

Review: Communication

- [We speak in code
- [Males and females come at issues with different attitudes based on gender alone
 - others of same gender can decipher code better than spouse

- [Women need love, men need respect
 - we approach and discuss problems very differently based on these needs
- [We need to remember that we married someone with good will and our best interest at heart
 - sometimes the issue is not the issue
- [Is he speaking code... or a completely different language?

Languages and Needs

I Want to Speak What You Need

1 Corinthians 13:13 / John 13:35

- [But now faith, hope, love, abide these three; but the greatest of these is love.
- [By this all men will know that you are my disciples, if you have love of one another

Words of Affirmation

- [“I can live for two months on a good compliment” - Mark Twain
- [Death and life are in the power of the tongue - Prov. 18:21

- [Encouraging words
 - to inspire courage
 - requires empathy and appropriate point of view
- [Kind Words
 - “Love is kind” - 1 Corinth. 13:4
 - manner in which we speak
 - keeping score
 - forgiveness

— [**Humble words**

— love makes requests, not demands

— [**Indirect words of affirmation**

— speaking positively about spouse when they are not present

REVIEW:

Languages and Needs

I Want to Speak What You Need

Love Languages

- [Words of Affirmation
- [Quality Time
- [Receiving Gifts
- [Acts of Service
- [Physical Touch

Words of Affirmation

An anxious heart weighs a man down, but a kind word cheers him up - Prov. 12:25

- [Encouraging words
- [Kind words
- [Humble words

Encouraging – Empathy, seeing things from the other's point of view

Kind – "love is kind", manner and tone in which we speak is the focus
don't keep score
forgiveness – asking and granting

Humility – love makes requests, not demands

Indirect words – speaking about your spouse to others

Quality Time

For where two or three are gathered together in My name, I am there in the midst of them - Matt. 18:20

- [Togetherness
- [Quality Conversation
- [Learning to talk based on personality type
- [Quality activities

— [**Togetherness**

- **focused attention not proximity**
- **central aspect of quality time**

— [**Quality Conversation**

- **maintain eye contact**
- **not listening and doing something else**
- **listen for feelings**
- **observe body language**
- **refuse to interrupt**

- [Learn to talk based on personality type
 - Dead sea vs Babbling brook
 - sympathetic and self revelation
- [Quality Activities
 - at least one wants to do it
 - other is willing to do it
 - both of you know by doing it you're together

Receiving Gifts

...it is more blessed to give than to receive - Acts 20:35

- [Gifts and Money
- [Gift of self

Receiving gifts

Visual symbols of love

Easiest love language to learn – can be purchased, found or made

No need to wait for special occasion

Gifts and Money – price is not the issue

Buying something for your spouse is like getting something for yourself as well. It is expression of love and you will be getting love in return

Gift of Self –

physical presence in time of crisis is the most powerful gift you can give someone.. especially if this is spouse's primary love language

Was I there for Emily's birth?

Acts of Service

... but through love serve one another - Gal 5:13

— [Doormat or Lover?

— be the lover...

— [Overcoming stereotypes

— male and female roles in American society

Acts of Service – doing things you know your spouse would like you to do
example – Christ washing feet of disciples

Mark 10:42–45 – Jesus states that in His kingdom, those who would be great would be servants

Requests give direction to love but demands stop the flow of love
What we do before marriage is not indication of what we do after

Doormat or lover?

allowing oneself to be used or manipulated by another is not an act of love.... love says "I love you too much to let you treat me this way

Stereotypes –

due to sociological changes in the past 30 years there is no longer a common stereotype for male and female role in American society.

It's ok to vacuum, cook and clean
Laurie and my discussion in premarital classes.

Physical Touch

And they were bringing children to Him so that he might touch them... - Mark 10:13

- [Powerful means of communicating marital love
- [Various dialects of this language
 - what's your favorite?
- [Body is for touching
- [Physical touch in crisis

Physical touch – Jesus used this throughout the gospels to show love

Sexual intercourse is only one dialect in language of touch

others include foot rubs, hand through hair, holding hands, hugging, neck/back rub, touching as you pass through a room

Implicit touching requires little time but lots of thought

Body is made for touching – if you touch my body you are touching an emotional part of me as well. Just like drawing away is showing disdain for me as a person not just from my body.

Physical touch can make or break a relationship

Touch in crisis – if you do it will be appreciated and remembered but don't do it and will be ingrained in memory forever.

Discovering Primary Love Language

- [What does your spouse do or fail to do that hurts you most deeply?
 - opposite of what hurts likely is your love language
- [What have you most often requested of your spouse?
 - that is likely the thing that makes you feel most loved
- [What way do you regularly express love to your spouse?
 - your method may be indication of what you would need

What you do or fail to do – not holding hands –> physical touch

What have you most requested? – spend time with me this weekend rather than golfing? –> Quality time

What do you do regularly for your spouse? –> doing things for Laurie



Love is a Choice

Love is a Choice

Sometimes spouse's language is not easy for you. Important to find it and do it and the positive response will be reinforcement to do it again

Meeting spouse's need for love is a choice I make each day. If I know his/her primary language and choose to speak it you meet a deep emotional need and they will feel secure in your love

When an action doesn't come naturally to you it makes it a greater expression of love to the other person

Next Week

BRENT