





LOVE LANGUAGES

SPECIAL DAYS

PREPARATION

- + Read up on the [five love languages](#) and prepare a handout sheet or computer presentation to share with members. (Maybe copy and paste some of the information in the Introduction/Background section)
- + Prepare items for members to use and take away to show love to someone important to them: small gifts, cards to write, printed promise coupons (can be purchased or design your own) for members to give to one another promising to do a chore, spend time with another or give a hug.
- + Ask a member to read the Bible reading from Luke 7:36-50.
- + Ask members to take the [Love Languages Quiz](#) (discover your primary love language) in advance of the session or find someone willing to take the quiz live in the group.
- + Prepare to play a song about love, eg [‘Love me do’](#) by the Beatles
- + Prepare to play a version of [‘How deep the Father’s love for us’](#)

 *Email the quiz link or handout in advance*

 *Give resources for small gift/cards/coupons or ask members to have paper and pens ready to make their own card or coupon*

INTRODUCTION / BACKGROUND

It’s the month of February and our thoughts turn to love, with St Valentine’s Day to be celebrated. A book that sparked a new way of thinking about love, *The Five Love Languages* by Dr Gary Chapman, was written in 1995 and has become very popular in trying to understand how we each feel loved and appreciated. Depending on our personality type, how we feel loved may be different from our partners, friends and family.

According to Dr Chapman, there are five love languages: Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time and Physical Touch.

WORDS OF AFFIRMATION

This love language expresses love with words which build up the other person. Verbal compliments don’t have to be complicated; the shortest and simplest praise can be the most effective. ‘That dress looks incredible on you.’ ‘You always make me laugh.’ ‘I love the person you are.’

If this love language is important, the person will feel loved and valued by hearing positive words. They will also struggle to recover from hurtful and damaging words, and it may take them longer to recover from them than others.



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ACTS OF SERVICE

This love language expresses love in action. A person with this love language will appreciate someone completing a DIY job, doing the shopping, or cooking them a meal. Acts out of obligation or with a negative tone will not bring happiness and are perceived as not expressing love.

RECEIVING GIFTS

This love language isn't necessarily materialistic; it just means that a thoughtful and meaningful gift makes the person receiving it feel very loved and appreciated. Something as simple as bringing home a favourite bar of chocolate or a favourite magazine can mean a lot to the person whose love language is Receiving Gifts.

QUALITY TIME

This love language is all about undivided attention - no television, smart phone, or other device to distract. Doing this will help the person feel they are special enough to receive quality time, which helps them to feel loved, valued, and secure. If quality time is postponed on a regular basis, the person with this love language may feel that other activities and people have become more important than them.

PHYSICAL TOUCH

To people with this love language, physical touch means that they will feel distanced without this expression of love. People with this love language need to be near others to enable them to feel emotionally close.

ACTIVITIES

MUSIC


Set the scene by playing a song about love at the beginning of the session. Maybe ['Love me do'](#) by the Beatles.

QUIZ

Ask members to take the [Love Languages Quiz](#) ahead of the session; or take a willing participant through the quiz in the group. If this is not possible, share the presentation or read the Love Languages print-out and decide which Love Language they connect with most strongly.

Share the blessings which you enjoy

 *Email the quiz in advance.*

 *Screen share the presentation or email the handout.*






SHARE AND DISCUSS

- * What is your primary love language?
- * Do others in the group recognise that this is your primary love language?
- * Will knowing your primary Love Language make any difference in your life?
- * Can knowledge of another's Love Language help us love them better?

BIBLE READING / THOUGHT

Luke 7:36-50

Invite a member to read the following Bible reading, and while listening, ask members to consider how all the Love Languages are expressed in it.

 'When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know who is touching him and what kind of woman she is - that she is a sinner."

Jesus answered him, "Simon, I have something to tell you."

"Tell me, teacher," he said.

"Two people owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?"

Simon replied, "I suppose the one who had the bigger debt forgiven."

"You have judged correctly," Jesus said.

Then he turned toward the woman and said to Simon, "Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. You did not put oil on my head, but she has poured

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perfume on my feet. Therefore, I tell you, her many sins have been forgiven - as her great love has shown. But whoever has been forgiven little loves little.”

Then Jesus said to her, “Your sins are forgiven.”

The other guests began to say among themselves, “Who is this who even forgives sins?”

Jesus said to the woman, “Your faith has saved you; go in peace.””

Luke 7:36-50 (NIV)

WORDS OF AFFIRMATION

‘Then Jesus said to her: “Your sins are forgiven.” “Your faith has saved you; go in peace.”’

ACTS OF SERVICE

‘As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.’

RECEIVING GIFTS

‘So she came there with an alabaster jar of perfume.’

QUALITY TIME

‘So she came there.’

PHYSICAL TOUCH

‘She began to wet his feet with her tears. Then she wiped them with her hair, kissed them ...’

In this story, we hear of an exchange of love. A woman, whose name we don’t know, considered unworthy by society, shows the most humble and beautiful love to Jesus. And in his response, Jesus shows compassion and restores dignity to this woman.

The Bible is full of occasions when God showed his love to humankind, from his gift of creation to his gift of his son Jesus. And true love is demonstrated time and time again through the life and teaching of Jesus.

Just think for a moment of a story that comes to your mind that highlights how Jesus loved:

- * maybe Jesus meeting with Zacchaeus, or
- * teaching how to love through the parable of the Good Samaritan, or
- * the Prodigal Son, or




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- * washing the disciples' feet, or
- * raising Jairus's daughter from the dead, or
- * maybe the ultimate love language of Jesus' crucifixion and resurrection - what an act of service!

As part of the Christian Church, The Salvation Army's message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in his name without discrimination. And we are invited to join in this mission and live out the new command Jesus gave us, found in John 13:34.


 **'A new command I give you: love one another. As I have loved you, so you must love one another.'**

PRAYER

Play the song ['How deep the Father's love for us'](#)

 *Screen share the video.*

While listening to the music, invite members to think of someone they can show love to, choose a gift, or a card or promise coupon to write to someone and commit to doing something to show them they are loved.

 *Ask members to use the resources given earlier or create their own card/coupon.*

SONGS

- ♪ SASB 24 ['God's love is as high as the heavens'](#)
- ♪ SASB 25 ['God's love to me is wonderful'](#)
- ♪ SASB 262 ['Love divine, all loves excelling'](#)

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WEBSITE AND CONTACT DETAILS

- Connect website: www.salvationarmy.org.uk/connect
- Family Ministries website: www.salvationarmy.org.uk/families
- Email: familyministries@salvationarmy.org.uk
- Facebook: @sarmyfm
- Twitter: @ukifamily
- Instagram: safamily_ministries



Family Ministries

Having faith in the family

Providing intergenerational support, training and resources for

Children | **Adults** | **Everyone**



**Family
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Having faith in the family