

# Love Languages

This is intended to promote discussion between husbands and wives to help deepen their relationship even further. When meeting a couple with this paper in mind, don't mention beforehand what is set out below relating to lists as it is better if the couple does not have time to think about it beforehand.

## **1 Write a list of things that you like about your partner starting with the most important**

Under this section, each one may tend to write what it is the counsellors want to hear or what they think their partner wants to hear. That's a risk but once the lists have been completed (give ten minutes or so to do it) each can take it in turn to read out what is on their list. That will show that each partner sees something good in the other and it is good to voice it. Discussion will almost certainly follow.

## **2 Write a list of ways you would like to see your partner change starting with the most important.**

Such changes must be reasonable. For example, it's no good putting down things like "I wish he had green eyes".

Under this section, it is more difficult to put down what the counsellors might want to hear or what the other partner wants to hear. Moreover, what is said by one partner about the other may not be welcome news to the other. However, where a husband and wife are very much in love, each will want to please the other and knowing what might be done to help that along should be acceptable. Discussion is almost certain to follow. If each partner really loves the other, there should be a willingness to take this seriously and it may well be necessary to discuss how such changes may be put into effect and when. Giving each other time to think about changes and, at the same time, settling some timetable to begin putting them into effect can be useful.

## **3 Consider 1 Corinthians 13**

In particular, look at the scripture where it states that "Love keeps no record of wrongs". That can be useful where the couple admits a tendency to bring up differences from the past rather than forgiving each other and moving on. Also, where one or other of them has a tendency to nag or make unreasonable demands, it can be pointed out that "At the heart of love is the spirit of giving". Requests give direction but demands stop the flow of love. Statements like "How much longer are you going to leave the garden gate? If I've asked you once I've asked you a dozen times to fix it!" are not helpful and particularly if repeated daily in an attempt to get the job done. They are certainly not conducive to maintaining a loving atmosphere in the home. Better to put it differently. For example, "Just wanted to mention about the gate – perhaps you could see to it a convenient time?"

## **4 Love Languages**

For a couple to respond to each other in conversation, each needs to speak in a language understood by the other. It has been suggested that there are five love languages and for one partner to enjoy loving responses from the other, it is necessary to use the love language(s) understood by the other. Here are the love languages as proposed by Gary Chapman in his book "The Five Love Languages".

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

So, if the primary love language of one partner is physical touch but the other partner rarely provides it, one avenue of loving response from the one partner will tend to be closed. Similarly, if the primary love language of the other partner is words of affirmation but the other partner rarely hears them, that avenue for a loving response will tend to be closed. However, where each of them communicates frequently in the love language(s) of the other, frequent loving response are likely which, in turn, will lead to a deepening of their relationship.

A discussion as to what the love languages are of the couple concerned can be helpful here with a view to each considering how to communicate in the love language(s) of the other