

“What is Your Love Language?”

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“Jesus said to him, ‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’” Matthew 22:37-39 (NKJV).

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.” John 13:34-35 (NKJV).

1. We are all called to love God and love people – our highest calling.
2. We are to love people totally and unconditionally.
3. This is a demonstration that we are true disciples.

“Feeling loved is a primary emotional need for human beings. When your love tank is full, you are emotionally satisfied.” (Gary Chapman)

#### THE FIVE LOVE LANGUAGES

1. Words of Affirmation
2. Quality Time
3. Receiving Gifts
4. Acts of Service
5. Physical Touch

Jesus showed us “how to love one another” by modeling each of the five love languages for us.

#### 1. Words of Affirmation

Luke 24:50-51 - Jesus blessed the disciples prior to His ascension.

Matthew 26:10–11 - Jesus affirmed the woman who washes His feet.

Ephesians 4:29 - We are commanded to speak only words that will impart grace to people.

#### 2. Quality Time

Matthew 9:10 - Jesus had dinner at Matthew’s house.

Luke 19:5-6 - Jesus stayed at Zacchaeus’ house.

Luke 24:36-46 - Jesus spent time with the disciples after His resurrection.

### 3. Receiving Gifts

Matthew 7:11 - Jesus said God loves to give good gifts to His children

Matthew 15:35-37 - Jesus fed the multitudes.

### 4. Acts of Service

John 13:1-5 - Jesus washed His disciple's feet.

Mathew 8:16 - Jesus healed the multitudes.

Matthew 20:28 - Jesus said he came to serve people.

### 5. Physical Touch

Matthew 8:3 - Jesus touched the leper.

Matthew 8:15 - Jesus touched Peter's mother in law and heals her.

Mark 10:16 - Jesus took the children into His arms and put his hands on them

## UNDERSTANDING THE FIVE LOVE LANGUAGES

### 1. Words of Affirmation

- "Death and life are in the power of the tongue" Proverbs 18:21a (NKJV).
- Affirmation...a positive declaration. But we have a tendency to focus on the negative.
- A word of affirmation means saying the assumed and unspoken about someone.

### 2. Quality Time

- "Let us not neglect our meeting together...but encourage one another" Hebrews 10:25 (NLT).
- "Love is spelled T-I-M-E." This can hold its challenges in today's busy society.
- Spending time together in a common pursuit to experience togetherness.

### 3. Receiving Gifts

- Luke 6:38 If you give, you will receive. Your gift will return to you in full measure.
- A gift is a tangible symbol of someone's thoughts toward you. Thought is given when someone goes out of their way to find something special for another individual.
- Receiving a gift is not about the value but rather knowing they are loved.

### 4. Acts of Service

- "...through love serve one another" Galatians 5:13b (NKJV).
- Expressing your love by doing things for others.
- Thought, planning, time, effort, energy. We need to be on the alert for opportunities.

### 5. Physical Touch

- "Greet one another with a holy kiss" Romans 16:16a (NKJV).
- Hugging is an amazing medicine.



- The importance of physical touch can be seen in the way the enemy has distorted it.
- This is one of the harder languages for someone to admit a need.

#### KEYS TO DISCOVERING SOMEONE'S LOVE LANGUAGE

- Watch their behavior, what makes them light up?
- What language do they most readily give to others?
- Ask them.

#### CHALLENGE

God has commanded us to love one another – let's make a commitment to do that daily!

- Use all five different ways to communicate love to people.
- No matter how well you may or may not have communicated love in the past, this is a new day to begin loving one another like Jesus commanded.

Resources:

The Five Love Languages- How to Express Heartfelt Commitment to your Mate, by Gary Chapman

The Language of Love – A Powerful Way to Maximize Insight, Intimacy, and Understanding, by Gary Smalley and John Trent, PhD