

The 5 Love Languages- 7.18.26

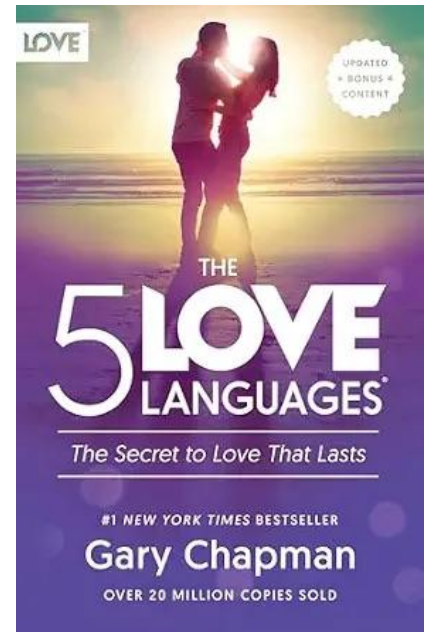
Hope Chapel Kealahono ~ Pastor Arlen Nagata

One of the basic needs in life is the feel loved, accepted, and secure.

1 John 3:8 Little children, let us not love in word or speech, but in action and in truth.

Here are the 5 love languages:

- Words of affirmation
- Acts of service
- Gifts
- Quality Time
- Physical touch



Just with the list, you may have an idea what your love language is. But I encourage you to take a free online test to give you more insight.

<https://5lovelanguages.com/quizzes/love-language>

Here's another verse.

1 Peter 4:8 Above all, maintain constant love for one another, since love covers a multitude of sins.

9 Be hospitable to one another without complaining.

10 Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God.

The Platinum Rule.

John 13:34 "I give you a new command: Love one another. Just as I have loved you, you are also to love one another.

The Power of Empathy:

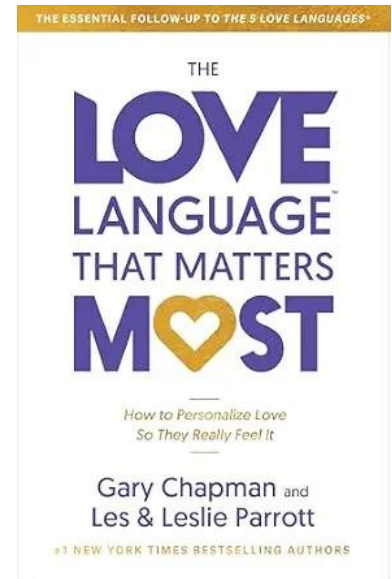
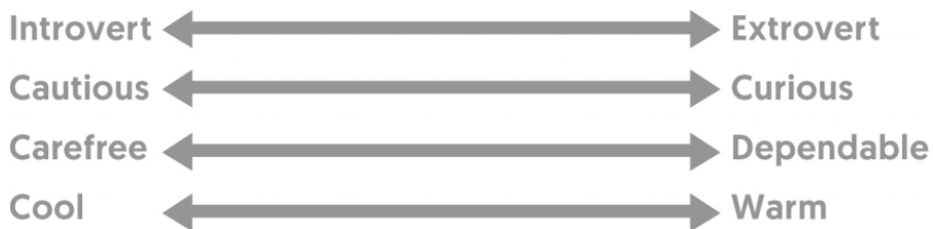
Putting yourself in their shoes and considering which of the 5 love languages they want most and then making the effort to provide that is what actually fills up their love tank.

“The Love Language That Matters Most.”

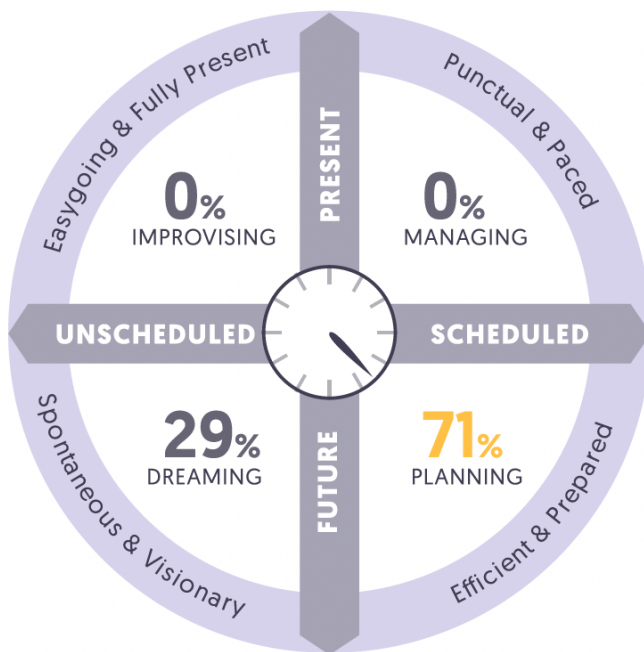
Each language has a number of dialects which also affect whether your love tank gets filled up.

So for example, suppose your love language is physical touch, but you are an introvert. How does that play out?

Here are 4 factors which affect how you receive from your love language.



Deeper Insights: Quality Time™

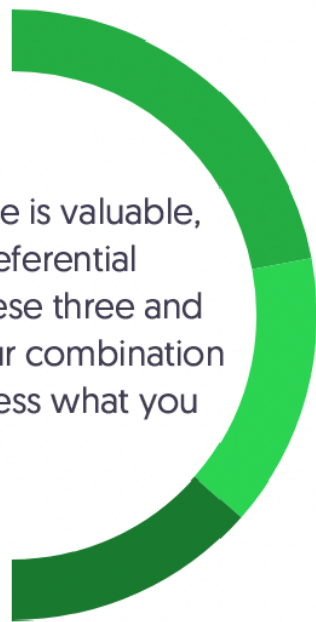


- Improvising as a dialect of quality time is all about spontaneity and being fully present in the moment.
- Managing as a dialect of quality time thrives on structure and reliability. For those who connect with this dialect, shared time is most meaningful when it's planned, punctual, and runs at a steady, predictable pace.

- Planning as a dialect of quality time is all about looking ahead with intention and preparation. For those who resonate with this dialect, meaningful time together often begins with a well-thought-out plan.
- Looking toward the future with excitement and imagination. That's what the dreaming dialect of quality time is all about. For those who connect with this dialect, meaningful time together often involves spontaneous, visionary conversations about what's to come.

Deeper Insights: Words of Affirmation™

While each of these is valuable, everyone has a preferential combination of these three and understanding your combination can help you express what you desire most.



44%

COMPLIMENT

Polite and positive expressions of praise.

29%

ENCOURAGEMENT

Expressions of support, inspiration, or motivation.

27%

APPRECIATION

An expression of value, worth, and significance.

Deeper Insights: Acts of Service™

SAVES TIME – Happily running an errand for you (picking up your prescription, filling up your car with gas)



38%

ALLEVIATES STRESS – Anticipating a need without being asked, allowing you to focus on other tasks (bringing dinner while you work late)



25%

INSTILLS SECURITY – Relieves responsibility ("I've got this for you") and gives a sense of being a team so you don't feel alone



25%

CONVEYS CARE – Demonstrates affection (breakfast in bed) and dedication (patiently waits to pick you up after a delayed flight)



13%

Deeper Insights: Receiving Gifts™

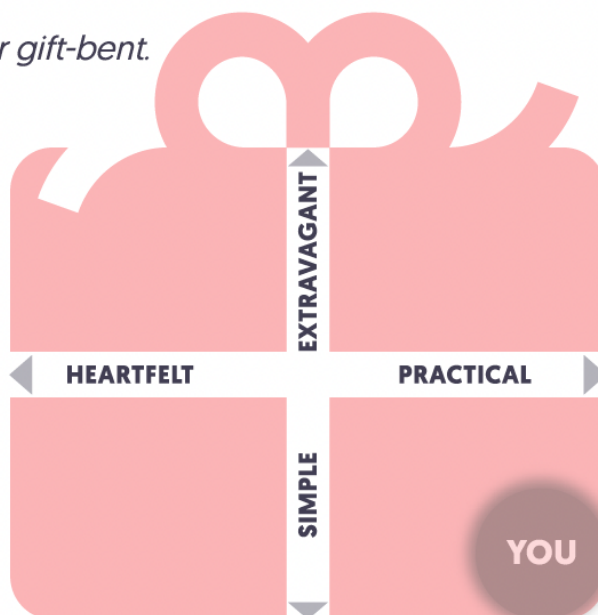
The circle represents your gift-bent.

FANCIFUL

Jewelry
Spa or golf getaway
Upscale restaurant dinner
Concert tickets
Hot air balloon ride

SENTIMENTAL

Hand-made card
Framed photo
Handwritten note or poem
Favorite homemade desert
Flowers or indoor plant



FUNCTIONAL

Premium coffee machine
New phone
Power tools
Designer sweater
High-end fitness equipment

SENSIBLE

Umbrella
Cookbook
Luggage tags
Water bottle
Pocket knife

Deeper Insights: Physical Touch™

1ST PLAYFUL TOUCH

Expresses lighthearted fun (tickles, play-fighting, stealing a bite of each other's food)

3RD COMFORTING TOUCH

Provides emotional support (holding hands during a difficult moment or a hug to soothe you when you're upset)

5TH PROTECTIVE TOUCH

Shielding or safeguarding from harm (linking arms or guiding someone away from potential danger)

7TH RESTORATIVE TOUCH

Helping to rejuvenate (squeezing shoulders, a foot massage, or a back rub to alleviate stress)

2ND AFFECTIONATE TOUCH

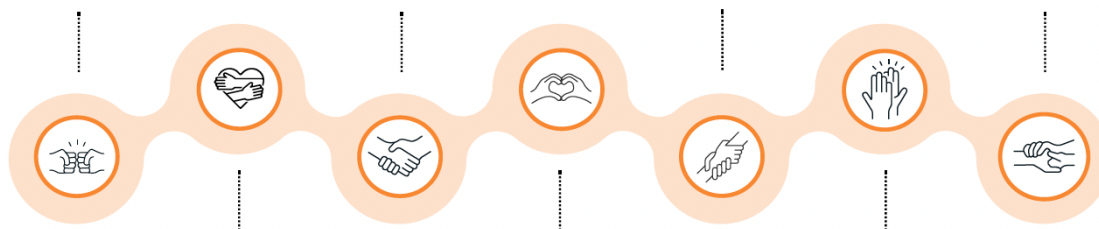
Conveys warm and tender feelings (hugging, cuddling, holding hands, and gentle caresses)

4TH ROMANTIC TOUCH

Expresses physical affection and attraction (gently stroking hair, touching or kissing face)

6TH EXPRESSIVE TOUCH

Underscores messages beyond words (a gentle touch on the cheek to express fondness or an enthusiastic high-five)



As you think about the power of Love Languages,
I want you to read a short Bible story with new eyes...

A Man Cleansed

Mark 1:39 He went into all of Galilee, preaching in their synagogues and driving out demons. 40 Then a man with leprosy came to him and, on his knees, begged him, "If you are willing, you can make me clean." 41 Moved with compassion, Jesus reached out his hand and touched him. "I am willing," he told him. "Be made clean." 42 Immediately the leprosy left him, and he was made clean.