

The Five Love Languages

Tuesday September 19, 2023

Five Love Languages – ways we express or receive love. Everyone has a primary giving and receiving language. All quotes from Gary Chapman unless otherwise noted

Love is a commitment/decision, not a feeling.

Love can be expressed and received in all five languages. However, if you don't speak a person's primary love language, that person will not feel loved, even though you may be speaking the other four. Once you are speaking his or her primary love language fluently, then you can sprinkle in the other four and they will be like icing on the cake.

Acts of Service For these people, actions speak louder than words.

Look for truth within yourself... Live a life of simplicity, love, and service. Let your life speak and trust that your children will learn by your example. Robert Lawrence Smith

When an action does not come naturally to you it is a greater expression of love.

“... you serve others as a way of honoring God. It's an attitude you develop, an attitude of offering. Every action you perform, you offer as selfless service” Ram Dass

Giving/Receiving Gifts For some people, receiving a heartfelt gift is what makes them feel most loved.

Gifts are visual symbols of love.

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

“Let us resolve to cherish those we love by spending meaningful time with them, doing things together, and cultivating treasured memories.” – Dieter F. Uchtdor

The most desired gift of love is not diamonds or roses or chocolate. It is focused attention.

Words of Affirmation This language uses words to affirm other people..

Verbal compliments, or words of appreciation, are powerful communicators of love.

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

A simple smile, a tender touch, speaks the true language of love.” — Dan Fogelberg

Queries

- Do any of these challenge you or make you pause?
- How do these speak to your condition?
- How can these be expressed in a group, such as the Monthly Meeting?
- Can these (and if so, how can they) be expressed across communities/countries?