

Understanding Your Spouse's Love Language - March 2025

LWCC Marriage Ministries Email for March 2025

Greetings again from the LWCC Marriage Ministries Team.

I don't know about you, but to me it seems hard to believe summer - such as it has been - is almost over for another year, and no doubt, like us, you are finding the year is fast gathering pace! In the midst of considering the implementation of last month's email, 'Celebrating your Marriage All Year Round', I thought it might be a good idea to be reminded of Gary Chapman's discovery some years ago, of our Love Languages.

Have you ever had the feeling like you and your spouse are speaking totally different languages when it comes to showing love. You're buying thoughtful gifts while they're wondering why you never compliment them any more: or you try to be affectionate, and it's like water off a duck's back! Sound familiar? Well, let's see if we can go some way to cracking the love language code and level up your relationship.

First of all, What's This Love Language Thing About?

If you haven't heard of them before, here's a quick over-view. Think of love languages as your emotional operating system – we've all got one, but they don't always sync up perfectly. Understanding your spouse's love language is like getting the user manual for their heart (yeah, I know - cheesy, but true). If you can figure out their Love Language, and begin to regularly relate to your spouse through that language, you will make a huge impact. There are 5 of them, so let's see if we can help you work out - **Which One Belongs to Your Spouse?**

1. Words of Affirmation

Your partner lives for:

- Random "thinking of you" texts:
- You publicly bragging about their achievements on social media or within their hearing, to your friends:
- Specific compliments (not just "you look nice"):
- Hearing "I love you" regularly.
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Pro tip: If this is your Spouse, set yourself a reminder to send a meaningful text daily. Small effort, but believe me, big impact!!!

2. Acts of Service

They feel the love when you:

- Handle that one chore they hate:
- Take care of dinner when they're swamped with work:

- Remember to fill up their car:
- Actually do the things on your shared To-Do list:

Pro Tip: Trust me, Sometimes, emptying the dishwasher is more romantic than a box of roses chocolates; or, telling him you know he's busy so you'll look after such and such a chore for him.

3. Physical Touch

These partners need:

- Casual touches throughout the day:
- Taking their hand or putting an arm around their waist while out walking:
- Hugs from behind when they least expect it:
- Holding hands and cuddling during a Netflix binge.

Pro tip: Remember, Physical Touch doesn't always mean intimacy – sometimes, for them, it's just about connection.

4. Quality Time

They're happiest when:

- You put your phone away during dinner:
- You plan date nights (and actually follow through):
- You go out of your way to do activities together, even mundane ones:
- You have real conversations, not just 'logistics' chats.

*Reality Tip: Netflix doesn't count as **quality time** if you're both scrolling on social media.*

5. Receiving Gifts

They feel special through:

- Surprise coffee deliveries at work:
- Random “saw this and thought of you” items:
- Meaningful birthday/anniversary gifts:
- Souvenirs from your trips.

Pro Tip: It's not about the money – it's about Thoughtfulness and Effort.

How to Figure Out Their Language:

One of the best ways to decode your partner's love language is to become a relationship detective. Pay close attention to how they naturally show love to you – people often give love the way they want to receive it. Notice what they complain about most in your relationship; these complaints are often clues about what makes them feel unloved. (“You never tell me you're proud of me” or “We don't spend enough time together” can be dead give-aways.) Watch for what makes their face light up with joy – whether it's a surprise gift, a heartfelt compliment, or when you drop everything to help them with a task.

But here's a radical idea: you could also just ask them directly. A simple "When do you feel most loved by me?" can unlock insights that might take months to figure out through observation alone. Sometimes the direct approach is the most effective – no detective work required. Your partner might be waiting for a chance to tell you exactly what makes them feel cherished.

You could also go to the following website: 5lovelanguages.com - and do their online assessment. Also on that website is an interview with Gary Chapman who discovered the 5 Love Languages through his observation in his marriage counselling practice, and wrote the amazing book of the same name. The book is a must read for all married couples, or you could plan to attend the next Alpha Marriage Course to be run in Term 4 this year. The final session is devoted to the 5 Love Languages and includes some interviews with Gary Chapman, and some great excersizes that will help you both determine exactly each other's love languages.

The Bottom Line:

Understanding your partner's love language isn't about becoming a relationship guru – it's about making your everyday love for your spouse more intentional and effective. It's about working smarter, not harder, in your relationship. If you want to inject something fresh and significant into your relationship, try taking the next 3 or 4 weeks to focus on your doing some things for your spouse in relation to their specific Love Language and Enjoy the difference it will make to your relationship. THEN, extend it to the rest of the year, and see where you are both at by Christmas. I think you might be very pleased with the results and benefits of your attention to detail!!!!

Blessings to you all from your Marriage Ministries Team: Stan & Ronnie, John & Karen