

OASIS CHRISTIAN CHURCH – MARRIAGE ENRICHMENT – June 12, 2015

Love Languages 31 DAY CHALLENGE

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 behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten. Verbal compliments or words of appreciation are powerful communicators of love.

WORDS ARE IMPORTANT! WORDS ARE IMPORTANT! WORDS ARE IMPORTANT!

If your partner's love language is Words of Affirmation: Set a goal to give a different compliment each day for a month. **Record these compliments – try not to duplicate statements – for next 30 days for a brief discussion next month.**

Romantic suggestions:

1. Write your spouse a **love letter**.
2. Make a list of 10 things you appreciate about your spouse. Write each one on a separate post-it note and **hide them around the house** so they'll find them over time. Hiding place ideas: underwear drawer, inside the coffee filters, around their toothbrush, on the shower wall, on their car dash, inside their briefcase, in-between slices of bread in the wrapper, on the washing machine control panel, in the mailbox.
3. Commend something your spouse has done recently on your **Facebook** page. Be sure to tag them in the post.
4. Search You Tube and **find a song that says what you want to say** to encourage your spouse. E-mail them the link telling them, "This song says it all – I love you!"
5. **Talk to them softly while making love**, communicating what you love most about how they love you.

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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 he or she most want to hear: “Let me do that for you.”

If this is your partner’s love language: What one act of service has your spouse or partner nagged you about consistently? Why not decide to see the nag as a tag? **For next 30 days, complete a task once a week that is really important to him or her and record for discussion next month.**

1. Tell your spouse you’re going to **take over one of their dreaded chores** because you love them. You can do this for a certain period of time, or forever. Either way is sure to speak volumes to your spouse.
2. **Be quick to do whatever your spouse asks you to do** for them. If it’s take a package to the post office for them, put that task at the top of your to-do list for the day.
3. Ask your spouse, “**What is the most meaningful thing I do for you?**”, and then be faithful to always do it, as much as it’s in your ability to do so. If it’s being punctual to appointments, work on being on time. If it’s having the car cleaned inside and out, do all you can to keep it clean and shiny. If it’s having the laundry done on a certain day, work hard to stay on top of it. You may be surprised at what it is, or you may already know without asking.
4. **Keep a short list of repairs** needed around the house. If you don’t know how to do something, ask someone who does to teach you how.
5. If your spouse normally makes the bed, make it for them. Or cook them their favorite meal.

Find something unexpected you can do that will [make them smile](#).



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RECEIVING GIFTS

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. There is also an intangible gift that can speak more loudly than something that can be held in one's hand. Physical presence in the time of crisis is the most powerful gift you can give. Your body becomes the symbol of your love.

If this is your partner's love language: Your assignment is to give one tangible or intangible gift – once a week for the next 30 days. Please record for discussion next month.

Romantic suggestions:

1. **Make the most of unusual holidays** and buy a small gift for your spouse. Have it wrapped and placed where they'll find it on their own. View this link – www.holidayinsights.com of holidays according to the months of the year. You may be surprised to see how many there are, i.e., Chocolate Day, National Fried Chicken Day, Tear Bear Picnic Day, National Strawberry Day, Best Friend Day, etc.)
2. Make a mental note of little things your spouse mentions that they like. It might be daisies are their favorite flower, or they love a certain perfume or scarf. It could be a favorite candy bar, to a movie they want to see. Whatever it is, if it's within your budget, surprise them by getting it for them. They will be blessed not only that you bought them the gift, but that **you paid attention to what they said.**
3. **Subscribe them to a favorite magazine** or one that represents something they love, like gardening, cooking, golf or car-racing.
4. Make a certain day of the week *their* special day. It could be that every Monday you give them a small token of your love. The anticipation of the gift will be as special as actually getting it. They don't have to be expensive things either, just thoughtful. This is usually what those with the "receiving gifts" love language actually want...is to know that **you thought enough of them to pick something out just for them**, just because.
5. Whenever you give a small gift, take the time to wrap it nicely. Often times the **presentation is as important as the gift itself.** And remember, just because this doesn't mean much to you (it receiving gifts isn't your love language), it is probably very important to your spouse.

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Quality Time

In the vernacular of Quality Time, nothing says, “I love you,” like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful. This means giving someone your undivided attention.

If this is your partner's love language: Ask your partner for a list of five activities that he/she enjoys doing with you. Make plans to do one of each week for the 30 days. Please record for discussion next month.

QUALITY TIME – ROMANTIC SUGGESTIONS:

1. **Make Date Nights a weekly event.** Even if you can't afford a babysitter, [plan a night at home](#) that is yours alone.
2. When your spouse asks to talk to you about something, put your smart phone or iPad down and **make eye-contact** with them while they speak.
3. Use the questions like when you first met to connect on a regular basis to **enrich your conversation** about things you might not think to discuss.
4. **Go to bed at the same time**, even if at times you have to get up after they've fallen asleep. It's meaningful for them to know that you've purposed to spend that time right before sleep together.
5. **Go for walks together** after dinner. Even if the kids join you, the time spent will mean a lot.

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Physical Touch

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive. Holding hands, kissing, hugging and sex – all of these are lifelines for the person for whom physical touch is the primary love language. With it, they feel secure in their partner's love.

If this is your partner's love language: “Love touches” don't take much time, but they do require a little thought, especially if this isn't your primary love language or you didn't grow up in a “touching” family. For the next 30 days, display “Love touches” with your mate at least twice a week and make brief notes for discussion next month.

Romantic suggestions:

1. **Hold your spouse's hand** whenever you're out together walking, whether in the mall, at the beach, or around the block.
2. **Kiss your spouse often.** Make it a point to greet them at the door with a hug and a kiss. Do the same when they're leaving for the day.
3. Sometimes holding your spouse **without saying a word** means the most to those with this love language.
4. **Cuddle** together in bed.
5. **Give them regular neck, back, foot or full body massages.** Buy various lotions and oils to make this even more of a treat.
6. Touching each other when you leave the house and when you return may involve only a brief kiss, but speaks volumes.