



FACILITATOR

MARRIED EDITION WEEK ONE - 5 LOVE LANGUAGES

WELCOME EVERYONE. *Hopefully you've already taken the Five Love Languages assessment. If not, scan the qr code and take it now.*

GUIDELINES: As the facilitator, you are walking couples through a discussion with their spouse. If their spouse is not here, you're helping them walk through discovery and how to incorporate this tool in their marriage. Encourage everyone to lower their defenses and be open to discovering something new.

→ FIVE LOVE LANGUAGES (BY GARY CHAPMAN)

MAIN CONCEPT: Understanding your spouse's primary language creates a deeper, emotional connection.

"Seldom do a husband and wife have the same primary emotional love language. We tend to speak our primary love language, and we become confused when our spouse does not understand what we are communicating." Gary Chapman

Take a few minutes to read through each Language and have them raise their hand if this is theirs.

- 1 Words of Affirmation:** Verbal and written expressions of love, appreciation, and encouragement that communicates love in profound ways for people who speak that love language.
- 2 Quality Time:** A way of expressing love through spending purposeful time with and directing your full attention to the other person.
- 3 Receiving Gifts:** A love language in which a person experiences emotional wholeness through well-chosen presents.
- 4 Acts of Service:** A love language in which a person experiences emotional wholeness when chores or tasks are done for his or her benefit.
- 5 Physical Touch:** A love language in which a person experiences emotional wholeness through human contact.

Rhetorically, has anyone ever experienced a situation with their spouse when there was low or mixed appreciation for the effort you put into something? When you understand your spouse's love language, small efforts actually go farther and they feel loved.

Have couples go through the following questions together:

→ DISCUSS WITH YOUR SPOUSE

Why do you think _____ (spouse's love language) is your primary love language?

What happens inside of you when _____ (spouse's love language) is experienced?

What happens in our relationship when _____ (spouse's love language) is experienced?

Read through the tips and warnings together.

→ TIPS AND WARNINGS FOR THE FIVE LOVE LANGUAGES

WORDS OF AFFIRMATION

Tip: Be specific with your compliments or encouragements.

Warning: Stay away from verbal flattery that leads to manipulation.

QUALITY TIME

Tip: Focus on quality conversations and quality activities.

Warning: Quality conversation is different from words of affirmation.

RECEIVING GIFTS

Tip: Think small, meaningful or nostalgic.

Warning: Be careful on trying to buy love.

ACTS OF SERVICE

Tip: Actions speak louder than words.

Warning: Rethink roles in the relationship.

PHYSICAL TOUCH

Tip: Your best instructor for physical touch is your spouse.

Warning: Physical touch can make or break a relationship.

Have the couples continue with the following three questions.

→ DISCUSS WITH YOUR SPOUSE

Do you agree or disagree with the tips and warnings concerning your love language?

What would be some additional tips and warnings for your spouse to consider as they work on speaking your love language?

→ DISCUSS WITH YOUR SPOUSE

What is one thing that I can do to love you regarding your love language?

Have them pray over their spouse, then close out your time together asking how this group can encourage one another this week. Pray to dismiss.

PRAY OVER YOUR SPOUSE

Thank God for your relationship.

Ask God for help to love your spouse the way they want to be loved.

Ask God to bless this marriage.

