



## Handout No. 1

**Book Study: The 5 Love Languages**  
**Mondays | Sept. 8-Oct. 6**

**6:30-8 p.m. central time**

**Led by Lucia and Michael Ferrara**

To prepare for our first session, Lucia and Michael Ferrara ask that you:

Read Chapters 1-4 of Gary Chapman's book "5 Love Languages."

After reading the chapters, answer these questions:

1. What makes me feel most loved by my spouse?

2. What have I most often requested of my spouse?

3. How do I express love to my spouse?

After reviewing the 5 Love Languages and considering the questions above, answer these two questions:

1. My primary love language is

2. My spouse's primary love language is

### 5 Love Languages

#### 1. Words of Affirmation

Sometimes all a person needs to hear are words of affirmation that offer encouragement.

#### 2. Quality Time

Focus energy on your mate, spending time together.

#### 3. Receiving gifts

Visual symbols of love.

#### 4. Acts of Service

Doing things you know your spouse would like for you to do.

#### 5. Physical Touch

Physical contact from your partner.