

## Fathers Podcast 20

### Love Languages Part 1

#### Podcast Highlights

- Based on “Love Languages” by Dr. Gary Chapman
- Basic concept: There are 5 “ways” that people receive love...usually between a husband and wife they receive love differently. A lot of people know the idea but it hasn’t impacted or changed them.
- People typically have a primary and secondary love language.
- We provide the love we want...not helpful if our spouse has different “languages”
- The five languages are:
  - Words of affirmation** - words that build up and encourage...verbally or written
  - Gifts** - gifts with meaning. Different than materialism.
  - Physical touch** - connection, sexual intimacy, back massage, sitting close, etc.
  - Acts of service** - setting the table, mowing the lawn, folding the laundry...etc.
  - Quality time** - time together with undivided attention for talking, relaxing, etc.
- Easiest way to figure out how we receive is to ask how do we show it?
- It can be very difficult for us to give outside of our own love language.

#### Thinking/Conversation Starters

- What do you think about “love languages”?
- Respond to the following statement: “Love is something we self sacrificially do for someone else.”

#### Action Step

- Talk with your wife about love languages. Which ones best fit her and you?

*There are eternal consequences to the seemingly inconsequential.*

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