


**The essential companion
book for *God Speaks Your
Love Language***

These ten lessons—created to strengthen and deepen your relationship with God and others—provide workable strategies for applying the principles of *God Speaks Your Love Language*. **Become more deeply connected with God.** And see this bond transform your relationships.

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UNDERSTANDING THE FIVE LOVE LANGUAGES



INSTRUCTIONS: Complete this first lesson after reading chapter 1 (“Understanding the Five Love Languages,” pp. 19–29) of *God Speaks Your Love Language*.



Love languages: five distinct methods people use to communicate and receive emotional love.

Love tank: the emotional reservoir inside everyone that is filled when people speak to us in our primary love language.

OPENING QUESTIONS

1. Dr. Chapman introduces the five different love languages: words of affirmation, quality time, gifts, acts of service, and physical touch. Which love languages did your parents speak to you when you were a child? Which one, if any, made you feel especially loved? Explain. In retrospect, which love language would you have preferred they use?
2. When have you spoken the wrong love language to someone? Why did you choose to speak in that love language? What were the results? What did you take away from the experience?

THINK ABOUT IT

3. Dr. Chapman points out, “**There are thousands of ways to express verbal affirmation.**” Of the examples he lists, which one is closest to the type of verbal affirmation you might offer a loved one? In what areas do you usually focus when you offer words of affirmation? Explain. If you were on the receiving end of the verbal affirmation, which one would be most meaningful to you? Explain.

4. Dr. Chapman suggests ideas for quality time with a small child, with your spouse, with a teenager, and with a single adult. What do they all have in common? What is the key to making quality time meaningful in each situation?

5. “**Gifts need not be expensive.**” These words of Dr. Chapman make it clear that anyone can afford to be a gift giver. How can an inexpensive gift have a powerful impact on someone? When have you seen that played out in real life?

6. Dr. Chapman offers several examples of acts of service. Which ones are you capable of doing? What other ideas would you add to the list? Which acts of service would be especially meaningful to your loved ones?

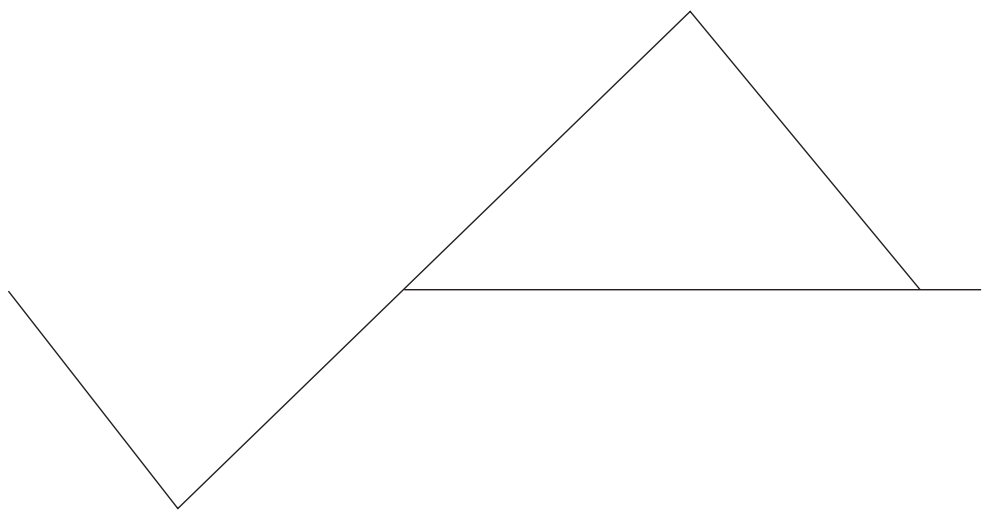
7. What example does Dr. Chapman offer to illustrate the emotional power of physical touch? Why is it important for parents to find new dialects of physical touch when their children become teenagers? What types of physical touch would be most meaningful to your loved ones at this point in their lives?

8. How is a person's "love tank" like a car's gas tank? How can you tell when someone's love tank is empty? What is the key to making sure that your spouse, children, or parents feel loved?

9. Dr. Chapman writes, **"It is my premise that the love languages observed in human relationships all reflect various aspects of divine love."** With that in mind, which love language does God speak? Why is that important to understand?

TAKE IT HOME

Speaking the wrong love language can make you feel distant from the people closest to you. It can also make you feel distant from God. Speaking the right love language, on the other hand, can bring you extremely close to Him. That explains why all of us experience “valley” and “mountaintop” moments in our relationship with Him. On the left side of the line below, describe a valley experience—a time when God’s love seemed distant to you. On the right side, describe a mountaintop experience—a time when God and His love seemed very near to you.



ABOUT THE LOVE LANGUAGES

Rate the following expressions of love according to how meaningful they would be to you, with 5 being the most meaningful and 1 the least meaningful. The results should give you an idea of what your primary love language is.

_____ You overhear a loved one telling someone how amazingly creative you are.
(Words of Affirmation)

_____ A loved one cancels his or her plans in order to spend the day with you before you leave for a weeklong trip. (Quality Time)

_____ A loved one gives you a framed photo of the two of you taken during one of your very best days together. (Gifts)

_____ A loved one spends an entire Saturday afternoon cleaning your car, inside and out. (Acts of Service)

_____ A loved one gives you an impromptu back rub. (Physical Touch)

LOVE CHALLENGE

If you're new to the concept of love languages—and even if you aren't—you'll likely realize that you've been speaking the wrong love language to people you care about. As a result, they may not be aware of how much you love them. What steps can you take this week to change that?

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP 6

Use this space for more notes, quotes, or lessons learned from the chapter.



OBJECTIVE

In reading this chapter, you will learn how God uses words of affirmation to communicate His love to and build relationships with people whose primary love language is words of affirmation—and how those people can, in turn, show love to others through verbal and written expressions.

GOD SPEAKS LOVE LANGUAGE #1: WORDS OF AFFIRMATION

2

INSTRUCTIONS: Complete this second lesson after reading chapter 2 (“God Speaks Love Language #1: Words of Affirmation,” pp. 31–47) of *God Speaks Your Love Language*.



Words of affirmation: verbal and written expressions of affection, appreciation, and encouragement that communicate love in profound ways for people who understand that love language.

OPENING QUESTIONS

1. Mark Twain once wrote, “I can live for two months on a good compliment.” What compliment or word of praise still makes you feel good about yourself? Who said it? What were the circumstances? Why did it have such an impact on you?
2. What words of affirmation in the Bible are especially meaningful to you? Which passages do you turn to—or recite to yourself—when you need a boost in confidence? Explain.

THINK ABOUT IT

3. Dr. Chapman's story of Reuben and Gabrielle shows that speaking one love language fluently, as Reuben did, doesn't guarantee that the other person will feel especially loved. Gabrielle needed something else. When have you experienced a similar situation in your own relationships—or seen it played out in someone else's? What impact did the miscommunication have on the relationships?
4. After sharing the story of his conversion to Christ with Dr. Chapman, Reuben explained, **"I feel closest to God when I'm preaching."** His primary love language was words of affirmation. When do you feel closest to God? Explain.
5. According to Dr. Chapman, **"The way people interrelate on a human level tends to be true on a spiritual level as well."** What method did God use to get through to Reuben when he was **"a wandering college freshman"**?
6. Dr. Chapman writes, **"All the specific commands of God in both the Old and New Testaments affirm our worth, flow from His love, and direct us toward a higher goal. Some people find the commands of God restrictive and rebel against them."** On the other hand, what do those who know God believe?

7. As a young monk, Martin Luther tried hard to please God by following a life of discipline. How did the words of Romans 1:17 not only open his eyes to a better approach but also reveal his primary love language?
8. What evidence can you find in the writings of David, the second king of Israel, that suggests that his primary love language was words of affirmation?
9. Dr. Chapman talks about his conversation with Jason, a man who acknowledged that his love language is words of affirmation. How did Jason reply when Dr. Chapman asked him when he felt closest to God?

TAKE IT HOME

Here are a few passages that contain words of affirmation from the Bible. For each passage, describe a real-life scenario in which those words of affirmation could make you feel closer to God. For example, if you were questioning your self-worth, the words of Genesis 1:27 could remind you that God sees you as extremely valuable because you're created in His image.

“So God created man in his own image, in the image of God he created them; male and female he created them” (Genesis 1:27).

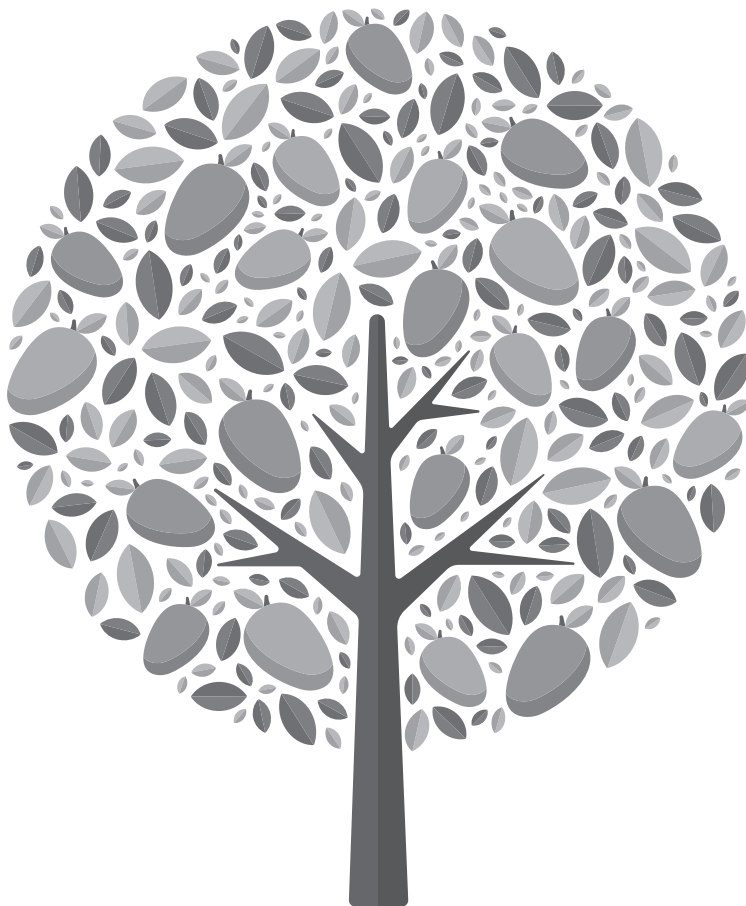
“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand” (Isaiah 41:10).

“I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow” (Jeremiah 31:13).

“Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life” (John 5:24).

DRAWING CLOSER TO GOD THROUGH WORDS OF AFFIRMATION

As Dr. Chapman's friend Jason pointed out at the end of the chapter, using words of affirmation in prayer can make us feel close to God. Gathering the material you need for such prayers is as easy as noticing and appreciating God's countless praiseworthy qualities. On the fruit tree below, identify various characteristics, gifts, and skills that God possesses. These are areas that are ripe for words of affirmation. You can start with the low-hanging fruit—the easy ones. These are characteristics that are obvious to most people—a list that might include His creativity, His power, and His love. The upper branches of the tree are the qualities of God that many people may not see or appreciate—a list that might include His holiness, His justice, and His discipline.



LOVE CHALLENGE

Who do you know who needs to hear words of affirmation this week? Which words do you think would be especially meaningful? What steps will you take to reach out to that person this week?

STEP 1

STEP 2

STEP 3

STEP 4

STEP 5

STEP 6

Use this space for more notes, quotes, or lessons learned from the chapter.

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