WORK PRIVATELY

Four Commitments

Read each commitment on your own. Consider what it would require of you, then make these commitments to your marriage. Give each one at least thirty seconds of thought before moving on.

LEARN WHAT MATTERS

01

I will take time to understand why certain expressions of love matter to my spouse. I want to know what helps them feel valued instead of assuming my good intentions are all that matters.

ADJUST MY APPROACH

02

I will try expressions of love that come less naturally to me. I will not let habit or familiarity limit the care I offer. Learning about my spouse is part of our continuing adventure.

LISTEN WITH HUMILITY

03

I will explain my own needs clearly and listen when my spouse shares theirs. I will not correct, question, or criticize their answer. I want to understand them and learn how to love them better.

APPRECIATE AND KEEP GROWING

04

I will notice and appreciate the love my spouse already shows. I will look for the strengths in our differences and let their way of giving and receiving love enrich what we share together.

REFLECT PRIVATELY

Before We Discuss

Work on this privately and be prepared to discuss in an upcoming conversation.

BEFORE WE TALK

Answer each question for yourself. Then, with a kind and considerate heart, note how you think your spouse might answer as well. Be prepared to listen and discover whether you understood them correctly.

FOR THE HUSBAND

1. What are my top two love languages? What makes each meaningful to me?

2. Which two do I think matter most to my wife? How could I show each this week?

FOR THE WIFE

1. Which two ways of receiving love mean the most to me, and why do they matter?

2. Which two best express love to my husband, and how can I practice them?

OUR LOVE AND CARE CHECK-IN

Rate yourself from 1 (needs growth) to 10 (consistently strong). Compare your answers with your spouse during the conversation.

Area to Consider	1	2	3	4	5	6	7	8	9	10
Learning what matters	○	○	○	○	○	○	○	○	○	○
Listening with humility	○	○	○	○	○	○	○	○	○	○
Adjusting my approach	○	○	○	○	○	○	○	○	○	○
Appreciating sincere love	○	○	○	○	○	○	○	○	○	○

What is your spouse's primary love language and how do you know?

PRACTICE TOGETHER

The Ten-Minute Conversation

Sit down together without distractions. Share what you wrote on *Before We Discuss*. Be mutually inquisitive, then use the four helps below to guide your conversation.

CONVERSATION STARTER

When has your spouse shown love in a way you would not have thought to offer? When do you believe you have shown love to your spouse most effectively?

01	**WHY THIS MATTERS** Why is knowing how your spouse receives love worth the effort? How can sincere opportunities to grow go unnoticed when we assume our spouse is just like us?
02	**STRENGTHS IN OUR DIFFERENCES** How do we naturally give and receive love differently? What does each of us bring that can make our marriage richer?
03	**DISCUSS YOUR PAGE 6 ANSWERS** Compare your top two, your guesses, and the acts of care you planned on page 6. If you have tried them, share what you learned. If not, discuss what might help.
04	**EXPLORE SOMETHING NEW** Which expressions of love do we tend to neglect, and why? How could trying them bring fresh enjoyment and discovery into our marriage?

ENDING QUESTIONS

How can our differing love languages be a positive for our marriage?

What new or neglected expression of love would be fun for us to explore?

What can we pray about together this week?

PRAY AND COMMIT

Keep Learning One Another

CURIOSITY. VARIETY. GRATITUDE. GROWTH.

OUR PRAYER

Father, thank You for loving us with patience, kindness, and faithful care. Through Jesus, You have shown us how love notices needs and gives itself for another. Help us understand why the ways we express love matter. Give us humility to listen without correcting, questioning, or criticizing. Teach us to value the strengths each of us brings and receive the love we might otherwise overlook. Keep familiarity from making us careless or curiosity from fading into routine. Give us the willingness to try something new, the patience to learn what helps, and the joy of discovering one another again. Help us explore the expressions of love we have neglected and appreciate those that already enrich our home. Let our differences become opportunities to serve and grow closer. In Jesus' name, amen.

THIS WEEK WE WILL

- [ ] Try an expression of love we rarely use, and make room to enjoy it together.
- [ ] Thank one another for a strength our different approaches bring to marriage.
- [ ] Keep learning what helps us feel loved as our needs and seasons change.

THINGS I HAVE LEARNED ABOUT MYSELF AND MY SPOUSE