

HOW TO HAVE A CHAMPION MARRIAGE

Lesson 2

Five Love Languages, Part 2

I. 5 LOVE LANGUAGES IN A MARRIAGE-Love Language Three

A. _____ - _____ is a visual aid that expresses your love for your mate.

Song of Solomon 8:12 (NIV)

But my own vineyard is mine to give; the thousand shekels are for you, O Solomon. . .

Song of Solomon 1:11 (NIV)

We will make you earrings of gold, studded with silver.

Romans 12:8 (NKJV)

... he who gives, with liberality ...

B. The details of gift-giving:

1. Gift-giving is a way of saying "I love you" or "I appreciate you."
2. Impromptu _____ - _____ creates a special moment.
3. A gift is a token reflecting your _____ for your mate. (Thought needs to be followed by action to show your effort.)
4. It is not only the thought in the mind that counts; it is also the thought expressed in giving the gift that is an expression of _____.
5. Your gift doesn't have to be expensive as long as you put some thought into it.
6. Gifts are _____ symbols of love, not money (their value is in the love behind giving the gift).
7. The cost of the gift will not be an important issue to the person whose primary love language is receiving gifts.
8. There are all kinds of gifts.
9. Gifts can be purchased, found, or made.
10. Make your spouse a card out of scrap paper.

C. Learning how to give gifts

1. Recognizing the need to _____.
 - a. "I'm not a gift-giver. I didn't receive many gifts growing up . . . it doesn't come naturally for me."
 - b. Once you _____ that you speak a different love language than your spouse, you can learn how to move in their language.
2. Changing your attitude about money.
 - a. Saving and investing _____ – they feel good about themselves when they save and invest money wisely (can have resistance to spending money as an expression of love).
 - b. Spending orientation – we feel good about _____ when we spend money (have little difficulty spending money on people).

II. 5 LOVE LANGUAGES IN A MARRIAGE - Love Language Four

A. _____ (giving the person your undivided attention - communicating with no distractions)

Song of Solomon 2:14 (NIV)

My dove in the clefts of the rock, in the hiding places on the mountainside, show me your face, let me hear your voice; for your voice is sweet, and your face is lovely.

1. Spend _____ time communicating feelings and needs. You should hear yourselves saying, "I feel and I need." Learn to share your dreams, desires, thoughts, plans and goals with each other.

B. **Fourth level of communication is expressing your feelings (developing happy, joyous, peaceful, thankful, positive and loving feelings).**

1. Sharing feelings
 - a. No feeling is on its own. All feelings come from a _____ or a _____ that created a thought.

Develop healthy feelings.

1. Think on happy things
2. Successful things
3. Joyous things
4. Good things

5. Blessings
6. Things you like about your spouse
 - b. Honor and respect must be present for this to work.

C. Fifth level of communication is revealing your needs.

1. There are **five basic** _____ **for being healthy**:
 - a. Need to be loved unconditionally. (5 love languages)
 - b. Need to be appreciated.
 - c. Need to feel secure.
 - d. Need to know you were born for a purpose – destiny.
 - e. Need to feel confident. (We can do all things through Christ who strengthens us.)
2. Sharing your _____.
3. Verbal intimacy.
4. It will build _____ in the relationship.
5. Love, honor and _____ for each other should always regulate the fourth and fifth levels of communication.
6. Sharing needs that require making too great a _____ can hurt and weaken the relationship.
7. Invest _____ in the other person by listening carefully and giving an appropriate response to what they say.
8. Enter into the conversation and _____ to their heart.

Song of Solomon 2:3 (NIV)

Like an apple tree among the trees of the forest is my lover among the young men. I delight to sit in his shade, and his fruit is sweet to my taste.

Song of Solomon 2:4 (NIV)

He has taken me to the banquet hall, and his banner over me is love.

9. Planning
 - a. Time away

Song 7:11(NIV)

Come, my lover, let us go to the countryside, let us spend the night in the villages.

- b. Out to lunch
- c. Night out for dinner

1. Feeling
 2. Caring
 3. Be _____ in your listening.
- d. No interruptions.
 - e. Communicating feelings and needs
 - f. No problems allowed!

10. Asking questions

- a. Parrot back
- b. Active thoughts
- c. Ask emotion
- d. _____ their heart and connect with them emotionally.
- e. It is important to focus on them while they are speaking.
 1. Always have _____ contact.
 2. Listen for _____.
 3. Observe their body language.
- f. It takes thought, planning and doing for your mate to feel loved.

D. We all need _____.

E. You have to learn to _____ yourself.

F. Learn to connect with yourself and become in touch with your emotions.

G. Ask yourself 3x's a day, "What emotions did I _____?"

1. Write down your feelings and learn your emotional make up.
2. Set goals for the next day.

H. There are two types of people:

1. Those that talk
 - a. Whatever they see and hear they tell.

2. Those that don't talk
 - b. This person hears and sees things all day long, but doesn't share anything later when asked.

III. 5 LOVE LANGUAGES IN A MARRIAGE - Love Language Five

A. _____ and closeness

Song of Solomon 2:6 (NIV)

His left arm is under my head, and his right arm embraces me.

Song of Solomon 3:4 (NIV)

Scarcely had I passed them when I found the one my heart loves. I held him and would not let him go till I had brought him to my mother's house, to the room of the one who conceived me.

Song of Solomon 1:2 (NIV)

Let him kiss me with the kisses of his mouth—for your love is more delightful than wine.

1. Physical _____ and closeness is a special way of saying, "I love you" or "I care about you."
2. It can make or break a _____.
3. It can _____ hate or love.
4. The message through physical touch will be much louder than the words "I love you" or "I hate you" when this is a person's primary love language.
5. Decide to be _____ even when silence prevails.
6. Hold hands or put your arm around your spouse's shoulder.
7. Stand _____.
8. Sit close.
9. _____
10. Give back rubs.
11. Give kisses.
12. Act of sex

Scripture References:

Gen 29:13
 Gen 45:15
 Gen 48:10
 Acts 20:37

IV. PRIMARY LOVE LANGUAGES

A. What is your love language?

1. You _____ it more often than other languages.
2. You feel most loved when it is spoken to you.
3. What does your mate do or fail to do that _____ you the most?
4. What do you most often ask them to do?

B. You should try to speak all of the love languages.

C. You learn from your home environment and cultivated beliefs, ideals and values.

D. Every day we choose whether or not to love. Choose to love your mate in his or her love language – sacrificial _____.

V. SACRIFICIAL LOVE

A. Love is _____.

B. You don't always like to give the way your spouse receives love.

C. I choose to _____.

D. Love is a choice of the free will.

1. I choose to _____.
2. I choose to do acts of service.
3. I choose to give gifts.
4. I choose to have _____ time.
5. I choose to do physical touch.
6. I choose to give love in my spouse's love language.

HOW TO HAVE A CHAMPION MARRIAGE
Lesson 2, Five Love Languages, Part 2

ANSWER KEY

Page 1

gift-giving
gift-giving
thought
love
visual

Page 2

learn
recognize
perspective
ourselves
Quality time
personal
thought
behavior

Page 3

needs
needs
security
respect
change
time
listen

Page 4

sympathetic
Understand
eye
feelings
praise
reveal
feel

Page 5

Physical touch
touch
relationship
communicate
close
close
Hug

Page 6

speak
hurts
giving
giving
love
affirm
quality

How to Have a Champion Marriage

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HOW DO YOU FEEL LOVED?

There are 5 categories of giving and receiving love.

How full is your love tank?

- If your tank is empty, it will be hard for you to give what you have seldom received.
- If your tank is full, you will be able to overflow your love to others.
- If you know what you need to feel loved, you will be able to express that to your spouse.

Try to figure out your primary love language by checking the descriptions that most apply to you in each category listed below. The category with the most check marks is probably your primary love language.

WORDS OF AFFIRMATION

- I feel loved most when my spouse compliments me.
- I feel loved most when my spouse notices the little things.
- I feel loved most when my spouse makes me feel good about myself.
- I feel loved most when my spouse expresses his/her feelings towards me.
- I feel loved most when my spouse says nice things about me in front of others.
- I feel loved most when my spouse encourages me.

QUALITY TIME

- I feel loved most when my spouse spends time with me.
- I feel loved most when my spouse focuses his/her full attentions on me.
- I feel loved most when my spouse does things that I want to do.
- I feel loved most when my spouse wants to take me to lunch.
- I feel loved most when my spouse sits and listens to me.
- I feel loved most when my spouse maintains eye contact with me.
- I feel loved most when my spouse shares meaningful events in his/her life with me.

RECEIVING GIFTS

- I feel loved most when my spouse gives me flowers.
- I feel loved most when my spouse sends me a card or letter.
- I feel loved most when my spouse gives me the gift of his/her time.

- ❑ I feel loved most when my spouse finds something for me that reminds him/her of me.
- ❑ I feel loved most when my spouse surprises me with little tokens of his/her affections.
- ❑ I feel loved most when my spouse remembers special occasions with a gift.
- ❑ I feel loved most when my spouse creates special occasions with a gift.

ACTS OF SERVICE

- ❑ I feel loved most when my spouse does things for me.
- ❑ I feel loved most when my spouse surprises me by completing a project with me.
- ❑ I feel loved most when my spouse helps me with things.
- ❑ I feel loved most when my spouse cooks for me.
- ❑ I feel loved most when my spouse tries to make my life easier.
- ❑ I feel loved most when my spouse does things cheerfully.
- ❑ I feel loved most when I don't have to ask for help.
- ❑ I feel loved most when my spouse and I are doing things (even chores) together.
- ❑ I feel loved most when my spouse learns to do an activity with me.

PHYSICAL TOUCH

- ❑ I feel loved most when my spouse holds my hand.
- ❑ I feel loved most when my spouse hugs me for no reason.
- ❑ I feel loved most when my spouse gives me a back-rub.
- ❑ I feel loved most when my spouse sits close to me.
- ❑ I feel loved most when my spouse holds me when I cry.
- ❑ I feel loved most when my spouse touches my face.
- ❑ I feel loved most when my spouse puts his/her arm around my shoulder.
- ❑ I feel loved most when my spouse kisses me.