifts
5. Acts of Service
6. Physical Touch



LEARNING THE 5 LOVE LANGUAGES

Find discipleship resources at pursueGOD.org/Love-Languages

TALKING POINTS

Everyone has a primary way that they show and receive love. For a better marriage, start speaking your spouse's language, even if it isn't natural for you.

- _____: If this is your language, you want to hear the specifics of why you matter to your spouse.
- _____: If this is your language, you want receive affection through hugs, hand-holding, and more.
- _____: If this is your language, action speaks louder than words.
- _____: If this is your language, you like material surprises, big and small.
- _____: If this is your language, just being present with your spouse is what matters to you.

DISCUSSION

1. *Share a time you planned something special for your spouse and it totally failed. What went wrong? What did your spouse express to you about it?*
2. *Describe the times you feel most loved by your spouse? What might that indicate about your love language?*
3. *Read Ephesians 5:25-30. What kind of love did Christ model for us? Why is real love rooted in sacrifice and service to another?*
4. *Why won't it work to love your spouse in your language, not theirs?*
5. *If you don't know your love language, do that now. (Visit 5lovelanguages.com to take a quick love language survey.) Were you surprised to find out what your languages were? Explain.*
6. *What are some practical things you can do to start speaking the language of your spouse? Make a list. Do you think it will be challenging for you to do this? Explain.*
7. *How will understanding the love languages improve your marriage? Go through the complete series [here](#).*

WORDS OF AFFIRMATION

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TALKING POINTS

Learn the power of words through understanding the love language of Words of Affirmation.

- Affirmation means you speak words of _____, _____ and _____ to someone. (Ex. "You're smart, you're beautiful or sexy, or you're a hard worker") **1 Thessalonians 5:11**
Proverbs 31:28
- People with this language need to hear _____ things in order to feel loved. It's not that it's just nice to hear, it's how they actually feel _____.
- As with all of the love languages, the goal is to become _____ in the language of your spouse. So, you'll both have to be _____ and _____ with one another as you learn to speak in each other's language.
Ephesians 5:25-29
- If this is the primary language of your spouse, go on a fact-finding mission and ask them what feels the most _____ to them. Find out if there are certain areas of their life that they like to be affirmed in more than others or the best way to _____ your affirmation.

DISCUSSION

1. *Share a time that you heard meaningful affirmation from someone (co-worker, boss, child, spouse, friend). What impact did that have on you?*
2. *Have you ever been wounded by someone's un-affirming words? What impact did that have on you?*
3. *Read 1 Thessalonians 5:11. What are some examples of affirming things you can say to your spouse? How about to your kids? How about to friends or colleagues?*
4. *Read Ephesians 5:25-29. What does this passage say about how we should love in marriage? How do the love languages support this idea?*
5. *Why is it important to be patient with your spouse as they learn how to speak affirming words to you? What is likely to happen if you grow impatient?*
6. *If this is your love language, what are some things you can do to help your spouse to better speak your language?*

QUALITY TIME

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TALKING POINTS

Learn what meaningful connection looks like as we discuss the language of Quality Time.

- This language is all about spending meaningful _____ together. It doesn't mean you just sit in the same room or sleep in the same bed. It's about doing something together that invites meaningful _____.
- Quality time means you are _____ with one another talking about how things are going with work, kids, etc. You can do it over a dinner date or driving in the car running errands. The point is connecting and talking about things that _____.
- If Quality Time is your spouse's language, ask them what quality time _____ to them. Ask them how they like to _____ and what they like to talk about. **Mark 10:45**

DISCUSSION

1. *What are some of your shared interests as a couple? How could those interests help to create quality time?*
2. *Describe a time you felt most connected to your spouse. What were the surrounding circumstances that allowed that time to be extra special?*
3. *What are some future goals you share as a couple? How do you currently discuss those? How can future plans help you bond more as a couple now?*
4. *How do you differentiate between small talk and meaningful conversation?*
5. *What is the best mindset to have if this is your spouse's language and talking is hard for you to do?*
6. *Read Mark 10:45. Jesus came to serve us. How can you better serve your spouse in the area of quality time?*
7. *If this is your love language, what are some things you can do to help your spouse to better speak your language?*

GIVING GIFTS

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TALKING POINTS

Being a great gift giver doesn't mean you have to break the bank. Learn how thoughtful gifts can speak love to your spouse.

- A person with this love language loves _____. So, they are especially excited for Christmas, birthdays and other special occasions where they can give _____ gifts to the people they love.
- The key isn't the amount of _____ you spend, the key is giving a _____ gift. **Proverbs 11:24-25**
- If this is your spouse's language, ask them to help you set the right _____ and _____. Don't assume that your spouse wants you to bust the budget they just want to know you've put _____ into the gifts you buy.

DISCUSSION

1. *What's the best gift you've ever received? Why did it mean so much to you?*
2. *What would you say you enjoy more, giving gifts or receiving them? Explain.*
3. *On a scale from 1-10, rate how good you are at buying gifts for your spouse. Explain. How could you improve?*
4. *In your opinion, what makes for a good gift? How do you think your spouse would answer this question?*
5. *Read Proverbs 11:24-25. What are some creative gift ideas that don't cost a lot of money?*
6. *What are some other questions you can ask your spouse to get a sense for the kinds of gifts they would like?*

ACTS OF SERVICE

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TALKING POINTS

Expressing love for your spouse isn't limited to words or buying gifts. Sometimes, the greatest expression of love is in your actions.

- Acts of Service is all about _____ for someone whether it's a project around the house, running an errand, or giving a back rub. This language is very common for men as they tend to like to take _____ and conquer a task.
- The key is to find out the tasks that make the most _____ on your spouse and focus on those. Even though this may be your language as well, don't assume that your spouse has the same _____. **1 Peter 4:10**
- In whatever you do, this language is all about seeing love in _____. You don't have to be a professional painter or chef. Just look to _____ your spouse in the ways that really matter to them and do it to the best of your ability.
- If this is your language, but not your spouse's, guard against becoming _____ that you work hard and do a lot but your spouse doesn't seem to notice or care. Remember, the reason is probably that your spouse's primary language isn't Acts of Service. So, make sure to learn their language and speak it _____.

LESSON #5 OF 6

DISCUSSION

1. *Think of a time your spouse did something for you that meant a lot at the time. Why did that mean so much to you?*
2. *Read 1 Peter 4:10. Why are actions important to expressing genuine love?*
3. *In what ways would you say you currently serve your spouse? Identify the ways your spouse tries to serve you?*
4. *How do you show appreciation for the ways your spouse tries to serve you? How can you improve?*
5. *Identify some areas where you would love more help from your spouse. What's a productive way to express those needs to one another?*

PHYSICAL TOUCH

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TALKING POINTS

Affection is important in every marriage and it's not limited to the bedroom.

- This language is not limited to _____. The person with this language needs many types of _____ whether it's a hug, holding hands or cuddling on the couch.
- Using the excuse, "I'm not a touchy-feely person" won't cut it if you want a _____ marriage. If this is your spouse's language then you need to find a way to speak love to your spouse through _____. **Proverbs 5:18**
- As with any of the love languages, you may see a _____ over the years in your need for one of your languages. So, with physical touch, you may not need as much affection in year 10 as you did in year one. The point is to meet the _____ and _____ of your spouse whether their need changes or not.
- What do you do if your spouse refuses to be _____? This is challenging because you can't make your spouse do something they don't want to do. But, pray that your spouse will have a _____ heart in this area and encourage them to find a mentor that can help them see the importance of speaking your language of love.

DISCUSSION

1. Would the people in your life identify you as a "touchy feely" couple or the "unaffectionate" couple? Explain.
2. As a couple, are you on the same page with how much affection you show each other? Explain.
3. Read Proverbs 5:18. Why is affection important? What tends to happen when couples stop being affectionate?
4. What is likely to happen if one spouse thinks affection should always lead to sex?
5. If you are not naturally an affectionate person, what are some practical things you can do to grow in this area for the sake of your spouse?

