

UNDERSTANDING LOVE LANGUAGES

(How to express love so that others feel it emotionally).

By Brent Hunter

Intro.

- A. Without love we could not survive!
- B. Much **confusion**, especially in communicating love.
- C. **Three types:**
 - 1. **Romantic Love**
 - a. Actually an emotional obsession that lasts about two years.
 - b. **Not** something **we choose**, just happens!
 - 2. **Love as an attitude--"Agape"**
 - a. Act of the will. Divine love.
 - b. We **choose this kind of love**
 - 3. **Love as an emotional need--**
 - a. What *Titus 2:3-4* is about.
 - b. Need instruction to have *wisdom and insight*.
 - c. The concept of love languages is key to express love so the other party *"feels it."*
- D. **Thesis:**
 - 1. The Five Love Languages
 - 2. Principles how to use and u/s them
 - 3. How to increase responsiveness

I. FIVE LOVE LANGUAGES -Simple yet profound insights

- A. Saying it with **WORDS**
 - 1. Must be **sincere and specific**
 - 2. Look for the good and build on it
 - "Caught your children doing something right."*
 - 3. Brag on good qualities of others in their presence.
 - 4. Stress the **person** behind the **deed**
 - Eg.** *"Do you like the picture I painted?" "Yes I do. But not as much as the one who painted it."*
- B. Meeting **Material Needs--GIFTS**
 - 1. Find out what the other person likes--not what you like.
 - 2. Needs to be **thoughtful**--not \$.
 - 3. Esp. meaningful when the giver **sacrifices something of value to himself\herself in order to provide for the need of the other.**
 - 4. Bible examples of Gift giving:
 - a. **Joseph's coat** of colors
 - b. **Hannah's coat** - Samuel
- C. Acts of **SERVICE I Jn 3:18** *"Love not in word, but in deed."*
 - 1. Doing for the other person--things they would like to have done!
 - 2. Some--show their love by **doing things for people.**
- D. Spending **QUALITY TIME** Together
 - 1. Giving *"Undivided attention."*

2. Jesus & the Twelve & Peter, James & John.
3. C.S. Lewis *"No time spent with a child is ever wasted."*

E. Physical **TOUCH**

1. Jesus and children--Mk 10:13-16
2. *"Three hugs a day--keeps marriage counselor away."*
3. UCLA study found that the average person needs 8-10 meaningful affirming touches a day! Touch raises the hemoglobin level in our blood, thus increasing the body's ability to heal itself and fight off disease. It lowers our blood pressure. It increases our life span. It gives us increased levels of energy/ enthusiasm. Touch makes us feel more positive about life and those with whom we interact!

II. PRINCIPLES OF COMMUNICATION

A. Remember love languages are **FILTERED**

1. We all by nature tend to speak our own language(s) and filter out others.
2. What we think we are communicating may not be interpreted that way by the other party. This can cause great hurt and frustration.

B. **Learn to speak your spouse's language**

1. Play the *"Tank Check"* Game
 - a. On a scale of 1 - 10 with 10 being full and 1 being almost empty, how is your emotional tank?
 - b. Ask your mate periodically. How is your tank?
 - c. If the answer is anything less than 9-10, ask, "How can I help fill it?"
2. Emotional Warmth **can be reborn!** You can fall in love again!

C. The Key is to Find the **Primary Language**

1. What is the **first thing you do** when you want to **express love**?
2. Probably what you want others to do for you!
3. If we don't learn to speak the primary language, the others won't be heard. After the primary language is spoken, the others are heard loud and clear.

D. **Do not abuse the primary language**

1. That is the place where your mate is *most vulnerable*.
2. Build a shrine around it and make sure you don't "slip" in the area that enters into the core and center of their soul.

III. HOW TO INCREASE RESPONSIVENESS

A. **Eliminate the Negative--** This is more important than positively communicating love!

B. **Reinforce the desired language with praise.**

C. **Clear up offenses--**

1. If offenses have not been cleared up, the couple can't be and feel close.
2. This will ultimately will affect the physical relationship. Most of the time sexual problems are not about sex, but the relationship!

Conclusion:

A. Learn this **insight and apply** it to all of your relationships!

B. If you want further information I would recommend the reading of:

1. **HOW DO YOU SAY, "I LOVE YOU?"** by Judson J. Swihart. InterVarsity Press, Downers Grove, Illinois 60515.
2. **THE FIVE LOVE LANGUAGES** by Dr. Gary Chapman