

**Sunday Sidebar: June 17, 2018**

### **The Five Love Languages**

Gary Chapman, a marriage counselor for over 30 years, has written a book about the five different love languages that people have: ***words of affirmation, quality time together, receiving gifts, acts of service, and physical touch.*** His counseling experience over the years has led him to the conclusion that unhappiness in marriage often has a simple root cause: we speak different love languages. If a husband's love language is *quality time together*, he may feel quite content and cared for if he and his wife are simply in the same room together, watching t.v. But if his wife's primary love language is *words of affirmation*, just watching the latest episode of *The Big Bang Theory* together is not making her feel secure and loved. She would prefer to hear a compliment or two from her spouse...daily!

So what is your chief love language? Which of the five above is your first choice for *receiving* love and affection? And if you're married, do you know which love language your spouse speaks? Chances are, they are different. So it obviously takes some intentionality and devotion to speak into the other person's world, in a language they best receive. Why not give it a try?

### **What's Your Language?**

Guess what? This idea of love languages is applicable to other relationships, too. Parents and children often have different love languages. Suppose a child's love language is *quality time together*, and the Dad's language is *acts of service*? All the child really wants is for Dad to spend time with her, but the Dad is working so hard, long hours, seldom home except to sleep, trying to make the money to buy whatever the family needs so they'll feel loved and secure... Dad is trying to express his love in the language he knows best - acts of service. So when daughter mows the grass for him he feels really loved. But if the child's love language is *quality time together*, she would rather have fewer things and less money, and just go fishing with dad...

Both father and daughter's intentions are good, but the communication and discernment of each other's true needs, are not so good. How to fix this? Look deeper into the hearts and lives of those you love. Talk directly and honestly with them, pay a little more attention to what seems to please them the most, and do a little trial and error. It could even be fun!

And if a Dad's love language is *receiving gifts* - well, today is Father's Day so hopefully you got him something good!! Have a wonderful Father's Day!