

“Five Love Languages”

1. Words of affirmation

Song of Solomon...!

"Love language"

- ***Expressing love and joy of the other's love***
1:2; 1:12b-14; 2:3-5,16; 4:10-11
- ***Expressing the need & joy of time spent tog.***
2:8-13; 7:11-13
- ***Expressing delight in the other's appearance***
1:16; 2:14; 4:7;9,12-15 – B! 1:9-10,15; 6:4...8-9
- ***Expressing the joy of physical touch***
2:6; 3:4; 4:11; 8:1-3 (Gen 20:6; 1Co 7:1)
- **Gifts? Note: Love cannot be bought! 8:7**

1. Words of affirmation

- **"Everything is better when you're here."**
- **"I appreciate it when you..."**
- **"I couldn't do this without you."**
- **"I really love the new outfit. It looks great on you!"**
- **"I'm so lucky to be with you."**
- **"I'm so thankful to have you in my life."**
- **"It impressed me when you..."**
- **"Thank you for..."**

1. Words of affirmation

- **"You are doing such a great job. I'm really proud of you."**
- **"You are one of my favorite people to be around."**
- **"You are so special to me."**
- **"You are the best."**
- **"Your support means so much to me."**
- **"You're an inspiration!"**
- **"I love you!" - a LOT**

***Marriage is an investment
that pays dividends if you
pay interest!***

What to avoid

- **Don't assume there is a perfect quote for every one of life's situations.**
- **Don't be mean or hurtful with your words; they take them to heart.**
- **Don't be overly critical or condescending; they interpret this as saying they are dumb or stupid.**
- **Don't make fun of them or tease them too intensely; they are sensitive.**

What to avoid

- **Don't try to manipulate them with words or hit below the belt.**
- **Don't try to take shortcuts in expressing love to them; they can tell when you're faking it.**
- **Don't withhold kind words as a punishment**

2. Time together

- **Put away digital devices**
- **Eye contact - not focused on TV, magazine, etc.**
- **Listen attentively, even if it may not be a subject of your special interest**
- **Plan - things BOTH you and your mate enjoy. Be willing to try something new.**
- **Date night? Without the children. (Swap children care with another couple)**
- **Honeymoon? (once a year?)**

What to avoid

- **Don't complain about the time you spend together.**
- **Resist the urge to do something else while your partner is talking.**
- **Don't make your mate feel needy and you are reluctantly filling their need.**
- **Incessant texts and emails and non-urgent phone calls**
- **Attention, time, sacrifice always being involved in things that you are interested in and enjoy.**

3. Physical touch

- **Not equivalent of marital act (sex)**
- **Holding hands? Other tender touching? (back, arm, shoulder...etc)**
- **Kissing - kiss mate tenderly other than at passionate times?**
- **Cuddling at home when not seeking gratification in the marital act...? How did you act when you fell in love...in the early days of your marriage? Why does that have to stop?**

3. Physical touch

- **Because they need it? Reassurance that you notice them, need them, appreciate them, enjoy them... turn their minds from other things that may be weighing them down**
- **Ever talk about it, discuss it, express your pleasure in it?**
- **Observation: some men reluctant to loving touches, esp. if in public (holding hands, arm around mate, gentle kiss), but not so with "new" love!**

What to avoid

- **Inappropriate and/or embarrassing touching in public**
- **Touching *only* for self gratification, regardless of mood or impact on mate**
- **Rough, demeaning, disrespectful touching and/or handling of mate**

4. Acts of service

- **A cup of coffee? Tea?**
- **A good meal...or, a favorite meal. Have a meal waiting when you mate gets home in the evening?**
- **Keeping the house so you and your mate enjoy the environment - picking up clothes (applies to both, including men); taking care of the dishes you use, cleaning up after yourself so your mae doesn't have to, taking out the trash**
- **Warming the car, preparing the bed, helping with the children, etc.**

What to avoid

- **Demanding, to be served, so that it is an *expected "duty"* for which there will be repercussions if not fulfilled (silent treatment, arguing, demeaning, "You don't love me"...)**
- **Acts of "service" *designed* to make your mate feel *guilty* for not doing them, or, for not rendering such service to you**

5. Gifts

- **Love cannot be bought! 8:7**

- **NOTE: The *poorest* people can enjoy true "love"!**

The best "gift" you can give is YOURSELF - your *attention, your words of appreciation, love, praise, thanks, kindness, your time—time to listen, time to talk, time to "have and to hold," time alone (without interference from kids, friends, digital devices, etc.), your praise, your touches that say "I love you," "I need you," "I'm glad I have you," "You're God's blessing to me"... etc. This is better than diamonds, jewelry, clothes, big houses, new cars, expensive trips!*

What to avoid

- ***Expecting* a gift and if not, be "hurt." A gift should be a matter of *grace*, not *debt*.**
- **"Breaking the bank" - spending so much on a gift that it creates a burden that may weigh on your mind, and rob you both of simple pleasures and needs. A gift of *love* is not measured by *dollars*.**
- **Only giving on expected "gift days" - birthdays, anniversaries, etc. Let your mate know you are thinking of them *all* the time and thus a gift may be a "surprise."**
- **Equating gifts with love. See the Shulammitte and shepherd in the Song of Solomon.**

Song of Solomon

Divine "love" song

Listen...! Jam 1:22-25