

Love Languages Definitions and Questions

By Gary Chapman

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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.

Questions:

How have you been touched by someone's words of affirmation toward you? Think of some examples.

When was the last time you used words of affirmation to encourage someone else? How consistent were you? What was the result?

How does God use words of affirmation to encourage you?

How might words of affirmation be incorporated into your worship of God? (Songs? Scripture reading? Poetry? Prayer?)

Quality Time: 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.

Questions:

Do you know anyone who you would guess has the primary love language of quality time? What makes you say so?

One expectation of every believer is to spend time with God. What do you think differentiates those with the primary love language of quality time from other believers?

Contrast your spiritual experience with that of someone else you know quite well. Can you see how a difference in primary love languages might cause the experiences to appear quite different, yet equally valid to God?

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.

Questions:

Who are some people you know who appear to have gift giving as a primary love language? In what ways do they show the love of God through giving? Do you aspire to be like such people or do you think they have a special ability to give that isn't available to everyone?

What are some of the gifts of God you have received lately without even asking? What gifts would you like to ask for specifically? How would those things be used for the benefit of others as well as yourself?

When you consider that giving can include much more than money and other tangible things, do you see any new opportunities to speak this love language?

What are some ways you can use the gifts God had given you to give back to God either tangibly or spiritually?

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.

Questions:

Do you know of anyone who places acts of service above everything else—even his own personal benefit? To what extent does the person's Christian commitment motivate him or her?

Share a time when someone has done an act of service for you or another person that had a dramatic and lasting effect.

Are there neglected needs at St. Monica or in the community? Are there things you or your small group can do to get involved?

On a personal level, what acts of service have you done for others lately? Can you think of any opportunities you missed?

Physical Touch: 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.

Questions:

What would you say is the best example you've seen or experience of receiving a "physical touch" from God?

How might someone use physical touch appropriately to minister to someone at church? A neighbor? A child? A homeless person?

What other ways can you think of to "speak the love language of physical touch in your worship of God?"