



Speak Love

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## Summary

Neither the conception, reception, or manifestation of real love can be experienced without God, any more than a person can breathe without the presence of oxygen. Love is not just something God does. Love is who God is. Love is the essential, innate, ESSENCE of His nature.

### I. Love

**1 John 3:16 KJV** - [16] Hereby perceive we the love of God, because he laid down his life for us: and we ought to lay down our lives for the brethren.

### II. How to Love one another

**1 John 4:9-11 KJV**- [9] In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. [10] Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins. [11] Beloved, if God so loved us, we ought also to love one another.

- **PP:** Essence = the intrinsic nature or indispensable quality of something, especially something abstract, that determines its character.

### III. Words

#### A. Greek words for Love

- 1: Eros** = sexual passion and desire
- 2: Philia**= the love between best friends or between parents and their Children
- 3: LUDUS**= playful love, casual love between acquaintances
- 4: Agape**= benevolence or love that prioritizes the needs of others
- 5: PRAGMA** = Patience, time, tolerance and compromise
- 6: Philautia** = deals with positive love for oneself {self-esteem}
- 7: Storge** = Affection for family and friends
- 8: Thelema** = Desire for someone or something

## **B. Hebrew words for Love**

- 1: Dovid**= being beloved
- 2: Racham** = merciful love
- 3: Chabad** = to cherish
- 4: Yadad** = love between friends
- 5: Machamal** = pity
- 6: Qashar**= a mutual bond
- 7: Me'ah**= the love between a mother and child

### ❖ The Love of God

- **AHAVAH** = The love that gives without expectation or requirement of return.

## **C. Impact of words in Communication**

- **PP:** Words are singularly the most powerful force available to humanity.
- **PP:** Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.

### **Proverbs 18:21-22 KJVS**

[21] Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

- **PP:** Equal in importance to hearing what a person is saying in communication is hearing what they are NOT said.

## **IV. Five Love Languages: is a 1995 book by Gary Chapman.**

### **A. 5 Love languages**

- 1: Giving gifts**
- 2: Spending Quality time**
- 3: Words of affirmation**
- 4: Acts of service (devotion)**
- 5: Physical touch**

- **PP:** Chapman suggests: To discover another person's love language one must:
  - 1: Observe the way they express love to others
  - 2: Analyze what they complain about most often
  - 3: Take notice of what they request most often. (Repetition being the best indicator of priority)
- ❖ People tend to naturally give love in the way that they prefer to receive love, and better communication can be accomplished when one can DEMONSTRATE caring to the other person in the love language the recipient understands.

## V. How to speak love

### 1: Giving gifts

**Proverbs 21:14 KJVS** - [14] A gift in secret pacifieth anger: and a reward in the bosom strong wrath.

### 2: Spending Quality time

- With God
- With your spouse
- With your kids, your grands
- With your siblings
- With your friends
- With your church family
- With your co workers

### 3: Speaking Words of affirmation

- “You look nice today”
- “I like your hairstyle”
- “You are excellent”
- “That was the best dinner I’ve ever had!”
- “I love that color on you”
- “I miss you”
- “You’re doing a great job”
- “You are anointed”

- “That’s a great idea”

#### **4: Acts of service**

- Volunteer
- Run errands
- Shovel a senior citizens driveway
- Prepare a meal
- Pick up someone’s clothes from the cleaners

#### **5: Hugs Heal**

The oxytocin release that comes with a hug causes a decrease in heart rate and a drop in stress hormones and cortisol.