



## SESSION 5: KEEPING LOVE ALIVE

### ACTIVITY: 5 LOVE LANGUAGES

#### **The Five Love Languages Test**

By Dr. Gary Chapman

**Read each pair of statements and circle the one that best describes you.**

1. A. I like to receive notes of affirmation from you.  
E. I like it when you hug me.
2. B. I like to spend one-on-one time with you.  
D. I feel loved when you give me practical help.
3. C. I like it when you give me gifts.  
B. I like taking long walks with you.
4. D. I feel loved when you do things to help me.  
E. I feel loved when you hug or touch me.
5. E. I feel loved when you hold me in your arms.  
C. I feel loved when I receive a gift from you.
6. B. I like to go places with you.  
E. I like to hold hands with you.
7. A. I feel loved when you acknowledge me.  
C. Visible symbols of love (gifts) are very important to me.
8. E. I like to sit close to you.  
A. I like it when you tell me that I am attractive.
9. B. I like to spend time with you.  
C. I like to receive little gifts from you.
10. D. I know you love me when you help me.  
A. Your words of acceptance are important to me.
11. B. I like to be together when we do things.  
A. I like the kind words you say to me.
12. E. I feel whole when we hug.  
D. What you do affects me more than what you say.
13. A. I value your praise and try to avoid your criticism.  
C. Several inexpensive gifts mean more to me than one large expensive gift.
14. E. I feel closer to you when you touch me.  
B. I feel close when we are talking or doing something together.
15. A. I like you to compliment my achievements.  
D. I know you love me when you do things for me that you don't enjoy doing.

TURN OVER



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16. E. I like for you to touch me when you walk by.  
B. I like when you listen to me sympathetically.
17. C. I really enjoy receiving gifts from you.  
D. I feel loved when you help me with my home projects.
18. A. I like when you compliment my appearance.  
B. I feel loved when you take the time to understand my feelings.
19. E. I feel secure when you are touching me.  
D. Your acts of service make me feel loved.
20. D. I appreciate the many things you do for me.  
C. I like receiving gifts that you make.
21. B. I really enjoy the feeling I get when you give me your undivided attention.  
D. I really enjoy the feeling I get when you do some act of service for me.
22. C. I feel loved when you celebrate my birthday with a gift.  
A. I feel loved when you celebrate my birthday with meaningful words (written or spoken.)
23. D. I feel loved when you help me out with my chores.  
C. I know you are thinking of me when you give me a gift.
24. C. I appreciate it when you remember special days with a gift.  
B. I appreciate it when you listen patiently and don't interrupt me.
25. B. I enjoy extended trips with you.  
D. I like to know that you are concerned enough to help me with my daily task.
26. E. Kissing me unexpectedly makes me feel loved.  
C. Giving me a gift for no occasion makes me feel loved.
27. A. I like to be told that you appreciate me.  
B. I like for you to look at me when we are talking.
28. C. Your gifts are always special to me.  
E. I feel loved when you kiss me.
29. A. I feel loved when you tell me how much you appreciate me.  
D. I feel loved when you enthusiastically do a task I have requested.
30. E. I need to be hugged by you every day.  
A. I need your words of affirmation daily.

**Add Total Number of Answers Here:**

A. \_\_\_\_ Words of Affirmation   B. \_\_\_\_ Quality Time   C. \_\_\_\_ Receiving Gifts   D. \_\_\_\_ Acts of Service   E. \_\_\_\_ Physical Touch



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**Each think of 3 ways you can express love in your fiancées predominant love language.**

### **INTIMACY**

**1 Corinthians 7:3-5** The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. 4 The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. 5 Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

Intimacy= INTO-ME-SEE

1. See sex as a journey
2. Be ready to talk about sex
3. Be prepared to tackle problems
4. Deal with past sexual relationships
5. Discuss family planning and having children
6. Don't compare your sex journey to others'

### **COMITTMENT**

**Matthew 16:24-28 NIV**

<sup>24</sup> Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. <sup>25</sup> For whoever wants to save their life<sup>[a]</sup> will lose it, but whoever loses their life for me will find it. <sup>26</sup> What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? <sup>27</sup> For the Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done.

<sup>28</sup> "Truly I tell you, some who are standing here will not taste death before they see the Son of Man coming in his kingdom."

**ACTIVITY: List the people who will be our supports in the marriage:**

**As a couple:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**For the husband**

1. \_\_\_\_\_
2. \_\_\_\_\_



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3. \_\_\_\_\_

**For the wife:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**ACTIVITY: The things I love about you and My promise to you (10 mins)**

Write 5 things you appreciate and love about your partner:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Take a few minutes, individually, to think about three promises you want to make to your partner to show that you intend to put them first and commit to them.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_