

## **Share your love language with your mate**

Now that you know your love language, Wouldn't it be great to know your mate's love language? Most spouses want what's best for you...and for your marriage. It's important to let your partner know your love language in a way that doesn't belittle or make him/her run for the hills because they're afraid of another marital fight.

## **Love your mate in a way they can understand**

If your mate took the survey and shared the results with you, this next part is easy. Find their love language below and intentionally find ways to speak the love language consistently. Your marriage is worth it!

### **Words of Affirmation**

1. Think of something encouraging to tell your mate...and tell him/her in creative way. You could use a card, an email, a text message, or a skywriter in the clouds...your choice.
2. Go buy 4 "Thinking of You" or "I Love You" cards at a local store. Write out encouraging notes or love notes and give them to your mate...once per week.
3. Thank your partner for how he/she takes care of at least one specific need for you or your family. Be sincere and heartfelt.
4. Meditate on Proverbs 25:11, "A word aptly spoken is like apples of gold in settings of silver." Share your reaction to this verse with your mate and how you will be intentional about giving more "words aptly spoken."

### **Quality Time**

1. Plan a walk or hike or bike ride that you both can enjoy for a few hours. Bonus - pack a picnic with special foods he/she likes.
2. Make a "Top Ten" list of ways you think your mate would love to spend time with you. These may be things you've not wanted to do or have resisted participating in. Put your resistance aside and make the time to do more of these things with your mate.
3. When is your partner at his/her best for talking? Do your best to be ready, open, and attentive to them during this time each day.
4. Meditate on Proverbs 20:5, "The purposes of a man's heart are deep waters,

but a man of understanding draws them out.” Share your reaction to this verse with your mate and how you will be intentional in trying to be more understanding in your conversations with him.

## **Receiving Gifts**

1. Gifts can represent so much - feelings, memories, love, dreams, etc. Spend some time figuring out something special you'd like to communicate to your mate, and find a gift that encapsulates this feeling.
2. Make a silly gift for your partner using nothing but Scotch tape, scissors, and old magazines. No glue allowed.
3. Have a “Giftapalooza Day.” Shower your mate all day with little gifts. The more creative and surprising, the better.
4. Meditate on Proverbs 11:24, “One man gives freely, yet gains even more; another withholds unduly, but comes to poverty.”
5. Share your reaction to this verse with your husband/wife and how you will be more intentional to “give freely” to them.

## **Acts of Service**

1. Take some time to figure out the ways your mate likes to be served. Do something from this list, and let him/her know that you're trying to serve them. Ask if he/she likes this act of service, or prefers something different. Either way, you're doing your best to show love.
2. Ask your mate to make a list of 3-5 things you could be doing to serve them better over the next month. When you get the list, be sure to do the things that you can.
3. Make it a family affair! If you have children, get the kids to help you and give your mate an act of service. Let the kids pick it and see what they choose.
4. Meditate on Ephesians 6:7, “Serve wholeheartedly, as if you were serving the Lord, not people.” Share with your spouse how this verse might change your perspective on giving him Acts of Service.

## **Physical Touch**

1. For the next month, kiss your mate every day before he goes to work and/or when he returns. Make sure this is the last thing he/she remembers about you before starting the workday or the first thing to look forward to when returning.

2. Start to initiate sex more than normal, but go slowly. Make him/her wonder why you're suddenly so frisky.

3. Take time to experiment and learn what kind of physical your spouse most appreciates. Work hard to give him/her more of this kind of touch - and tell them that you're making the effort.

4. Meditate on I Corinthians 13:4-8, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

5. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." Talk with your mate about how this verse applies to their experience of your touch.