



Collierville

First Baptist Church

The 5 Love Languages

Fall 2013: October 16 – November 20

6:30-7:30 Wednesday

Room 2152A

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Class Description

Marriage should be based on love, right? But does it seem as though you and your spouse (and even your kids) are speaking different languages? New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language:

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

By learning the five love languages, you, your spouse and your family will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction.

Textbook

Chapman, Gary D. *The 5 Love Languages: The Secret to Love That Lasts*. Chicago: Northfield Publishing, 2010. (ISBN-13: 978-0802473158)

Other Texts

Chapman, Gary D., and Ross Campbell. *The 5 Love Languages of Children*. Chicago: Northfield Publishing, 2012.

Chapman, Gary D. *The 5 Love Languages of Teenagers: The Secret to Loving Teens Effectively*. Chicago: Northfield Publishing, 2010.

Chapman, Gary D. *The 5 Love Languages Men's Edition: The Secret to Love That Lasts*. Chicago: Northfield Publishing, 2010.

Schedule of Topics and Reading Assignments

Class Meeting	Topic—Activity	Reading
1 10/16/13	Introduction Overview Getting to Know You Keeping the Love Tank Full The Love Language Challenge	
2 10/23/13	1. What Happens to Love After the Wedding? 2. Keeping the Love Tank Full 3. Falling in Love	Chapters 1-3
3 10/30/13	4. Love Language #1: Words of Affirmation 5. Love Language #2: Quality Time	Chapters 4-5
4 11/6/2013	6. Love Language #3: Receiving Gifts 7. Love Language #4: Acts of Service	Chapters 6-7
5 11/13/2013	8. Love Language #5: Physical Touch 9. Discovering Your Primary Love Language	Chapters 8-9
6 11/20/2013	10. Love Is a Choice 11. Love Makes the Difference 12. Loving the Unlovely	Chapters 10-12

Class Meeting 1

Introduction

Since you may be speaking what you need, you can discover your own love language by asking yourself these questions:

- How do I express love to others?
- What do I complain about the most?
- What do I request most often?



Love Language #1 | Words of Affirmation

This language uses words to affirm other people.

This is when you say how nice your spouse looks, or how great the dinner tasted. These words will also build your mate's self image and confidence.



Love Language #2 | Quality Time

This language is all about giving the other person your undivided attention.

Some spouses believe that being together, doing things together and focusing in on one another is the best way to show love. If this is your partner's love language, turn off the TV and be attentive!



Love Language #3 | Receiving Gifts

For some people, what makes them feel most loved is to receive a gift.

Gifts don't have to be expensive to send a powerful message of love. Spouses who forget a birthday or anniversary or who never give gifts to someone who truly enjoys gift giving will find themselves with a spouse who feels neglected and unloved.



Love Language #4 | Acts of Service

For these people, actions speak louder than words.

Discovering how you can best do something for your spouse will require time and creativity. These acts of service like vacuuming, hanging a bird feeder, planting a garden, etc., need to be done with joy in order to be perceived as a gift of love.



Love Language #5 | Physical Touch

To this person, nothing speaks more deeply than appropriate touch.

Sometimes just stroking your spouse's back, holding hands, or a peck on the cheek will fulfill this need.

Speaking the Right Language

Speaking in your spouse's love language probably won't be natural for you.

Dr. Chapman says, "We're not talking comfort. We're talking love. Love is something we do for someone else. So often couples love one another but they aren't connecting. They are sincere, but sincerity isn't enough."

Fading Tingle and Empty Love Tanks

After the first or second year of marriage, when the initial "tingle" is starting to fade, many couples find that their "love tanks" are empty. They may have been expressing love for their spouse, but in reality they may have been speaking a different love language.

The best way to fill your spouse's love tank is to express love in their love language. Each of us has a primary love language. Usually, couples don't have the same love language.

Love Tank Check

Dr. Chapman recommends that you have a "Tank Check" 3 nights a week for 3 weeks.

- Ask one another "How is your love tank tonight?"
- If, on a scale from zero to ten, it is less than 10, then ask "What can I do to help fill it?"
- Then do it to the best of your ability.

The Love Language Challenge

- Download the iOS or Android app
- Go to the "Challenge" tab
- Complete "Challenge Settings" setup
 - Your Partner's Love Language
 - Your Gender and Status
 - My Info (e-mail address, user name and team) – Choose "CFBCEquippingU" as your team to share the challenge as a part of our group
 - Notifications (push notifications, newsletters, e-mail reminders)
- Click "Start New Challenge" and you will receive weekly tips tailored specifically for your partner's love language