

Meeting Essential Needs Through Love Languages

Ideas To Spur One Another On To Love And Good Deeds (Heb 10:24)

We asked the question, "How can I communicate [essential need] using [Love Language]?" Here's some practical ideas we came up with. Try them, and use them to help you think of ways to effectively demonstrate love for another person! We found that effectively communicating through love languages often involves more than one language. For instance, hugs are useful for meeting many essential needs, but sometimes you need to tell the other person why you are hugging them.

Heart Desire: Being Heard And Understood

Emotional Need: Sense Of Significance

Attention - To take thought of another and convey appropriate interest and support; to enter into another's world

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> Look them in the eye Make affirming noises when they speak Concentrate on what they are saying, not planning out your next statement Using the appropriate words for the situation Notes, cards, letters What did you enjoy most about today? How did your test go? You look sharp in that suit. 	<ul style="list-style-type: none"> Notice when they are trying to get something done and help them Jump in even before asked to help, even if it is something you don't like to do 	<ul style="list-style-type: none"> Thoughtful gifts Noticing hobbies or things the other person likes and giving gifts that are appropriate Jewelry that matches outfits i.e. I know he's a painter, so I'll buy some supplies for him 	<ul style="list-style-type: none"> Spending time with the person doing things they like to do, not five minutes at the end of the day Taking time out of your schedule to be with them 	<ul style="list-style-type: none"> Pats and hugs... Touching their leg or arm when praying for them Help them to pick up something they drop

Comfort - To come alongside with word, feeling and touch; to find consolation with tenderness

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> Listening talk/active listening/empathizing sounds - Mmmm... Uh huh... Owww, that must hurt! Speaking God's promises of comfort in personalized love texts (i.e. II Cor 1:3) I'm so sorry you have to go through this. I'm sad for you. 	<ul style="list-style-type: none"> Doing things to meet needs when someone can't attend to them Mow lawn when someone has a hurt back Recognizing a need and acting to meet it 	<ul style="list-style-type: none"> As with acts of service, recognizing a material need and giving to meet it. When we blew a head gasket in our only car, someone paid for the complete repair. 	<ul style="list-style-type: none"> Give a block of time to someone in need/pain to better understand them Provides opportunities to express other love languages Spending time with someone to find out if they have needs Going to a wake/funeral 	<ul style="list-style-type: none"> Hold their hands Put your arm around their shoulders Hugs... Shoulder to cry on Other physical touch especially in the context of need/pain

Respect - to value and regard highly; to convey great worth

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> I am truly sorry for the harm I did to you. What I did was wrong. I see the hurt my wrong choice(s) caused you. You're a very special person. 	<ul style="list-style-type: none"> Give up some of your time to help them on a project of their own Cooking a meal for your leaders / friends in honor of them 	<ul style="list-style-type: none"> Framing photos of you and your friend and giving the frame to that friend with a card telling them how much 	<ul style="list-style-type: none"> Taking the time to make a phone call, meet with, or visit someone in order to work things out Taking time to acknowledge and 	<ul style="list-style-type: none"> A touch of the hand saying, "I value you," or "I forgive you" Making sure to display mercy and grace in your eye contact with the other

<ul style="list-style-type: none"> • What do you think about _____? • What would be good for you? • Is this a good time to talk? Is there a better time for you? • What that person did to you is not OK. • I'd like to hear what your thoughts are. • What do you think we should do? • Would it be alright if I borrowed your tool? 		<p>you value them</p> <ul style="list-style-type: none"> • Financial gift • Cards • Cooking a meal as in the Acts of Service column • Giving someone something of yours that you value (i.e. clothing) 	<p>reconcile brokenness in a relationship</p> <ul style="list-style-type: none"> • Sitting down with someone to help them discover strengths and areas for growth • Listening to someone's past hurts • Going with someone to the doctor's, counselor's, or to court (to show you value them) 	
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Heart Desire: Being Affirmed

Emotional Need: Sense Of Ability And Power

Encouragement - To urge forward and positively persuade toward a goal

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> • Positive feedback • Card expression affirmation/encouragement • I'm confident you can do it. • I believe in you. • Empowering someone to do well through discipline (esp. a child) • Not letting someone belittle themselves • You can do this! I know you can! • I've seen how much you've worked for this. Keep it up! You're almost there! 	<ul style="list-style-type: none"> • Helping someone in their area of gifting - i.e. helping an evangelist prepare for an outreach project • Doing something that meets their growth needs - i.e. taking a group of boys to the nursing home, encouraging them to befriend the elderly • House cleaning and teaching someone how to clean their house well if you know they have problems with this • Mentor/Coach role 	<ul style="list-style-type: none"> • Provide financial support for a missionary • Giving materials to someone who is a beginner in a hobby, especially if you are an expert in that hobby • Gift of stationery to someone who writes well 	<ul style="list-style-type: none"> • Home-schooling and other forms of teaching - affirming what the student does well • Sitting and listening to someone who is learning to play an instrument • Going to nursing home to encourage the residents • Visiting sick in hospital or at their homes 	<ul style="list-style-type: none"> • Offer physical help when someone is tired -- i.e. help someone who is tired on a hiking trip • Foot creme/hand lotion with rub/massage for elderly

Heart Desire: Being Blessed

Emotional Need: Sense Of Provision

Approval - Express commendation; to think and speak well of; commending and affirming the person

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> • You did a great job on that project. • That was a really nice thing to do. • Wow, that's a great point! I like the way you said that! • I'm proud of you! 	<ul style="list-style-type: none"> • Imitate something the other has done that you know is important to them 	<ul style="list-style-type: none"> • Plaques in their honor • Trophy • Medal • Certificate 	<ul style="list-style-type: none"> • Going out for dinner as a reward for something well done 	<ul style="list-style-type: none"> • Handshake to congratulate • Pat on the back • Applause/cheering

Appreciation - To communicate with words and feelings a personal gratefulness for another

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
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<ul style="list-style-type: none"> • Thank you <u>so</u> much! That was such a big help! • I'm so glad you're here. • Your presence really makes a difference. • This Thanksgiving, I thank God for you. • We missed you. • You're a faithful friend • You're like a sister / brother / father / mother to me. • I wish you lived closer to me. • You did a great job shoveling the driveway. 	<ul style="list-style-type: none"> • Babysitting someone's kids so that they can go out, showing them that you appreciate their efforts. • Organizing a "going away" party, bridal shower, birthday party, new neighbor party, appreciation dinner, etc. for someone in appreciation of them. 	<ul style="list-style-type: none"> • Things that say "Thank you" • Money gifts • Making a plate of cookies • Making something yourself for another that has <u>personal meaning</u> to the other. • Cards of appreciation • Flowers • Writing a song about another person 	<ul style="list-style-type: none"> • I would love to have you visit us for the weekend! I love spending time with you! 	<ul style="list-style-type: none"> • Giving someone a hug when you see them. • Body language • Having a big smile on your face when you see them • Pat on the back with a smile
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Heart Desire: Being Safe

Emotional Need: Sense Of Security

Security - Confidence of harmony in relationships; depth of commitment; free from harm

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> • I am committed to you and to this relationship. • I agree to help you out in this situation. • I'm so glad you are my friend. • I know we may unintentionally hurt each other, but you are my good friend, and we'll work things out. • I'm so glad I married you. • It's going to be OK. I'm here for you. • Let me know if there's anything you need. • I will never leave you. • I'm here for you. 	<ul style="list-style-type: none"> • <u>Physical Security</u> • A husband filling up his wife's car with gas before a big snowstorm • Walking someone home or to their car at night • Installing door locks/security system • <u>Financial Security</u> • A wife paying the bills each month because she is better at managing money than her husband • Investing money for someone • Helping someone understand a contract • <u>Relational Security</u> • A friend calling you to tell you that they are praying for you regarding a certain situation • A phone call from a spouse saying they are going to be home late • A church member bringing meals over to an expectant or new mother • Going to visit a sick friend in the 	<ul style="list-style-type: none"> • A cell phone for emergencies • Gifts of money when someone is going through rough times • A special gift someone has requested • An engagement ring/wedding ring • Providing financial support for a missionary • Communicating with missionaries and shipping them items they need 	<ul style="list-style-type: none"> • Taking time to explain finances and investments • Taking time to baby-proof your house • Coming home early from work • Doing a devotional reading or Bible reading with your spouse or a good friend • Praying with a friend • Doing something with a friend that they really enjoy doing (i.e. fishing, camping, etc.) 	<ul style="list-style-type: none"> • Giving a warm hug to greet a friend • Holding hands with a child while taking a walk • Holding a baby in your arms • Hugging a child after a bad dream • Holding someone's hand while climbing (rocks, hill, etc.) • Putting your arm around a friend

	<ul style="list-style-type: none"> hospital Proposing marriage <u>Emotional Security</u> Listening to understand 			
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Heart Desire: Being Desired

Emotional Need: Sense Of Purpose

Acceptance - Deliberate and ready reception with a favorable positive response

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> I love you just the way you are That's OK -- I still like you I like you all the time No matter what, I'll always be there for you 	<ul style="list-style-type: none"> Bring someone a meal Shovel walk Mow yard Clean snow off car 	<ul style="list-style-type: none"> Appropriate for person, regardless of personal feelings 	<ul style="list-style-type: none"> Let the other person talk Active listening Pay attention 	<ul style="list-style-type: none"> Hugs Pat on shoulder/back Kiss on cheek Two-handed handshake Esp. for kids, get down on their level

Heart Desire: Being Affectionately Touched

Emotional Need: Sense Of Freedom

Affection - To communicate care and closeness through physical touch and verbalized love

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> You're really special. I think you're great. I love you. I really appreciate you! I think your idea is great! 	<ul style="list-style-type: none"> Foot rub Massage Drying dishes Doing laundry 	<ul style="list-style-type: none"> Cologne/perfume Cards of love and encouragement Lotion Jewelry, items of value 	<ul style="list-style-type: none"> Looking into their eyes Not being rushed, but relaxed 	<ul style="list-style-type: none"> Holding hands Physical love between spouses Hugs...

Heart Desire: Included

Emotional Need: Sense Of Intimacy

Support - Come alongside and gently help carry a load

Words of Affirmation	Acts of Service	Gifts	Quality Time	Physical Touch
<ul style="list-style-type: none"> You played well in your basketball game I know you're having a hard time. Just call me, and I'll be there. Let's work on this Bible study together. Sure, I'll come help you with your computer. I'd be glad to take a look at your resume and give you feedback on it. 	<ul style="list-style-type: none"> Driving someone to a game they are competing in Packing a lunch for someone Ironing someone's clothes Cooking supper Shoveling walk when someone isn't able to 	<ul style="list-style-type: none"> Help pay bill for something someone needs Financial support for missionaries, pastors, etc. 	<ul style="list-style-type: none"> Watching an athletic event your friend is participating in. Spending time with someone while their spouse is away. 	<ul style="list-style-type: none"> Child sitting on someone's lap