

Love Languages

Dear Facilitator: For several weeks we have been discussing how successful families communicate, support one another, and organize their lives. This week we are going to focus on different ways in which people experience and show love. The ways people experience and show love are called love languages. We know that God loves us. Because He loves us, we can love others. The Bible says, in 1 John 4:19, “We love because he first loved us.”

There used to be an old song that I sang with my children called “We Love Because God First Loved Us.” If you want to hear it, you can find it at <https://www.youtube.com/watch?v=D4HT8aXz2W4>.

How can we show love to children so that they know and feel loved? We can do so through an understanding of Gary Chapman’s five love languages.

It might be helpful for you to know what we hope to accomplish through this lesson. Participants will:

1. Explain five love languages.
2. Identify each family member’s love language.

During the past few lessons, we have made commitment statements. This week’s commitment statement is: We know that God loves us. Because He loves us, we can love others.

We pray that God will give you direction and clarity as you prepare the lesson and activities. We hope that the families in your group will grow together in God’s love and become a source of friendship and support for one another.

Blessings

Welcome *5 minutes*

 **Say:** Welcome back! I hope it's been a good week for all of you as you have been working diligently on many things that are positively influencing your family.

Last week we spent time talking about caring for and honoring the elderly.

 **Ask:** Did anyone try something this past week that made a positive difference in your family that you would be willing to share?

Introduction *5 minutes*

 **Say:** What is this (hold up a pinwheel)?

What happens when I blow on it?

Can you see the air that I am blowing?

God's love for us can be like the air that blows a pinwheel. You cannot see the wind, but you know it is moving because the pinwheel moves. You cannot see it, but you can feel the air. God is all around us. Even if we cannot see Him, we know that God loves us.

If time allows, each person should make a pinwheel. Every time it spins, they will be reminded that God loves them.

Today's teaching objectives are to:

1. Explain five love languages.
2. Identify each family member's love language.

During the past few lessons, we have made commitment statements. This week's commitment statement is: We know that God loves us. Because He loves us, we can love others.

Family & Table Talk 20 minutes



Say: As you enjoy your dinner, please discuss the following questions:

1. When you love someone, how do you show it?
2. When you are loved by someone, how do you like to experience love?

After the meal, children are dismissed to their group.

Notes



Have participants share what they learned over Family & Table Talk on how they have shown or experienced love.

Gary Chapman is an author and director of Marriage and Family Life Consultants, Inc. He developed “love languages.” Chapman writes: “He sends you flowers when what you really want is time to talk. She gives you a hug when what you really need is a home-cooked meal. The problem isn’t your love—it’s your love language!”

LOVE LANGUAGES

<http://www.crccapetown.co.za/uploads/files/282f25cf1445862083.pdf>

1. Words of Affirmation

Actions don’t always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, “I love you,” are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

2. Quality Time

For those whose love language is spoken with Quality Time, nothing says, “I love you,” like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

3. Receiving Gifts

Don't mistake this love language for materialism. The receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift.

If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

4. Acts of Service

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

5. Physical Touch

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

Take the quiz (found in appendix), answering the questions from your perspective.

What did you learn?

Take the quiz as if you were one of your children. Do the same for each member of your family.

What did you learn?

List your family members and the identified love languages. Next to each member's name, note ways in which you can fulfill the love language.

HOMEWORK

While each attempted to take the love language quiz from a child's perspective, have each member in your family take the quiz (as age-appropriate).

DISCUSS

How can each family member better help fulfill another's love language?

SUMMARY

We covered a lot of material in the lesson.
Our objectives were to:

1. Explain five love languages.
2. Identify each family member's love language.

Today's commitment statement is: We know that God loves us. Because He loves us, we can love others.

To end our lesson, please answer the following:

1. Who has an insight tonight about something you've learned or want to try?
2. What will you change or improve in your role as parent this week?

The Five Love Languages Test

by Dr. Gary Chapman

Read each pair of statements and circle the one that best describes you.

1. A. I like to receive notes of affirmation from you.
E. I like it when you hug me.
2. B. I like to spend one-on-one time with you.
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.
A. I like the kind words you say to me.
12. E. I feel whole when we hug.
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.
D. I know you love me when you do things for me that you don't enjoy doing.
16. E. I like for you to touch me when you walk by.
B. I like when you listen to me sympathetically.

<https://m2mbatesville.files.wordpress.com/2014/10/lovelanguagetest.pdf>

Continued. **The Five Love Languages Test**

- 17. C. I really enjoy receiving gifts from you.
D. I feel loved when you help me with my home projects.
- 18. A. I like when you compliment my appearance.
B. I feel loved when you take the time to understand my feelings.
- 19. E. I feel secure when you are touching me.
D. Your acts of service make me feel loved.
- 20. D. I appreciate the many things you do for me.
C. I like receiving gifts that you make.
- 21. B. I really enjoy the feeling I get when you give me your undivided attention.
D. I really enjoy the feeling I get when you do some act of service for me.
- 22. C. I feel loved when you celebrate my birthday with a gift.
A. I feel loved when you celebrate my birthday with meaningful words
(written or spoken).
- 23. D. I feel loved when you help me out with my chores.
C. I know you are thinking of me when you give me a gift.
- 24. C. I appreciate it when you remember special days with a gift.
B. I appreciate it when you listen patiently and don't interrupt me.
- 25. B. I enjoy extended trips with you.
D. I like to know that you are concerned enough to help me with my daily task.
- 26. E. Kissing me unexpectedly makes me feel loved.
C. Giving me a gift for no occasion makes me feel loved.
- 27. A. I like to be told that you appreciate me.
B. I like for you to look at me when we are talking.
- 28. C. Your gifts are always special to me.
E. I feel loved when you kiss me.
- 29. A. I feel loved when you tell me how much you appreciate me.
D. I feel loved when you enthusiastically do a task I have requested.
- 30. E. I need to be hugged by you every day.
A. I need your words of affirmation daily.

Add Total Number of Answers Here:

A._____ Words of Affirmation **B.**_____ Quality Time **C.**_____ Receiving Gifts
D._____ Acts of Service **E.**_____ Physical Touch

Ages 4-16

40 minutes

Student Training

Family Time

LOVE LANGUAGES

Objectives

- Help children be aware that everyone has a different way that love is communicated to them.
- Help children be aware of the five love languages.
- Help children be aware of the characteristics of each of the five love languages.
- Help children be aware that Jesus expressed His love to us through all five love languages.

When we hear of the word language, we usually think of a method of human communication either spoken or written, consisting of the use of words. More simply put, language is what we use to express our ideas, feelings, and thoughts to others. But there is another form of language that we are going to talk about today that might surprise you. We are going to learn about the five love languages.

Did you know that you and everyone else has a specific love language that is important to them? Yes, every adult, teenager, and even child five and above have a specific love language—certain

behaviors that communicate love to you. Even though we may enjoy bits and pieces of all five of the love languages, there will be one that suits each person best. Let's see if you can discover which love language speaks to you.

The first love language is **Words of Affirmation**. These people enjoy it when someone expresses their love to them through words. Words of recognition and praise affirm and encourage them and make them feel loved. If this is your love language, you really appreciate someone giving you compliments and speaking words of affection to you. The Bible tells us that

words are powerful. Proverbs 16:24 says, “Gracious words are a honeycomb, sweet to the soul and healing to the bones.” When you hear the words, “I love you” or “I am so proud of you” followed by the reasons why, it means so much to you and truly makes you happy. Although this may be your love language, make sure to see if there are others in your life who speak the same love language. When you figure out who they are, be sure to let them know you love and care for them by writing them a special note or speaking affirming words to bless them. God speaks words of affirmation to us throughout the Bible. First John 3:1 says, “See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”

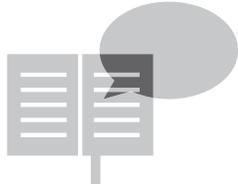
The next love language is **Quality Time**. Spending quality time with these people is the way to their heart. Giving them your time and undivided attention is the same as saying, “I love you.” Being together, whether baking cupcakes or shooting baskets or washing the car or taking a long walk and talking over the day’s events are ways you demonstrate love to them. Enjoyable conversations with plenty of eye contact make all the difference in the world to those who love through spending quality time. Also, when parents spend quality time with their children and show their love for them by listening, instructing, and modeling the way of the LORD, their lives will be impacted in a powerful way. Proverbs 22:6 says, “Start children off on the way they should go, and even when they are old they will not turn from it.” God wants us to spend quality time with Him through prayer and reading His Word. James 4:8 says, “Come near to God and he will come near to you.” In John 15:4-7, He tells us that if we remain in Him, He will remain in us. He says if we stay close to Him, we can pray to Him, and He will answer our prayers.

The third love language is **Receiving Gifts**. Perhaps you appreciate love being expressed to you through gifts. People who like to receive gifts as an expression of love are delighted by the thoughtfulness, care, and love put into giving them a gift. When a person takes the time to search for the

perfect gift, it demonstrates that they were thinking about you and that they truly know you and the things that please you. They are letting you know that you are so important to them that they spent their time, effort, and money to bless you with a gift. To people whose love language is receiving gifts, that equals love. God gives us an example of gift giving in Genesis 33:10-11 where Jacob gives a gift to his brother, Esau. The Bible lets us know that God believes in giving gifts! He gave us the greatest gift of all when He gave us His Son, Jesus Christ, to die for our sins. In John 3:16, it says, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." Because of this gift, we will live forever with God!

Acts of Service is the fourth language of love. If this is a person's love language, then mopping the floors, cooking dinner, or running an errand for them is an expression of love. You can show your love for them by massaging their shoulders or running bathwater for them to take a warm, relaxing bubble bath. How about taking the trash out for your brother who comes home late from basketball practice? This would be a way to express your love for him if this is his love language. 1 Peter 4:10 says, "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." When you ask a person whose love language is acts of service what you can do to help them, they feel loved. Even Jesus expressed His love through acts of service, for Matthew 20:28 says, "Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

The final love language is **Physical Touch**. If you are a person who likes to cuddle and give and receive hugs, then more than likely your love language is physical touch. Touch is powerful! In the Bible, touch was used to heal and to bless! Jesus was a hugger and a toucher too! Mark 10:16 tells us that when people brought their children to Jesus, "He took the children in his arms, placed his hands on them and blessed them." Throughout Jesus's ministry on earth,



Scripture SUPPORT

Proverbs 16:24

Gracious words are a honeycomb, sweet to the soul and healing to the bones.

1 John 3:1

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

Proverbs 22:6

Start children off on the way they should go, and even when they are old they will not turn from it.

James 4:8

Come near to God and he will come near to you.

John 15:7

If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

Genesis 33:10

“No, please!” said Jacob. “If I have found favor in your eyes, accept this gift from me. For to see your face is like seeing the face of God, now that you have received me favorably.”

He touched many, and everyone He touched was healed and made whole. Today Jesus expresses His love for us by loving us unconditionally and touching us with His Holy Spirit!

No matter which love language you relate to, they all need to be built on a foundation of unconditional love. Unconditional love means caring about the happiness of another person without putting any demands on them and loving them no matter what. God loves us that way. Romans 5:8 says, “God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” Now that’s unconditional love! Letting a friend or loved one know that you love them just the way they are means more than anything! And when you love a person unconditionally, your message of love will be understood no matter what love language they speak.

DISCUSS

- What does a love language mean?
- What are the five love languages?
- Describe each love language.
- What kind of love is necessary no matter what a person’s love language is?



Activities

AGES 4-11

Materials

8.5 x 11 paper or tag board
Pencils, crayons, or markers

After the lesson discussion, have children view YouTube video:

<https://youtu.be/4GaFBJrSFel> (discuss briefly).
If not possible, do activity without video.

- Guide children in discussion of which love language suits them. Once they have decided on their love language, have them write it in big letters on paper or tag board. Have them decorate the border of the paper or tag board.
- Have students stand and share which love language they decided was theirs and why.
- Use iPad to videotape children. Replay for their enjoyment.

AGES 12-16

After lesson discussion, have children view YouTube video:

<https://youtu.be/4GaFBJrSFel> (discuss briefly).
If not possible, do activity without video.

- Guide children in discussion of which love language suits them. Tell children not to tell anyone what love language is theirs. Have each child act out a charade to express what their love language is. See if the other children can guess which love language they have chosen.

*Charades is a game in which participants act out an idea or phrase with no talking for others to try to guess what they are communicating.



Scripture SUPPORT

John 3:16

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

1 Peter 4:10

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

Matthew 20:28

Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

Mark 10:16

He took the children in his arms, placed his hands on them and blessed them.

Romans 5:8

God demonstrates his own love for us in this: While we were still sinners, Christ died for us.



CHALLENGE

I AM LEARNING TO GIVE UNCONDITIONAL LOVE
TO MY FAMILY MEMBERS.

CHALLENGE COMMITMENT

WHAT ARE YOU WILLING
TO DO TO WORK ON THE CHALLENGE
QUESTION THIS WEEK?



AFFIRMATION *Have children repeat:*

*Jesus loves me
unconditionally!*