

1 The Languages of Love

- How to Understand and Express Real Love

2 Marriages Are in Trouble

- For most individuals who fall in love and get married they find out something that often is a great shock to them.
- They discover that the warm fussy feelings they had for their spouse starts to eventually lift revealing that the person they married isn't the most wonderful and perfect person they thought.
- Feelings leave, reality sets in, and thoughts turn to getting out of the relationship.

3 Marriages are in Trouble

4 Falling in Love

- Most of the world today enters marriage by the way of "in love" experience.
- We meet someone whose physical characteristics and personality traits create enough electrical shock for us that our emotional bells go off and we lose all awareness of reality.

5 Falling in Love

- The Result . . .
 - We become emotionally obsessed with each other and start to consider marriage.
 - We become enamored and caught up in the beauty and charm of the other person.
 - We easily buy into the illusion that love will always be there.

6 What is Love?

- According to psychologist Dorothy Tennov, "Romantic Love" is no love at all.
- Why?
 - Falling in love is not an act of the will or conscious choice.
 - Falling in love is not real love because it is effortless.
 - The one who is "in love" is not genuinely interested in fostering the personal growth of the other person.

7 What is Love?

- According to psychologist Dr. W. Scott Peck, the "in love" experience is . . .
 - "the genetically determined instinctual component of mating behavior."
 - Disengages our reasoning abilities where we make assumptions that are unrealistic.
 - Emotional obsession (in heat)
 - "it's goofy!"

8 What is Love?

- Dr. Gary Chapman, in his book, *The Five Languages of Love*, asserts that many people believe that when “romantic love” has died the relationship has died as well.
- According, to Dr. Chapman, this is not true.
- It is the time in which to starting learning how to use and practice “real love.”

9 What is Love?

- However this kind of love is not easy.
 - Involves an act of the will.
 - Requires discipline, and
 - Recognizes the need for personal growth.
 - Ultimately it demands the kind of love the Greeks called “agape” love—self-sacrificing love.

10 What is Love?

- “Our most basic emotional need is not to fall in love but to be genuinely loved by another, to know a love that grows out of reason and choice, not instinct.”
- “I need to be loved by someone who chooses to love me, who sees in me something worth loving.”
- “The heart of real love is that it is rational, volitional and take place when the ‘in love’ feelings are gone.”

11 The Solution

- Learning to love the other person according to their preferred love style.
- However, for most of us we love others through our preferred love style.
- Not only does this not work, but it creates a lot of frustration as we don’t understand what is going on.
- The other person will then blame us for being insensitive and we will label them as a “nut job.”

12 The 5 Love Languages

13 Learning Love Languages

- What do I do or fail to do that hurts the other person most deeply? The opposite of what hurts that person is probably their love language.
- What does the other person most request of me? The thing that they have most often requested is likely the thing that would make them feel most loved.
- In what way does the other person express love? Their method of expression may be an indication that would also make them feel loved.

14 Love is a Choice

- Why are there so many divorces?
 - For many love is a feeling.
 - So when the feelings are gone so is the marriage.
- The love that make marriages work and keep relationships alive is the kind of love that . . .
 - Looks out for the best for the other person.
 - And, does so in the form they can receive it.

15 God's Preference

- Does God have a love language preference?
 - Psalm 51:16
 - Isaiah 1:11-17
 - Hosea 6:6
 - Micah 6:6-8
 - Matthew 23:23
 - Galatians 5:6, 14

16 Summary

- Love is not a feeling!
- Relationships that are based on feelings will always be bumpy and/or temporal.
- Real Love is looking after the best interest of others.
- We do this the best when we give love in the language (form) that the other person prefers.

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