

Expressions of Love ~ Five Love Languages

Intro: What is your love language? Most people will express their love or emotions in five different “languages.” But one or two of those languages usually dominate. It is helpful to your overall communication, and especially your communication of love to know and understand how someone hears love (and also communicates it), because not all people have the same love language. As you apply the concept of love languages in relationships, you need to know that people usually express love in the way they’d like to be loved—but be aware that this does not always hold true. Getting to know how others communicate love and how they hear love is an exciting part of relationships. Not just between husbands and wives, parents and children, or coworkers and friends... but in the relationship between us and our God!

Individuals hear “I love you” in different ways. Author/counselor, Gary Chapman, identifies five love languages:

Words of Affirmation

A person who hears love expressed in this language, feels most loved when someone uses words to express how they feel about him or her. If words of affirmation are how you primarily express love for others then you’ll also be more sensitive to...

Negative language: “Who cares?” “You never pay attention to me.” “I work my tail off, and all I hear is criticism.”

Positive language: “I love you.” “Thank you.” “I’m glad you are part of our family.” “I’m so glad I married you.”

Jesus’ language: “*Knowledge puffs up (makes arrogant), but love builds up.*” (1 Corinthians 8:1)

Quality Time

Those who chiefly hear love in this language see time spent together as an expression of love. Setting or activity doesn’t usually make much of a difference, but this love is best communicated when individuals give full attention to each other.

Negative language: A husband watches TV while his wife tries to tell him about her day. A mother checks her Facebook page while her grade school son wants to read to her. A boss continues to work on emails when an employee comes to visit.

Positive language: A couple goes for a walk outside. A family makes time to sit and have dinner together, followed by a devotion. Worshipping in church or taking Holy Communion together with fellow believers.

Jesus’ language: “*Then (Jesus) appointed the twelve, that they might be with Him and that He might send them out to preach.*” (Mark 3:14)

Receiving Gifts

God is a giver. He loves and He gives. Gifts are a universal expression of love. Some people care about receiving gifts more than others do. If you primarily communicate through gifts, the gifts don’t have to be expensive—but make sure to put the thought into it, so it reflects your actual feelings. To those who hear love primarily in this language, a gift may say...

Negative language: “Your friendship is valued as much as this card cost.” “I can buy your love.”

“I threw this together at the last minute.”

Positive language: “I was thinking of you when I saw this on my trip.” “You are needed and important to me.” “I wanted to celebrate this special day with you by giving you this gift.” “I wanted to make this sacrifice for you.”

Jesus’ language: “*God so loved the world that He gave His only begotten Son that whoever believes in Him will not perish but have everlasting life.*” (John 3:16)

Acts of Service

In this love language, doing tasks is the expression of love. The attitude behind the act or action is especially important. People who hear love this way feel supported and cared for because their burden is shared or taken away completely.

Negative language: The teenager who always expects laundry to be done and food stocked in the kitchen, but then grumbles, whines, or complains whenever doing chores around the house. The man finally served on the committee because “nobody else would do it.” The adult who doesn’t want to take care of mom or dad any longer.

Positive language: One Saturday, a woman was running late for a meeting at church and discovered her car had a flat tire. Her husband insisted that she take his car. When she returned two hours later, her tire was changed and her husband was finishing washing and waxing her car. By his actions, it was the same as shouting, “I love you!”

Jesus’ language: “*My little children, let us not love in word or in tongue, but in deed and truth.*” (1 John 3:18)

Physical Touch

Physical touch is a powerful communicator. In almost every nation physical touch is used as warm and welcomed greeting (handshake, hug, kisses on cheek, etc.). People who care most about this love language find connection, endearment, and positive reinforcement through physical touch.

Negative language: It is so grievous, sinful, and sad, how any kind of physical violence or sexual assault communicates only selfishness and the opposite message of love.

Positive language: A baby *feels* love through touch long before he *understands* the meaning of love. Teens who are too “grown up” to be hugged will appreciate a pat on the back as encouragement. A high five between teammates.

Jesus’ language: “*Then they brought little children to [Jesus] that He might touch them...*” (Mark 10:13)

THE FIVE LOVE LANGUAGES

Profile

For each pair of statements, choose the one which best fits you and mark the corresponding box.

	A	B	C	D	E
1. I like to receive notes of affirmation. I like to be hugged.	<input type="checkbox"/>				
2. I like to spend one-to-one time with a person who is special to me. I feel loved when someone gives practical help to me.	<input type="checkbox"/>				
3. I like it when people give me gifts. I like leisurely visits with friends and loved ones.	<input type="checkbox"/>				
4. I feel loved when people do things to help me. I feel loved when people touch me.	<input type="checkbox"/>				
5. I feel loved when someone I love or admire puts his/her arm around me. I feel loved when I receive a gift from someone I love or admire.	<input type="checkbox"/>				
6. I like to go places with friends and loved ones I like to high-five or hold hands with people who are special to me.	<input type="checkbox"/>				
7. Visible symbols of love (gifts) are very important to me. I feel loved when people affirm me.	<input type="checkbox"/>				
8. I like to sit close to people whom I enjoy being around. I like for people to tell me I am attractive/handsome.	<input type="checkbox"/>				
9. I like to spend time with friends and loved ones. I like to receive little gifts from friends and loved ones.	<input type="checkbox"/>				
10. Words of acceptance are important to me. I know someone loves me when he/she helps me.	<input type="checkbox"/>				
11. I like to be together when we do things. I like the kind words you say to me.	<input type="checkbox"/>				

	A	B	C	D	E
12. What someone does affects me more than what he/she says. Hugs make me feel connected and valued.					
13. I value praise and try to avoid your criticism. Several small gifts mean more to me than one large gift.					
14. I feel close to someone when we are talking or doing something together. I feel closer to friends and loved ones when they touch me often.					
15. I like for people to compliment my achievements. I know people love me when they do things for me that they don't enjoy doing.					
16. I like to be touched as friends and loved ones walk by. I like it when people listen to me and show genuine interest in what I am saying.					
17. I feel loved when friends and loved ones help me with jobs or projects. I really enjoy receiving gifts from friends and loved ones.					
18. I like for people to compliment my appearance. I feel loved when people take time to understand my feelings.					
19. I feel secure when a special person is touching me. Acts of service make me feel loved.					
20. I appreciate the many things that special people do for me. I like receiving gifts that special people make for me.					
21. I really enjoy the feeling I get when someone gives me undivided attention. I really enjoy the feeling I get when someone does some act of service for me.					
22. I feel loved when someone celebrates my birthday with a gift. I feel loved when someone celebrates my birthday with meaningful words (written or spoken).					

	A	B	C	D	E
23. I know a person is thinking of me when he/she gives me a gift. I feel loved when a person helps me with my chores.					
24. I appreciate it when someone listens patiently and doesn't interrupt me. I appreciate it when someone remembers special days with a gift.					
25. I like knowing loved ones are concerned enough to help with my daily tasks. I enjoy extended trips with someone who is special to me.					
26. I enjoy kissing or being kissed by people with whom I am close. Receiving a gift given for no special reason excites me.					
27. I like to be told that I am appreciated. I like for a person to look at me when we are talking.					
28. Gifts from a friend or loved one are always special to me. I feel good when a friend or loved one touches me.					
29. I feel loved when a person enthusiastically does some task I have requested. I feel loved when I am told how much I am appreciated.					
30. I need to be touched every day. I need words of affirmation daily.					
Total each column (all five columns should equal 30)	A	B	C	D	E

A = Words of Affirmation

B = Quality Time

C = Receiving Gifts

D = Acts of Service

E = Physical Touch

Your highest score indicates your primary love language. Your second highest score indicates your secondary love language. If two scores are identical, you are bilingual. If the scores of your primary and secondary love language are close to each other, it indicates both are important to you. **The highest possible score for any one love language is 12.**