

The Five Kinds of Love

LOVE in **English** has hundreds of meanings in common usage.

“Love” in the **Hebrew** is expressed by a variety of words which are somewhat broad in their usage:

Dodim <i>an impulse of heart, sexual attraction</i>	Hamed <i>desire, covet, lust</i>
‘Agav <i>impure love, dotting, lust</i>	Re’a <i>Companionship, friendship</i>
Hesed <i>mercy and compassion</i>	Hasheq <i>Strong attachment</i>
Ahav <i>desire, inclination or affection, whether human or divine</i>	

“Love” in the **Greek**, is expressed by five distinct words having much more precise meanings:

Desire – Attraction (*epithumia*)

Longing – Romance (*eros*)

Belonging – Affection (*storge*)

Cherishing – Friendship (*phile*)

Selfless Giving – Christian Love (*agape*)

Worksheet # 3

Learning to Speak The Love Languages

Strangely enough, one can be loved and accepted un-conditionally and still not feel genuinely loved. What feels like love will vary with the individual – this is why you must know your mate so well. One person may measure love by the way his material needs are met, or by tangible items such as expensive gifts. Another may feel loved when her husband helps her with the dishes. One will measure love by the amount of time spent together, or by the quality of openness and sharing of thoughts between the two. Another desperately needs to hear often the words: I love you. Still another measures love by physical affection – hugs and kisses. One person puts a heavy emphasis on the loyalty shown by the mate, especially in public. Another values sensitivity shown to feelings. Some will measure love by the support given to their personal growth and development. There are so many languages of love! While all I have mentioned are important, some of them will have special, even critical significance for your mate on an emotional level. Learn what speaks love to your partner; then express your love in ways that cannot be doubted. Ed Wheat, Love Life, p. 126

Gary Chapman has written a number of practical books on what he calls The Five Love Languages (including books relating the "love languages" to Teens, and to Children.) He suggests that there are five love languages, each with various dialects:

Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, Physical Touch.

Seldom do a husband and wife have the same primary love language. Less seldom do families share the same primary love languages. Our primary love language may change over time. We have "love tanks" that need to be regularly filled. We need to learn to speak our loved ones' primary love languages. When your spouse feels secure in your love, they will move toward greater growth and joy. When their love tank is full they will be better able to impact their world with love. When their love tank is empty, they feel used and worthless, their world feels dark and oppressive. A person's criticisms and complaints can be major clues to what their primary love language is. *"My spouse's criticisms about my behavior provide me with the clearest clue to her primary love language. People tend to criticize their spouse most loudly in the area where they themselves have the deepest emotional need. Their criticism is an ineffective way of pleading for love."*

To discern your "Love Language," you will need to consider how do you express and receive love? On a separate sheet, answer the following questions as specifically as you can. Then evaluate your sheet (or have someone else evaluate it for you) and for each statement you made, write a letter corresponding to the love language that seems most expressed by the statement. For Words of Affirmation write "W", Quality Time "QT", Receiving Gifts "G", Acts of Service "A", and Physical Touch "T".

1. How did your parents show they love you? When were the times you felt most loved by them?
2. How do you express love to your spouse (or a close friend)?
3. How do you express love to your children?

Clues for discovering your own primary language:

What does a loved one do or not do that hurts you most deeply?

What type of things do you most often request of your spouse?

In what way do you most regularly express love to your spouse?

What first attracted you to your spouse or made you think that he or she cared for you?

Recognize differences between male and female sexual responses. For men, sexual response is generally linked to physical contact. A man's desire for sexual contact should not be confused with physical touch being his primary love language.

Clues for discovering your spouse's (or a child's) primary language:

Pay close attention to how they express love to you and others. People tend to try to show love in ways they want to be loved.

Listen to what they request most often.

Consider what they complain about most.

Give them choices.

Do not "peg" them into a box. Remember, children's language may change as they grow.

Be careful discussing the languages with teenagers. They could use them against you!

Run an experiment. If it is still hard to understand what most communicates love, make a best guess of what their primary love language is. Attempt to practice showing love in specific ways in this language for the next two weeks. See if it makes a difference. If not, try another language for another two weeks.

Love Language #1: Words of Affirmation

Verbal Compliments; Words of Praise - Focus is on something they do that is under their control. *Encouraging Words* - Focus is on who they are. See the world from their perspective. *Kind Words* - Tone is crucial! *Humble Words* - make requests, not demands. When you make a request, are you affirming his or her abilities? *Indirect Words* - How you speak about a loved one not in their presence can have an impact. Words of Guidance (especially with children)

Things to Consider

Think back on the past few days. What specifically have you said to your spouse? If someone else were listening, how might they understand your words? Would they find them to be often supportive, critical, or demanding?

Discuss with your spouse what you say to your children. Evaluate the degree of praise and positive guidance you give.

Love Language #2: Quality Time - when we give someone our undivided attention.

Togetherness = Combined focused attention. *Quality Conversation* A genuine attempt to understand the other person's thoughts, feelings, and desires. Become both better listeners and better sharers. *Quality Activities* - Anything in which one or both of you has an interest.

Things to Consider

For you and your spouse or you and your family, isolate two or three experiences that brought you very close and are a source of continuing fond memories. Plan a new event that has strong "memory" potential.

What are some things you can do with your spouse or other loved ones on a regular basis? Make a commitment to do at least two of these in the next month.

Look back upon the last major problem or challenge your spouse faced. Write out ways you could have better achieved the following: (a) less advice and more sympathy; (b) more understanding and fewer solutions; (c) more questions and fewer conclusions; (d) more attention to the person and less to the problem.

Love Language #3: Receiving Gifts

Think about about a gift you received as a child. What made it so special? Come up with at least three things or principles for how to show someone love through the giving of a gift. "Gifts are visual symbols of love." "Physical presence in the time of crisis is the most powerful gift you can give if your spouse's primary love language is receiving gifts. Your body becomes the symbol of your love." Children know the difference between a gift and a bribe.

Things to Consider

What gifts have you given your spouse that were particularly appreciated? If this is his or her primary language, decide to give one token of love, however small, in line with those preferences each week for the next month.

Are there situations that your presence is especially important to your spouse or children? Discuss with your spouse ways you may already be monitoring gift giving and how you can make this an even greater expression of love in your family.

Love Language #4: Acts of Service "... doing things you know your spouse would like you to do."

Make a list of things you know your spouse or a close loved one wants you to do. Be specific and practical. "Requests give direction to love, but demands stop the flow of love." In order to serve well, we must pay attention to our own physical and emotional needs. Who are we really serving and for what purpose?

Things to Consider:

Choose three simple, but humble tasks that you don't especially like, but know your spouse would be pleased to see completed. Surprise your spouse by doing them without being asked.

Many couples feel that they have overcome gender role stereotypes in their relationship but unconscious bias still remains. Discuss your deepest feelings about sharing all activities and your family history in this regard.

Think back to when you were courting your spouse. What made them feel special? Can you keep doing it?

Love Language #5: Physical Touch

Touch is more than sexual. "Don't make the mistake of believing that the touch that brings pleasure to you will also bring pleasure to her."

Things to Consider:

Perhaps you and your spouse have never openly shared with one another the types of touching you find pleasurable. Discuss the emotional, sexual, and psychological dimensions related to all these areas of the body.

Discuss what times it is especially important to be with your spouse -- special events or activities where they also want you close at hand. Is hugging or other physical expression also important to them at these times?

The language of the lovers in The Song of Songs

By Barry McWilliams

Without verbal lovemaking, there would be no beauty and little feeling in love. It would be cold and impersonal. Too often today the media portray the communication between lovers as coarse or ugly. A book in the Bible, The Song of Songs, gives us a much better picture of "love talk" that is beautiful, which builds up our spouses and our marriages and is much more honoring to God.

In preparing this study, I examined the vocabulary of the Song of Songs of Solomon, God's "marriage manual". The following observations draw on this study, and then expand with more principles in regard to our "Love Talk": the manner in which married couples communicate their love for each other.

In this "Song" there is a definite beauty of speech that stands out even when expressing the most intimate of thoughts. There is much explicit and intimate talk in the Song, in fact, there is enough to make anyone blush. There are plenty of definite references to the sexual organs of the body - the breasts, etc - and many more "suggestions".

There is a considerable "poetic" use of words - creating with verbal imagery lovely expressions of feelings and emotions that are hard to put into words. There is the richness and beauty of comparison as they describe one another in terms of animals or plants, and their pet names for each other. Expressions abound with double meaning - a reference to "*Blow on my garden that its fragrance may spread abroad. Let my lover come into his garden and taste its choice fruits*" expresses her desire for his intimate sexual contact with her genitals in a way that is beautiful without vulgarity, or clinical coldness, especially when read in the larger context of the garden and plant imagery throughout the book.

There are a number of observations to be drawn from this use of imagery between married lovers:

We have to recognize that it is a secret love language that this couple has created to express their feelings for each other.

It is for the privacy of the bed-chamber. These words with their explicit meanings are for the ears of the beloved alone - they are not used in conversations with others, or, crudely to titillate the general public.

Much of their love language is drawn from the pleasant things of their backgrounds. How appropriate the botanical illusions of gardens and fruit from and to a girl who has grown up working in the vineyards. Drawn from daily life, these have been infused with sincere and honest emotional expressions of love.

The lovers in the Song communicate much more than just passion in their secret language.

There almost seems to be a third level of meaning behind the words. For behind the literal and poetic meaning are statements concerning character and personality. For example, in the description of the bride in Chapter 4 are not only references to her physical beauty, but also declarations as to her character as well. Perhaps we can learn from this to create a love language that speaks to more than the physical, and carries with it much more.

The lovers are both profuse and frank in their love talk.

They do not make love in silence, nor do they hesitate to express desire and delight in explicit ways. There is no inhibition in either man or wife. Each tells the other what is desired or what pleases.

There is much romantic talk! The smooth words of the lover who comes courting continue on into their marriage as he woos and arouses his wife again and again with his words. The bride does not hold back on responding to his love talk with her own "sensual" speech. In fact, nearly half of the 117 verses in the Song are hers. Love is constantly expressed in a variety of ways and settings .

How "sensual" is both their lovemaking and their love talk.

There are repeated references to fragrance and taste and sight and touch. Kisses are sweeter than wine, lovemaking is fragrant with myrrh, and the lovers describe each other intimately. There is much ornamentation and beauty in their clothing and the settings of their love. There is an elegance and a sense of preciousness that speaks loudly of how special their love is.

The lovers stir one another's imaginations with their talk. They create fantasies with their words and build anticipation of delights to come. For him to speak of "*climbing the palm tree and taking hold of its fruit*" or her to speak of him "*browsing among the lilies*" certainly heightens the passion of the other.

How aware they are of each other, and also how constant and positive they are in expressing their appreciation of one another.

He is sensitive to her insecurity and repeated need of encouragement and moves to meet that need with his words. She responds to him similarly, letting him know how pleased she is in him and by his loving. We can infer from this that they were active listeners - hearing not only the words, but also the feelings and needs behind them.

This kind of openness does not come readily. Lovers must prepare the way to the wonders of sexual communion through open communication and much talk. Marriage books unanimously state the greatest need for married people today is to talk to each other.

There is richness and variety of mood and atmosphere, of time and place. But often the words of the lovers are what makes the moment so romantic, so seductive, so sensual, so special as they express their love for one another. Romantic gestures, and places will never compensate for the absence of verbalized expressions of love.

Open communication lines are an important pre-requisite for the "one flesh" experience. While love talk must be private (as all deeply personal communication must be based upon the trust that confidences will not be betrayed), Love talk should not be confined to the bedroom, though it often leads the way into it.

We can draw the following principles from this love song:

1. There should be frequent and varied expression of love between lovers. Love talk ought to be a constant on-going process. That requires deliberate effort by both partners.
2. These expressions consist of positive expressions of appreciation and affirming the value of one's spouse as they are. One key message of the Song is the importance of building up one another through the communicating of that which we respect, admire, and cherish in the personality and character of another person to them. It is not negative, critical, or complaining in tone.
3. Love talk is honest and sincere in fully sharing oneself and in appreciating our spouses.
4. Love talk is sensitive to the needs and concerns of one's lover, and thus actively listening. Love talk is responsive. It is a dialog of heart and mind.
5. Love talk seeks to be beautiful and pure. It uses lovely and highly expressive language that is both sensual and emotional, but never crude.
6. Love talk is sensual, both in that it includes both verbal and non-verbal communication, and in that it appeals to all the senses. Kisses, hugs, caresses, eye contact, facial expressions, gestures and actions are just as important as the words being used. In fact, when verbal and non-verbal communication are not in agreement, we usually trust the non-verbals.
7. Love talk is appropriate to its circumstances. At times, love talk is romantic, at times intimate, sometimes playful, sometimes painful, some times quite serious - at all times it involves building up our spouse and the marriage relationship. It is need orientated, reflecting God's wisdom in making of two different people a oneness where the strengths and weakness of the two balance each other.
8. While very personal desires are often shared, yet such "fantasies" ought to be grounded in reality (loving our spouses and not a dream lover) and honoring to God (not lust-orientated, but love orientated).
9. Love talk is open communication on a variety of levels between two people committed to one another. It is true intimacy, where we give over the keys to our inner selves and become transparent to our mates.

May we learn from the Song of Songs how to bring singing into our marriages through the delights of love talk.

ADJECTIVES & ADVERBS.

Beautiful (13)
 lovely (5)
 beloved (4)
 love
 darling
 bride
 loves
 pleasing (3)
 awaken
 desires
 kiss(es)
 delightful(2)
 browses
 arouse
 delight
 awake
 delights
 gaze
 graze
 embraces
 arise
 hear
 listen
 taste
 desire
 spoke
 held
 sweet
 gazing (1)
 despise
 follow
 leaning
 descend
 lover's
 lovers
 adore
 enclose
 crowns
 charming
 perfect
 peering
 purest
 praise(d)
 contentment
 rejoiced
 radiant
 ruddy
 delights
 flawless
 outstanding
 bright
 lovingly
 handsome

SPICES

spice(s) (7)
 henna (2)

nard
 cinnamon(1)
 calamus
 saffron
 aloes

THEIR BODIES

breasts (8)
 eyes (7)
 head (5)
 heart
 hair
 arm
 mouth (4)
 lips
 neck (3)
 teeth
 cheeks (2)
 legs
 hands
 face
 temples
 arms (1)
 appearance
 hand
 navel
 nose
 finger
 body
 tongue
 tresses
 waist

ANIMALS

flock (5)
 gazelle
 doves (4)
 sheep
 fawns (3)
 stag
 dove
 goats
 foxes (2)
 does
 flocks (1)
 raven
 lions
 mare
 leopards

SMELL

fragrance(8)
 myrrh (4)
 perfume
 incense (3)
 blended (1)
 perfumed
 perfumes

FRUITS

fruit (6)
 pomegranates (3)
 apples (2)
 apple
 pomegranate
 mandrakes
 fig
 wheat

FLOWERS

garden (6)
 lilies
 tree (5)
 vineyards
 vineyard
 bloom (3)
 vines
 cedars (2)
 field
 blossoms
 palm
 budded
 fruits
 lily
 fountain
 gardens
 trees
 clusters
 cluster (1)
 firs
 blossoming
 dew
 growth
 rose
 rains
 flowers
 streams
 orchards
 plants
 pools
 verdant
 waters

FOOD

wine (8)
 miik (3)
 sweetness(2)
 honeycomb
 honey
 banquet (1)
 eat
 nectar
 Goblet
 raisins

JEWELRY & ORNAMENT

silver (4)
 royal (2)
 jewels

earrings (2)
 crown
 shekels
 chariots
 ivory
 carriage
 sword
 elegance (1) decorated
 chrysolite
 cloak
 banner(s)
 necklace
 polished
 panels
 marble
 purple
 ribbon
 jewel
 crowned
 robe
 scarlet
 sandaled
 sapphires
 sachet
 garments
 tapestry
 noblest
 upholstered
 inlaid
 veiled

PLACES

Lebanon (7)
 beds (2)
 mountains
 desert
 tents
 hills
 mountain
 dance (1)
 dens
 chambers
 Hesbon
 Gibeah
 Damascus
 hill
 Carmel
 bath
 earth
 crest
 Kedar
 Mahanaim
 countryside
 forest
 rains
 valley(s)