

# Tighten The Knot

Part One- The Five Love Languages

September 4, 2022

*Don't just pretend to love others. Really love them. . . . Love each other with genuine affection, and take delight in honoring each other.*  
(Romans 12:9-10, New Living Translation)

## FIVE WAYS TO TIGHTEN THE KNOT

### 1. Use Words of Affirmation

*The tongue can bring death or life.* (Proverbs 18:21, NLT)

*Now I say to you that you are Peter (which means 'rock'), and upon this rock I will build my church, and all the powers of hell will not conquer it.*  
(Matthew 16:17-18, NLT)

**Homework: list 2-3 things you can praise your spouse for...**

---

---

---

### 2. Spend Quality Time together.

*Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.* (Mark 6:31, NLT)

**Homework: list 2 to 3 ideas for "dates" where you can spend quality time...**

---

---

---

### 3. Express love through Giving/Receiving Gifts.

*But Jesus replied, "Leave her alone. Why criticize her for doing such a good thing to me? . . . "I tell you the truth, wherever the Good News is preached throughout the world, this woman's deed will be remembered and discussed."*  
(Mark 14:4-6, 9 NLT)

*For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.*  
(John 3:16, English Standard Version)

**Homework: think of 2-3 "I was thinking of you" gifts...**

---

---

---

### 4. Honor each other with Acts of Service.

*He had loved his disciples during his ministry on earth, and now he loved them to the very end . . . . Then he began to wash the disciples' feet.*  
(John 13:1, 5, NLT)

**Homework: Ask your spouse for (at least) three things you could do for them regularly that would make them feel loved.**

---

---

---

### 5. Remember to use Physical Touch.

*Jesus reached out and touched him. "I am willing," he said. "Be healed!" And instantly the leprosy disappeared.*  
(Luke 5:13, NLT)

**Homework: list three ways you can show love through (non-sexual) physical touch...**

---

---

---