

Speaks with Wisdom
Proverbs 31 Finishing School

SESSION TWO: Communication at Home/The Five Love Languages
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Have you thought about what you can do to make your relationships better through communication?

God gave us a command in Exodus 20 that we should **“Honor (respect) our mother and father so that you will live long in the land..”**

Respecting your parents as well as other members of your family means you are respecting their experience, love, guidance as a creation of God. How do you communicate at home and what does the verse about honoring our mother and father mean to you?

Watch Session 2: Love Languages

As Ms. Becker said, your family and your home (good or bad) are a large part of your world. Dr. Chapman's book 'The 5 Love Languages' will give you a better understanding of how to not only communicate with your family but will also showing the Love of God to all those around you day to day.

The 5 Love Languages, Dr. Gary Chapman’s New York Times bestseller.

Dr. Chapman has been a Christian PhD Counselor for many years. His radio show and podcast are full of helpful ways for us to live out our Christian life. His book ‘The 5 Love Languages’ has been on the best seller list and has helped to put many marriages on the right track. Below is a synopsis of each language.

#1: 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, sends their spirits skyward.

Insults can leave them shattered and are not easily forgotten.

“You did a great job cutting the lawn today” is all it takes to make their day.

#2: Quality Time

For those whose love language is spoken with Quality Time;

Nothing says, “I love you,” like full, undivided attention.

Being there for this type of person is critical, but with the TV off, fork and knife down, and all chores and tasks on standby—*makes them feel truly special and loved.*

Distractions, postponed dates, or the failure to listen can be especially hurtful.

Giving just a few minutes of undivided attention is worth gold to them.

#3: Receiving Gifts

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift.

For them, the perfect gift or gesture shows that they are known, are cared for, and 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.

A note in a lunch box “I love you” tells them I was thinking about you.

#4: 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 that he or she most wants to hear is: “Let me do that for you.”

Laziness, broken commitments, and making more work for them give feelings you don't matter.

Keeping a favorite shirt clean for him to wear or having their favorite food once a week will tell them you think of them often.

#5: Physical Touch

This language isn't all about the bedroom. A person with this love language is, not surprisingly, very touchy.

Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they show them excitement, concern, care, and love.

Neglect or abuse can be unforgivable and destructive.

Take the Love Language Test and find a way to better understand your feelings about others in your life and possibly understand them through God's eyes as well.