

THE 5 LOVE LANGUAGES

- LEARNING TO LOVE AS GOD LOVES -

PHYSICAL TOUCH | QUALITY TIME | ACTS OF SERVICE | WORDS OF AFFIRMATION | SHARING GIFTS

LANGUAGE	PERSONAL DEVOTIONS	COMMUNAL DEVOTIONS	GOD'S DEVOTION
	Sign of Cross & Holy Water Kissing the Bible Wearing and Kissing Sacramentals Receiving Communion Genuflecting, Bowing in Reverence, Kissing the Ground out of Reverence	Sign of Peace Greeting Others with a Kiss Giving a Hug Any Loving Touch for Others	Warmth (a literal warmth) of the Holy Spirit Blessings from a Priest Laying of Hands in Prayer Any Loving Touch of Others His Presence in the Eucharist
	Pray with Bible Open on Lap Reading the Bible Retreat of the Heart Spiritual Communion Abstinence & Fasting Contemplative Prayer Adoration of the Eucharist	Talking about God Bible Study Prayer Group Prayer Service Community Retreat	Moments of Absolute Peace/ Presence The Grace of Meditation The Grace of Contemplation Spiritual Ecstasies His Presence in the Eucharist
	Making Yourself Emotionally and Physically Available Taking Care of Chores Taking Proper Care of All You Have Been Given Vocational Discipline/Vigilance Personal Missions Doing All Things Out of Love Praying for the Dead	Talking with Those in Need Feeding the Hungry & Thirsty Washing the Feet & Wounds of Others Caring for Sick and Elderly Caring for Children Caring for Anyone in Need Attending & Praying at a Funeral	Inspirations & Providence The Help of Angels & Saints The Seven Sacraments The Helping Hands and Feet of Others Peace in Emotional Healing Physical Healing His Presence in the Eucharist
	Making Reparation for Sins Purity/Chastity Holy Thoughts & Actions Spontaneous Prayer Praying Prescribed Prayers Reflecting on the Beatitudes Journaling	Public Witness of Faith Public Prayer & The Mass Grace Before Sharing Meals Evangelization Blogging & Social Media Sharing Spiritual Artwork	Scripture The Lives of the Saints Affirmation of the Heart Absolution in Confession The Voices of Others Catholic Tradition & Magisterium Teachings His Presence in the Eucharist
	Celebrating Feast Days Keeping Religious Art Practicing Detachment: Keeping Things Ready for Others to Use or Take	Making Cards & Gifts Practicing Hospitality Participating in the Offertory Giving Alms to the Poor Donating Time and Resource to the Homeless	Providing for all Needs Nature/Creation Talents Gifts of the Holy Spirit His Presence in the Eucharist

*materials adapted from resources at 5LoveLanguages.com