

# EXPRESSING LOVE

I. God is love 1 Jn. 4:7, 8

II. Same love in us Rom. 5:5

- a. takes a decision/commitment Rm. 5:8
- b. takes initiative 1 Jn. 4:19



III. Marital love involves pleasing one another

- a. 1 Cor. 7:33, 34 – to be pleasing to; acceptable to; to endeavor to please; render service
- b. The person who chooses to love will find appropriate ways to express that love everyday.

# FIVE LOVE LANGUAGES

Dr. Gary Chapman, “The Five Love Languages”

1. Learn to speak in your spouses’ love language.
2. Keep your spouses’ emotional love tank full.

**The five languages of love are:**

1. **Words of Affirmation** – using words and compliments to express love.
2. **Quality Time** – giving your undivided attention, and spending some “real” quality time together.
3. **Receiving Gifts** – receiving visual symbols of affection with thoughtful and meaningful messages (not to be confused with the gold-digger).
4. **Acts of Service** – expressing love by doing things for your spouse such as household chores.
5. **Physical Touch** – hugs, kisses, holding hands, and physical intimacy.

# COMPLAINTS CAN REVEAL IT

- "You mean you didn't bring me anything? Did you even miss me while you were gone?" (receiving gifts)
- "We never spend any time with each other anymore. We're like two ships passing in the dark." (quality time)
- "I don't think you would ever touch me if I didn't initiate it." (physical touch)
- "I can't do anything right around here. All you ever do is criticize. I can never please you." (words of affirmation)
- "If you loved me, you would do something around here. You never lift a finger to help." (acts of service)

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