

# The Love Birds Seminar

Sermon Title: **The Love Birds Seminar**

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Speaker: **James and Stephanie Bronner**

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James Bronner: Hallelujah.

Stephanie Bronner: LORD Hallelujah.

Hymn: [I was so glad when you came into my life...]

Stephanie Bronner: Hallelujah. Hallelujah. You can keep on giving him praise because he is worthy. My God is an awesome God. Hallelujah. He lives and reigns in our lives. He is a mighty God true and powerful ever seeing all-knowing. He sits high and looks out for us everyday. Hallelujah, I am so glad to be in the land of the living. If you don't know what God has done for you—I keep hearing this over and over in a song that's on the radio. And its just blesses my soul and says, you don't know the one thing God has done for you just to take a deep breath.

That's enough, Hallelujah, because we are above the ground, that means He lets us live another day. And we give Him glory for that, Hallelujah.

Welcome each and everyone of you to “The Love Birds Seminar.” It is an honor to stand before you. My name is Stephanie Bronner and this is my husband, my wonderful husband James Bronner.

Hallelujah.

Thank you.

We've been married for thirteen years and during that time, we have had seven children. And I believe that you saw them trickle in a little earlier as we were singing. And I did look an emotion, no, I take them out. Hallelujah. We have ages to twelve all the way down to three. We have three boys and four girls. We are the authors of the book - co authors of the book “Bedroom Talk” and we are over the Youth and Marriage Program at the Ark of the Salvation.

We thank you for coming up tonight and we pray your relationship is blessed tremendously as result of your sacrifice of coming. So, if you will, everybody just stand right quick. I'm loving what I see back there with that

couple and that's what actually I'm about to ask you what to do. Couples who have embraced in a while, I want you just to hug each as we pray? We are going to come in agreement. We were going to touch one another and for those singles who are here, I want you to put both hands together and I want you to say, "That you can go over the isle. I want you to say, "Yes" to the LORD, "I'm waiting LORD for you to deliver me my man of God. Oh, I'm waiting on you LORD to deliver me my woman of God."

So, for every couple that's here, I want you all to touch. And I mean it's alright and for those who are single, you are here to learn about the blessings that God has in store for you. And you are here to learn about how to be responsible in your marriage. So, for every married couple that is touching, and I remember, singles I want you to pray and ask the LORD to just get you ready. Because he is waiting, he or she is waiting for you. Amen.

So, let us pray.

Dear Heavenly Father, we just thank you right now for the touching and agreeing of this soul partners Father. I thank you right now for the blessing of marriage. I thank you that you put us here on earth as two - Adam and Eve. And I thank you LORD that you are going to bless us Father as you have desire from the very beginning. Thank you for the sacrifice that each couple that has come out LORD. And I ask through in the name of Jesus to meet them at the point of there need. I thank you LORD that they have already begun to pray of the changes that you are ready to give them LORD.

I've thank you now for the anointing oil that will forward LORD. I just ask accept that anointing that is on our marriage. That's on this house which is just flow down to each and every person that is present today. LORD I thank you for the hearts of the singles and I ask you to touch, anoint them and be with them LORD. Walk with them and there husband and or their wife LORD. Teach them how to love themselves, Father and how to love you. So, that when it is the time for them to make or be with someone else, LORD you are in the midst of it. And I thank you LORD for beginning it all. I thank you LORD

for being the midst of all that this relationships LORD, mending and broken hearts. Mending the broken parts that need to be fixed LORD where there's trust that has been broken. Father where there is a heart that has a need of mending from bad words, Father. I thank you LORD that in this session you are going to begin to put the oil and the balm of Gillian on them LORD.

James Bronner: Yes!

Stephanie Bronner: And I thank you that they are going to be a new creature as of this day Father. I thank you in the name of Jesus for all you are about to do as repeat in the name of Jesus, I receive your anointing today. As you begin it right now by the blood of Jesus, in the name Jesus I pray. Amen!

Hallelujah. We are going to begin this session by reading The Love Scripture. And many have you had this read at your weddings and you haven't heard it again since. So, we are going to refresh your memory because this entire session is based on love. It is from the 1 Corinthians Chapter 13, we will read verses one through thirteen: "Though I speak with the tongues of men and of angels, and have not love, I am become as sounding brass, or a tinkling cymbal. And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

Love suffereth long, and is kind; love does not envieth; it does not parade itself, it is not puffed up, it does rudely, it does not speak its own. It is provoked, thinks no evil. It does not rejoiceth in iniquity or sin. But rejoice is in the truth. It beareth all the things, believes all the things, hopeth it was all the things, and endures all the things.

Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away. For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is in part shall

be done away. When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known. And now abideth faith, hope, love, these three; but the greatest of these is love.” Amen.

James Bronner: Amen and amen. I thank my wife for leading us in the prayer and scripture and as you just finished reading the law of scripture. Let’s just show our neighbor some love and just go and great your neighbor and after you finish, you can have your sits.

[Music Playing]

Stephanie Bronner: You may take your sits. Amen.

James Bronner: Again, I welcome you all out to “The Love Birds Seminar” and I just thank you for coming. And that’s the first step to improve anything as you got to put some energy and effort in it. So just being here, you’ve already taken the first step and the LORD will meet you at your point of faith and actions.

Stephanie Bronner: Yes.

James Bronner: So, we applaud you for even being here. The Bible says that God is love even as she has read 1 Corinthians 13. And Jesus, He showed us the love of the Father through his life here on the earth. And tonight, we will focus on love and instead of a lot of sessions we do—we focus on a lot of individual issues of marriage. But tonight we were not going to do that, we were going to focus on this one issue of love. Because the Bible says in 1Peter 4:8, “And above all things have fervent love for one another: for love shall cover the multitude of sins.” Love will cover of sins. And you all know when you first fell in love and how you didn’t see a lot of the flaws you may see marrying your partner.

So, love indeed covers a multitude and we got some laughs on that “Yes, a whole lot of things I didn’t see.” And you can understand how having all of the knowledge

in the world or have a great marriage and you can read books and go to seminars and counseling a lot of other things in reference to marriage. And get a lot of knowledge. But I tell you, I you don't have love, something still will be missing even if you understand all of the mechanics and all of the techniques. When love is missing, you know, there won't be that real joy there. And you see a lot times you see even people that have written the books, people that have counseled all the marriages for ten, twenty, and thirty years and end up breaking up.

They missed as one simple thing of love. They have all of the knowledge and they might have gone to school even for Christian counseling and marriage. But when they don't have that love even with all of those of the pieces, I will tell you that love would be the glue that is just holds all of those other pieces together. And I think it's our Christian duty to show love in our marriages. Jesus said that you know, "Whatever you do and how you treat the least of this, it's how you do and how you treat me." That He is represented in the least of our society.

Now, if He said that above that least, what do you think Jesus feels about your other half – this spouse that you are supposed to be one flesh with—that you are supposed to go on and multiply with? What do you think He feels about the way you treat them and he says, "That way you treat the least of this is the way you treat me." Before we can ever elevate to loving our neighbor as our self, we must first again to get to the point when we loving our spouse as our self.

Now, how you are going to love somebody that has done you wrong, somebody that you may see coming in the driveway once a month? How do you expect to love them as yourself if you can't love the one you're sleeping the bed with every night?

Stephanie Bronner: Amen.

James Bronner: So, this love is a very important thing and it should start at home first. The Bible says in 1 Peter 3:7 that, "Now relating to your spouse and the correct manner block your

prayers. So, that's the power that this union holds that it can even block your prayers to God."

Stephanie Bronner: Amen.

James Bronner: In 1 Timothy 5, the Bible says, "But if any provide not for his own and especially for those of his own household, he hath denied the faith, and is worse than an infidel." Now, I better get some 'Amen' out some of the women on that one. And I tell that the courts, they just have to force men, they even pay child support nowadays. I've even heard ministers and pastors that they have to be taken to court for not supporting their families.

So, he says here in 1 Timothy 5:8 that if you don't support your household, you are worst than an infidel, worst than an unbeliever. And I can understand why it says that because how can we truly love our God and our creator that we can't see and I've never seen. And we cannot love the one that we're supposed to be joined with. We cannot love and provide for the children that we have brought into this world. So the ones that we see and share our houses with, if we cannot love them and provide for them and do our duty, how can we truly love a God that we've never seen.

Male Participant: Amen.

Female Participant: Amen.

James Bronner: And also I can understand why He says this because we cannot love God's son or daughter who we caught our love one. And this is God's children and then how are we going to love our own. The main command that he gave husbands in Ephesians 5:25 says, "Husbands, love your wives, even as Christ also loved the church, and gave himself for her."

And this is what our heavenly Father commanded husbands to do for his daughters. And as our earthly father, I taught about it myself for I have four girls. And I just thought about when my girls get married, what are the top two attributes that I would really want their husbands to have. And I taught about it and I didn't think

about the scripture with it I just taught it as an earthly father.

And I said, “What do I really want my girls to have in their earthly husband.” The first thing that I came up with would be for him to truly her and continually show that love. To truly love her and continually show her that love and number two, would be for him to take care of her. And after I analyzed these two things that I would want as an earthly father for my daughters, I saw that these top two things on my list were the same as the top two on God’s list for his daughters. Taken from those Scriptures we just read. So, he said, husbands love your wives and then he said that, “If you don’t provide for your family, then you are worst than an infidel.”

So, the top two things that I have were the same that God had. And we’re going to help you learn today how to love each other much better. So, hopefully when you leave this seminar, “This Love Birds Seminar” and you will have a great or understanding of how to show and receive love in a higher manner. The last marriage seminar we did here at the church, we talked on a material that came from our book “Bedroom Talk”. In this seminar, we want to use as a guide another person’s book and the material—this will be held every year and basically each year we want to look for the best thing that we can find for the body of Christ. And whether it comes from us, in our experiences, or from somebody else that we’ve come in contact with.

And we were just very impressed with another author by the name of Dr. Gary Chapman. His book called “The Five Love Languages” some of you may be familiar with it. He did it over thirty years worth of research into the subject matter - counseling couples. And we thoughts so holly of his material and we are surprised when we talked to couples about it that many of them have never heard of this material that we wanted to bring to “The Love Bird Seminar.”

Stephanie Bronner:

That’s right.

James Bronner:

And we normally present all of the material ourselves but since the author had a short video summarizing all of his

thirty years of work. We brought that video, so that he could tell you in his own words after he wrote, he is the one that studied it for thirty years. So, we are going to show that video and afterwards, we will come back and continue on with some exercises and expound on what you saw in the video.

Stephanie Bronner: So how many of you are glad to be here? It's a very good video and I believe you are going to enjoy every portion of it.

Dr. Gary Chapman: The Fundamental of Five ways to express love emotionally. I call them The Five Love Languages. Love is something you do for somebody else not something that you do for yourself, any relationship can be enhanced if we learn peoples love language and we choose to speak it.

Thank you.

I'm Dr. Gary Chapman, author of "The Five Love Languages" and numerous other books on marriage. I've been involved in marriage and family counseling now for over thirty-five years. I'm going to tell you upfront what I hope is going to happen in the brief time that we'll spend together.

My first desire is that your relationships will get better. Relationships either get better or they get worst. They never stands still I certainly hope that your relationships will not get worse. I hope they are going to get better. The second objective I have is that you will learn some things that you will find so helpful. That you will want to share them with your friends and help them have better relationships.

So, our topic is most important word in the English language and the most confusing word in the English language. I say that love is the most important word because we - if you look our music, if you look at our literature, if you look at our movies, if you look at our religions, you will find that love is the central theme in all of them. But it's a confusing word because we use the word love in a thousand ways.

We say for example, “I love hotdogs” and then we say, “I love my mother.” I think there’s a difference- hotdogs and mothers. But we use the same word to talk about the thousand things. Now, I’m not going to discuss a thousand ways in which we’ll use the word love. I’m going to discuss only one way in which we use the word love and that is love as an emotional need. I agree with Dr. Ross Campbell, psychiatrist who said, “Inside of every child there’s an emotional love tank and when the love tank is full, that is for the child genuinely feels love by the parents. The child grows up normally but when the love tank is empty, the child grows up with many internal struggles”. And in the teenage years, the child will go looking for love typically in all the wrong places.

But I believe that adults also have a love tank. And if you are married, the person that you would most like to love you is your spouse. In fact if you feel loved by your spouse, the whole world looks bright. But if the love tank is empty and you feel like, they don’t love me. They wish they weren’t married to me. And the whole world can begin to look dark.

So, what we were going to talk about is how to keep the love tank full in a marriage with children and in all of our relationships. The question is how do you communicate love? So, the other person will feel love. I’m convinced that after thirty plus years now of marriage and family counseling that there’s fundamentally five ways to express love emotionally, a column of five love languages.

I want to share them with you and show you how they work in a marriage and you will readily see how they work in other relationships.

Love language number one: “Words of Affirmation”, using words to affirm the other person. Ladies, has your husband said anything similar to this in the last week? You are nice in that outfit. Husbands, has your wife said anything similar to this in the last week? Oh! Do you ever look tough tonight? Try that and we all know words that affirm the person, the power of the tongue.

You know, there's an ancient Proverb that says life and death are in the power of the tongue. You can kill your spouse or give them life by the way you talk to them, Words of Affirmation.

Our second language is: "Gifts". My academic background is anthropology - the study of cultures. We have never discovered a culture in which gift giving is not an expression of love. It's universal to give gifts as an expression of love. Now, the gifts, they need not to be expensive. Haven't we always said it's the thought that counts? But I'll remind you it's not the thought left in your head that counts, it's the gift that came out of the thought in your head.

You know guys, you can get a nice card for five dollars. You cannot afford the card? Do you remember how you fold a paper, take the scissors and open up the heart and write I love you? Or you can get flowers free. Just go out in your backyard and pick one. You don't have any flowers in your backyard? Your neighbor's yard, ask them, they'll give you a flower, that's what your children do. How many mothers have ever received a dandelion from your kids? Yes! Now, I guys I'm not suggesting dandelions.

Our third love language is: "Acts of Service". Doing something for the other person that you know they would like for you to do. Cooking a meal is an act of service, a big act of service. Incidentally, anybody still cook. A few of you cook - cooking a meal is an act of service, washing dishes is an act of service. Who does that at your place? Yeah, getting the white spots off the mirror, vacuuming the floor, washing the car, mowing the lawn, anything that you know that the other person would like for you to do, "Acts of Service" - a powerful communicator of love.

Number four is: "Quality Time", by which I mean; you give the other person your undivided attention. I don't mean sitting on the couch watching television. Someone else has your attention. I'm talking about sitting on the couch with the TV off and looking at each other and talking. Do you all have couches? What do you do with those things? Have you ever tried this sitting on the couch with the TV off, looking at each other?

It can be scary at first and talking to each other or the two of you taking a walk down the road just talking with each other or going out to eat assuming you talk with each other. Incidentally, have you noticed in a restaurant that you can almost always tell the difference between dating couples and married couples? Dating couples will look at each other and talk. Married couple sit there and you think they want try to eat. If I sit on the couch with my wife and I give her twenty minutes looking, listening, interacting, I have given twenty minutes of my life and she has done the same for me. It's a powerful communicator when you give someone your undivided attention.

Love language number five is: "Physical Touch". We've long known the emotional power of physical touch. That's why we pick up babies and hold and kiss them and cuddle them and long before the baby understands the meaning of the word "love", the baby feels love by physical touch. Now, in marriage, I'm talking about holding hands. I'm talking about kissing. I'm talking about embracing. I'm talking about the whole sexual part of the marriage. I'm talking about arm around their shoulder or driving down the road, you just put your hand on their leg. Or you are sitting around the house and they walk by and you just trip them. I'm kidding.

Physical touch is a powerful communicator. Now, listen to me very carefully. Out of the five love languages, each of us has a primary love language. We can receive love in all the five languages. But one of them speaks more deeply to us than the other four. If you had to give up one, and you will give up this one or this one but not this one, that's the one that really makes you feel a lot. That is your primary love language. It's very similar to spoken language.

Every one of us grows up speaking a language with a dialect. Okay. I grow up speaking English, southern style but every one grows up speaking a language with a dialect and that's the one you understand best the same as through with love.

Now, once in a while someone says to me, “I don’t know Gary. I think two of those are just about equal for me.” In my response, “Fine, will give you two love languages, we’ll call you bilingual.” But most of us have a primary love language, a secondary love language and then the other three falling in line under that.

In marriage, almost never does a husband and wife have the same love language. It happens but not very often and by nature, we speak our own language. We do what would make us feel love. For example, here is a young girl who grows up in our home, of course she didn’t feel much love from her father. But every morning her father would say, “I love you honey! Have a good day”, words of affirmation. But if she didn’t feel love and words of affirmation was not her love language. So, she is married now but she doesn’t feel loved by her husband. But if she says to him, “I just feel like you don’t love me.” And he will likely say to her, “Don’t love you? What are you talking about? That’s the first thing I say every morning and every afternoon when I come home, that’s what I tell you, I love you. What do you mean that I don’t love you?”

But you see her love language maybe acts of service. If so what she’s feeling is, you know, I’m tired of “I love you and love you”. “If you love me, why don’t you something that helps me around here? Look at you watching television while I work and what is this all about.” Is she doesn’t feel loved even though he is sincere. I believe there are literally thousands of couples who are sincere as they can be. They are loving each other but they are not speaking the right love language and consequently the love tank is empty.

Now, what if the love language of your spouse is something that doesn’t come natural for you and my answer is, “So, you learn to speak it—my wife’s love language which is acts of service.” One of the things that I do for her is vacuum the floors. Now, you don’t know me well but I’m going to ask you, “Do you think that vacuuming floors comes natural for me?”

My mother made me vacuum all through junior high, in high school I couldn’t go play ball on Saturday’s until I

vacuum the house. In those days, I said to myself, “If I ever get out of here, one thing I’m not going to do, I am not going to vacuum floors and you could not pay me enough to vacuum floors. There is only one reason I vacuum the floors, L-O-V-E. You see, we need doesn’t come natural, it’s a greater expression of love. My wife knows every time I vacuum the floor, it’s nothing but one hundred percent pure unadulterated love. And I get credit for the whole thing.

You see, I don’t vacuum floors for me. Fussy balls don’t bother me. I can walk all over—once a year is all I would ever need to vacuum for me. I vacuum every week for her. Love is something you do for somebody else and not something you do for yourself. So, how do you discover your spouse’s primary language? Well, in the book, we have profile that will help you. But let me give you some ideas. You ask this question, “How do they most often express love to others?”

Observe their behavior. If they are hugging, everybody they say physical touch is probably their language. Second question, what do they complain about most often?” They are complaint reveals the heart. If they say to you, “We don’t ever spend the time together.” They are telling that quality time is their language. And then number three, what do they request most often of you? If you’re going on a business trip and they say to you, “Make sure you bring me a surprise.”

They are telling you that gifts is their language. Now, how does all of this work with children? Well, the first three years of child’s life you pour on all five. You give them all five. But about three or four years of age, you can discover a child’s love language by simply observing how they relate to you. If when you walk in the door, they grab by the leg, physical touch is probably their language. Or you walk in the door and they invite you to their room, I want to show you my art work then quality and time is probably their language.

What that they request most often of you. If they say, “Daddy, would you come in the backyard and play ball with me?” They are asking you for quality and time. And

then you observe how they relate to other children. Just watch them. If they are always giving encouraging words to other children, you will probably know that it's their love language "Words of affirmation".

I learned my son's love language when he was about four when I would come home in the afternoon. I'd sit down on the couch he'd come in and jump up on my lap and he'd mess up my hair. He is touching me because he wants to be touched. Now, my daughters love language was quality time. So, when I would come home, she would say to me, "Daddy, come into my room. I want you to see this. Daddy, come into my room." She was asking me for quality time. So, as she got older in junior high in high school. She and I would take walks together everyday after, not everyday, two or three days a week after dinner after I wash dishes for my wife because her language which is act of service, remember?

And my son would never walk with me. He said, "Walking is dumb, you are not going anywhere. If you are going to somewhere, drive." Now, what I'm trying to say is this. The whole concept that I'm sharing with you is that if we learn to speak the love language of our spouse and of our children, we change the emotional climate in the family. What I've shared with you could literally save thousands of marriages. In fact, my files are filled with letters and emails from all over the world because this book is translated now in thirty-eight languages. And people say, "We were that close to divorce."

And somebody gave us your and it opened our eyes and we started speaking the right language and our whole marriage was reborn. I believe that thousands of marriage could be saved if we understood this concept. Now, what I want to do is dig a little deeper into these languages with you. And I want to begin with words of affirmation. Because each of this languages also has dialects and one of the dialects of words of affirmation is compliments.

Mark Twain said that he could live for two months on a good compliment. Now, I guess that would mean that six a year will be enough for him but probably not for your

spouse if you are married. Okay. Charlie Shedd that he gave his wife a different complement everyday for a whole year, I guess maybe one day he'd say your left eye is beautiful and the next day your right eye in a whole year compliments. But there's another dialect and that's called encouraging words. The word "encourage" means to instill courage. You know lot of us have ideas of things that we would like to do but we've never had the courage to try them.

For example, writing a magazine article or learning the ski or learning to lose weight and sometimes simply an encouraging word from your spouse that may help them accomplish something that they have been wanting to do for a long time. Now, let me say just a word about this losing weight thing. If you are going to encourage them, you are encouraging them to do something that they have expressed their desire to do. And you say that you don't come in sixteen times a month and you say that you need to loose weight. But if they say, you know I need to loose some weight. Then you can say, "Well, honey, you know, I know you're been talking about that program and if you want to get in it, I know that you will be successful because on of the things I like about is when you start something and you always complete it.

And your encouragement might help them do what they already want to do. But there's another dialect and that is kind words. This has to do with the manner in which we speak. There's a Hebrew and Proverb which says, "A soft answer turns away anger." Do you know we don't have to scream at each other? Screaming is a learned phenomenon. It can be unlearned. You can say anything you want to say softly. You can even say negative things softly. You can say, "Honey, I really felt hurt tonight when you didn't voluntary to help me."

See, you are sharing something that is painful but you are sharing it in a positive way, in a loving way. Love is kind and then love makes request and not demands. Love says, "Honey, you know those apples pies that you make?" Would it be possible for you to make an apple pie this week? I love your apple pies. Love doesn't say, "I hadn't

had an apple pie since the baby was born and don't guess I'm going to get anymore apple pies for eighteen years.”

Now, doesn't that motivate you? If you had a pie, you throw it at him. Love says, honey, you know I would like and you know what would make me happy. Love makes request and not demands. You see, when you request something of your spouse, you bring in the element of choice. You are simply giving them information. If you want to do something that would be helpful for me, here is something that would be helpful. So, you are giving them information but love is always a choice. We don't demand things of our spouses or any one else. We simply give them the information.

Now, what if this love language words of affirmation is very difficult for you. You didn't receive words growing up and so they are very hard for you give words. Let me give you some ideas. Make a list of some things you like about your spouse. It maybe a short list, it maybe a long list and then write a sentence about each one of those things. And stand in front of the mirror and read those sentences. Then pick one, walk in the room where your spouse is and simply say it. You can run if you want to after you say it, say it and run. But the next time will be easier and third time will even easier. Another idea is get a notebook and write down affirming words that you hear other people say or when you are reading a magazine article or book, write down the words you read in the magazine or the book. And keep you a list of these words and say them in front of the mirror until they become comfortable and then you go, share them with your spouse.

Or you could write a love note. For some people, writing words is easier than speaking words. And so you might try that in the beginning, write the words and then you later come to say the words. “Words of affirmation” is a powerful communicator of love. And when you speak it, you give life to your spouse. But I want to challenge you, if this is your spouse's primarily language, give them heavy douses of words of affirmation. And if it's not their primarily, you can still sprinkling words of affirmation, none of us object to receiving words that affirm our worth. It's an expression of love.

Well, let's preview, we said that fundamentally there are five ways to express love emotionally in a marriage relationship or to children or any other relationship. And that every one of us has a primarily love language. And if you want to be successful in filling the love tank of the other person, you have to learn to speak their love language. Now, we dug a little deeper with the words of affirmation. Now, we were going to dig deeper with Quality Time.

"Quality Time"—giving the person your undivided attention, you know, there are some men who believe that they can watch television, read the magazine article, and hear everything their wife says, "And actually they can but that is not quality time. Quality time, the TV is off, the magazine is down, and you are looking at them and giving them your undivided attention." I remember a couple who came to me some years ago, and they walked together and the wife said to me, "Dr. Chapman, we want you to know upfront that we don't have any money problems. We've read that money's a big problem in marriages but we don't have any money problems. We've both work through the years and our house is paid for and we don't have any money problems."

And we want you also to know that we don't argue with each other. We don't believe in arguing. We've seen our friends argue but we don't believe in that. And I beginning to think is this woman coming in here to give me a progress report on her marriage? Sounds pretty good to me and then she said, "The problem is Dr. Chapman, I just don't feel any of love coming from him." She said, "It's like we're roommates living in the same house and it's just dead. Well, I looked at him and he said, "I don't understand her. I do everything I know to do to make her feel loved and she's been telling me she doesn't feel love." He said, I don't know what else to do.

I said, "Well, what have you been doing?" He said, "Well, I come home before she does and I start the evening meal." I have it ready most days when she gets home." And he said, after it's over, If I don't have a meeting I wash the dishes and he said, every Saturday I wash the car and

mow the lawn.” And he said, “I help her with the laundry” and I’m beginning to wonder what does this woman do?

He said, “I do all these things to show her that I love her and yet she sits there and tells you she doesn’t feel love. He said, “I don’t know what else to do for her.” Well, I came back to her and she said, “Dr. Chapman, he is right. He does all those things. He is a hardworking man. She said but Dr. Chapman, we don’t ever talk. We haven’t talked in 30 years.” You understand what’s going on? The woman is dying for quality time and he is giving acts of service.

I believe there are thousands of couples just like that. Now, many people have trouble with this language – quality time. They can talk on the run but they have difficulty with quality conversation and that’s the dialect this woman is asking for Quality Conversation. So, let me suggest to you that if this is your spouse’s language, you set a time to talk. A daily sharing time in which you share with each other a minimum of three things that happen in your life today and how you feel about them. Don’t forget the feelings. It’s just a minimum, a daily sharing time with your spouse.

And remember, when you are talking with your spouse in quality conversation, you maintain eye contact. You don’t look at the floor, or the ceiling, you look at them. And don’t be doing anything else. Put everything else aside. Also observe their body language if their fists are clenched or if there’s tears coming through their eyes, it means they are really serious or they are really hurting and don’t interrupt them.

You know one research project indicated that the average person will listen seventeen seconds before they interrupt and give their idea. And when you interrupt, you say to them, “What you are saying is not important” or you say, “I got it. Let me tell you how to fix it.” Don’t interrupt, listen to them. And then recognize that there are personality differences when it comes to talking. I like to think that there are two types, when it comes to talking one is the Dead Sea. You know the Jordan River flows into the Dead Sea and it goes no where. Well, they are

those of us who can have all kind of thoughts and feelings and experiences flowing into our lives throughout the day.

We have a large reservoir where we store all of that and we are perfectly happy not to talk. In fact, if you say to a Dead Sea, "What is wrong? Why are you talking tonight?" A Dead Sea will say, "Nothing is wrong. What's makes you thinks something is wrong?" And they are being perfectly honest. It's just that they are content not to talk. On the other side is what I call the Bubbling Brook and that's the personality type that whatever comes in the eye gate or the ear gate comes out of the mouth gate and normally there's not sixty seconds between the two. Whatever they see, whatever they hear, they tell, in fact if no one is at home, they will call someone on the telephone.

"You know what I just saw?" And if they can't get someone on the telephone, they talk to themselves. And usually the Dead Sea will marry the Bubbling Brook. So, what I'm saying is this, if you are married to a Dead Sea, they will never become a bubbling brook and if you are married to a bubbling brook, they will never become a Dead Sea but we can move toward the center. The Dead Sea can learn to talk more and the bubbling brook can learn to slow the flow and ask more questions, any couple can have a good communication and good quality communication.

But there's another dialect of quality time and that is Quality Activities. Planting flowers together, going to a ball game together or walking through the whole neighborhood where one of you grew up in asking questions. What are some of your memories from your childhood that were pleasant? You have any painful memories from your childhood? You know, that kind of experience walking through the neighborhood can bring out things you've never heard before about them, it touches emotions and you are likely to have an activity but you're also likely to have conversation. Or you can ride bikes together assuming you both like to ride bikes. Or go on a picnic or in the winter you can go ice skating.

The important thing is not what you are doing. The important thing is you are doing it together. Now, if your spouse complains, we don't ever spend any time together and they are telling that quality times is their language. And if you will say to them, "Honey, what would you like to do?" And you respond your filling up their love tank. You are speaking in the language of quality time. Now, let's look and dig a little deeper with receiving gifts. We say that it's universal to receive gifts. A gift is a visible sign of love. You know when we get married typically, we exchange rings. The ring is a gift and the person performing their wedding will say something like these rings are outward invisible signs of an inward and spiritual bond which unites your two hearts in love that has no end.

Now that is not just rhetoric. The gift is a symbol of your love for each other. That's why when couple sometimes who aren't getting along very well will take their wedding bond off. It's a symbol of rejection. And especially, if gifts is their primarily love language. You see the symbol has an emotional meaning. Now, gifts mean more to some people than to the other people. And that's why you know, sometimes a guy will give his wife a gift and she doesn't really just light up and you know dance in the floor. And he will say, "Well, it cost a lot of money." And she acts like I didn't do anything.

Well, it might not be her love language but if it is, it really won't matter what you give its going be important. It's what we said earlier it's the thought that counts but it also helps if you will recognize that there are certain kinds of gifts that she really appreciates more than other kind of gifts. Now, there are people who will say, "Well, I'm not a gift giver. I never learn to give gifts. I never receive many gifts". Well, the good news is this easy to learn, this language that you can learn. Make a list of the gifts you've heard like coming on in the past that other people have given her, that will give you a clue on the kind of gifts she appreciates. Or you could recruit sister or brother of your spouse. They know them, they know what they would like and they'd be glad to spend your money and buy them a gift.

Are you could also get a gift notebook. You know, while you are watching the channel on TV that selling all the things. You could - and she'll say, "Oh, I like to have that." You write it down. Or look in through a catalog, write it down and keep a list of those things. Now, some of you will have to change your attitude about money if this is your spouse's language. You know they are spenders and there are savers. And spenders will have no difficulty buying gifts but savers will. Because of them, there are saying, "Well, I don't buy myself gifts so why should I buy them gifts?"

Well, the fact is you do give yourself gifts. If you are a saver and so you are saving and investing money. You are giving yourself the gift of self worth and security. But you are not giving your spouse the gift of love. Look at it in this way, giving a gift, if this is your spouse's language, giving a gift is an investment in your marriage. It will be one of the best investments you've ever made. But there's also the gift of presence, your physical presence and particularly in times of celebration and crisis. I remember the wife who said to me, "My husband love softball more than he loves me." And I said, "Why would you say that?"

She said, "Because when our baby was born, as soon as the baby was born, he left to go play softball. He loves softball more than me." You see, his presence their in that moment of celebration meant a lot to her. Now, his story was I just wanted to tell the guys that I was, you know I had a baby. Well, you know, understand that but presence was important to her. If your spouse calls you on the phone when are out of town and they say, "I just got news at my mom is at the point of death or some family member is really sick, don't ask do you want me to come home. You just say, "Honey, I'll be home as soon as I can get there" and they will never forget the gift of your presence. On the other hand, if you don't come home, they probably never forget that either. They gift of presence, it's powerful.

Now, let's look at Acts of Service. Doing something for the other person that you know, they really would like for you to do. Again, the old saying is, "Action speaks louder than words" and that's true for some people. And not all people,

it's not true for me for example. Words speak more deeply to me than actions. I much rather hear my wife say how great I am than they do something for me but for my wife, acts of service is her language. It's "action speaks louder than words" for her. I can say to her, "I love you". And she will say, "I'm sick and tired of I love you. Do something." Acts of service speaks louder to her.

Now a part of our problem in speaking this language is stereotypes. Sometimes the society has man stereotype certain things they do, and certain things women do. And sometimes it's your mother and father who gave a pattern. And so, you know, some of this growing up with the ideas of men don't wash dishes or women that don't mow the lawn or whatever. And I'm not trying to change stereotypes—that's not my purpose. My purpose is to help us love each other.

And I'm going to tell you this, no matter what the stereotype is, if my wife's love language is Acts of Service and washing dishes is one of her dialects, I'm going to wash the dishes. Why? I want to live with a happy woman. So, what I'm saying is we might have to break the stereotypes but we can do it. And giving information about what would be meaningful to you is really important for your spouse because they could spend the whole day painting a bedroom where you wanted them to be planting the bushes.

So, I'm painting the bedroom and thinking I'm doing a great act of service for my spouse and she is thinking, "You know, that could have waited. I wish you that this is the time to do the bushes. So, if you need to give them information, in fact I suggested to people that you make, especially if this is the love language of your spouse. Let them make a list of ten things that they would like for to do. Ten things that would really speak love to them and put them in order of priority. Number one is most important down to number ten. In that way, they will be working on number one instead of working on number ten. It's just good information to give your spouse. Now, we are talking here about major projects. You know painting, shrubs, and cleaning the garage and those kinds of things.

But also there are daily acts of service and there are weekly acts of service. So, it would be a good idea if you made a list of two or three things that you would like for your spouse to do everyday such as taking out the trash or walking the dog or changing the baby's diaper or because you know something that would be meaningful to you. And maybe something that every week that they could do for you. Now, I know that some of these things are hard for certain people because they are just not geared this way but again we can learn to do that. I told you that my wife's language is Acts of Service; I vacuum the floors not for me but for her.

And if that didn't make her feel loved, I wouldn't vacuum the floors. I'll do something else. Remember the couple I told you earlier who came and had no money problems and no arguments. Let me give you the other side of that story. I said to him I like to change the subject. "Could you tell me what would be an ideal wife in your mind?" And he said, "You really want to know?" And I said, "Yeah, tell us." And he said, "I've dream about this." He said, "What would be ideal that she would come home and fix dinner for me. And then she'd wash dishes. And then she'd saw the buttons on my shirt." And his wife broke in and said, "I'm not believing you. You told me you liked to cook." He said, "Darling, I don't mind cooking."

But the man asked me, "What would be ideal?" You see, I knew man's love language and why he was doing all those things for her? That was his love language. When the couple finally got it he said to me, "You know, I wish I had known this twenty years ago. I could have been sitting on the couch talking to her instead of doing all this stuff. And she said, "Honey, I don't mind fixing a meal and they went home and started speaking the right love language and in two months, they sent me a letter and said, "Dr. Chapman, our marriage has never been so good. We finally learn how to speak each other's language."

Acts of Service it's power for some people. And then there is Physical Touch. This is the one that guys have been waiting. Love the guys that it's my language with physical touch but they are thinking sex. And when I say

to them, "Let me ask you, would non-sexual touches be loving for you?" And they say, "Non-sexual?" And I say, "Yeah, if your wife has pouring a cup of coffee and she puts her hand on your shoulder, do you feel loved? Or when you get out the car and she holds hands with you, do you feel loved?"

If non-sexual touches do not communicate emotional to you then physical touch is not your language. It's probably something else. But not all the touches are of equal value. It depends on the dialect that the touches you give. You know, there are explicit touches and there are implicit touches. Explicit takes total effort in time like backrubs or foot massages, or the whole foreplay in intercourse. And then the implicit touches, you can just rub your arm against theirs when you walk around the room or just pat them on the back. Or if you want extra credit when there's a crowd in the house or you are in public and you walk up and just give them a little hug and kiss on the cheek. Oh, their love tank fills up, if this is their primarily love language.

And the more you touch the easier it becomes. People say to me, "Well Gary I'm just not a toucher, I didn't grow up in a touchy and feeling family, I'm just not a toucher" and my answer is "Do you have two hands? Can you put them together?" Just imagine that you get your spouse in the middle and I bet if you hug them about 10,000 times it will begin to feel more comfortable. But ultimately we are not talking comfort. We are talking love and love is something you do for somebody else. And every time you touch, it becomes easier and easier. And you learn how to speak this language. And what happens? The love tank of your spouse fills up.

So, what we are saying is this, that whatever your spouse's primarily love language is, you want to give them heavy doses of that, you want to sprinkle in the other four and when do, their love tank fills up and the whole climate in the marriage begins to change. I know some of you are saying, Well Gary yeah, but there are too many things that have happened too much stuff is going on. And so, I don't know, well look, if you fail or they failed, why don't you begin by giving an apology. Why don't begin

by saying, "You know, I realized that I have not met your needs very well. And I really want to do better."

And maybe they will forgive you and maybe they won't but you at least reach out to try to tear down the wall. And then whether they forgive you or whether they don't, you start speaking their love language. You start giving them heavy doses of their primarily love language and what happens is they begin to see things really are changing with and you really are different. And in a little while, they going to be saying to you, "What's going on?" And you can just simply say, "I'm just trying to learn to be a better spouse." And when they see the sincerity and they see that it expressed in a language that's meaningful to them, what happens is the climate changes between the two of you. It works with the children, it works in a marriage, and it works in all human relationships. And I want to challenge you to learn the primary love language of your spouse and speak it regularly.

Yes, it requires work, yes it requires willingness to sacrifice, but is that not what love is all about? It's giving yourself for the benefit of the other person. And we're going to talk about another way which the word love is often misunderstood and that is Romantic Love.

James Bronner:

Amen. How many of you got something out of that video? Amen. So you can see why we wanted you to see that and we couldn't tell it as good as Dr. Chapman ourselves so we wanted you to get it straight from the source and if the ushers at this time would pass out the worksheets and we're going to just work through some activities related to what you've just seen and also, give them a pen and once you get it I will explain it. Well I'll explain it as they are going around. You don't want to look on your spouse's sheet here yet because we're going to ask you to guess the love language. This activity is to help you identify your primary and secondary love language as you've just heard in the video.

Stephanie Bronner:

How many of you have heard of "The Five Love Languages" before this video? That's wonderful. How many of you have actually figured out what your love language is? Wonderful.

James Bronner: Amen, amen.

Stephanie Bronner: This video really blessed me because I really did not understand that I had a love language. And I could relate totally to Dr. Chapman's explanation of each one because as he went through each one, I said, "Oh that's James". And then I said, "That's me". And it really help me to say, "Wow! I really I had this in the beginning of my marriage. A whole lot of my disappointment would have been obverted if I had just known that his hugs – he wasn't trying to get me to do something, he is just a personal touch person". You know how we think, you know, they come to try. You know how we are. So if I had known – and I'm literally avoiding him, we're like you know doing football moves. Because I'm trying to get to doing what I do and he's trying to get his love and I'm trying to do my love. My love language is "Acts of Service". So I'm constantly like – I'd be doing something and his primary love language is personal touch. So I'm on my way to do what I do and he's always trying to get to me and I'm thinking – Not right now, not right now. And he's like – what is 30 seconds going to do to – throw me off. I got a one track mind doing what I'm about to do.

So this really blessed me, and when he said that this is what we're going to talk about with the couples, I was really excited. Because even though you may know the act of doing is so much more important than just knowing. Everybody have their sheets now? Anybody else need one? We need two to my right, three – two – just one, okay.

James Bronner: Alright, and basically what you're going to do here, there are 30 different questions. Each question has two possibilities. Now, many of these – maybe even most of them, you might say, well you know, I really like both of those but you're only going to circle the one that is the strongest feeling to you. So you can only select one letter for each of the 30 statements that you feel strongest about. So that the one that you prefer the most, so you are going to select one letter for each of the 30. So we'll go to

the first couple here together to make sure you understand it properly.

So the first one says – I like to receive notes of affirmation and you would circle ‘A’ if you prefer that over ‘I like to be hugged’ so if you like to be hugged more, you would circle ‘E’. If you would rather receive a note of affirmation over a hug, you would circle ‘A’. So you got to circle one and only one. So whichever you prefer most. Okay, same thing for number 2. I like to spend one to one time with the person who is special to me or I feel loved when someone gives me practical help to me. So if you like to spend that one on one time more, you would circle ‘B’. If you would rather have practical help, you would circle ‘D’ as in dog. So you will only circle one. You’re going to repeat that all the way through those 30, circling one letter per statement. Any questions—raise your hand if you don’t fully understand. Alright.

And we’re going to play a track while you are doing that.

[Music Playing]

James Bronner: After you get through with those you want to count up to the numbers of each one. So count up how many ‘A’s’ you circled put it next to ‘A’. Count up how many ‘Bs’ put it next to ‘B’ and so on with ‘C’, ‘D’, and ‘E’. Put the totals there at the bottom.

[Music Playing]

James Bronner: Raise your hand if you’re not finished. Okay.

[Music Playing]

James Bronner: Once you do finish, you can ask your spouse to guess what your love language is and then you can show them after they guess, then you all can talk about it and vice-versa do the same but let them guess before you show them. I know you are all eager to discuss them. So see what they think it is first. And your love language is going to be the one that has the highest number on it. The second highest is going to be your secondary love language. So let

them guess your primary and your secondary. See how well they know you.

[Music Playing]

James Bronner: Raise your hand now if you're not finished with the totals, you're not finished, alright. The people who are not finished now, their love language might be that quality time. They might be taking the time...

[Music Playing]

Stephanie Bronner: Are you able to speak about what your love language is so far? We have one couple that says that they both have the same love language. Is there anybody else out there with the same love language? Wow! Three or four couples Wow! Are there any couples that have the same love language, like you and your spouse have the same primary love language... really?

James Bronner: That makes it a lot easier to speak the language then, you're speaking in your native song actually.

Stephanie Bronner: Now realize, within that language, there are dialects of that same love language, so you've got to figure out what is the dialect that best pleases their spouse. Okay. No beating, okay. As we know – it's personal touch. Is it personal touch Vanessa? I figured that out from our cruise that we went – on our Couple's Trip we went on.

James Bronner: I think everybody is about finished now.

Stephanie Bronner: Oh I'm sorry, what happens in – stays in – I'm sorry.

James Bronner: Let me see the hands if you – before hearing about the five love languages, if you guessed your spouse's correctly without seeing their paper and you were correct in your guess. Okay, not less than a half. Alright.

At this point then, we're going to go through some things that will help you speak your partner's love language better. He gave you some ideas. You may be weak in an area that's your partner's love language and a lot of times, you just may not have the creativity to think in that area,

just maybe strong in on one area and weak in another but there's somebody in here who's strong in each one of these areas. So we are going to use this collective pool to get – So you may not be as creative in an area and somebody else, they just may have all kinds of ideas, they like – just flow with me. So we are going to go through each one of these. So you keep your spouse in mind with this activity. So you want to take one of those pieces of paper you have and you should have a pen and on the back on one of those papers, you want to write down the things that we discover here and you only have to do the one that's your partner's love language. So you don't have to do the other four.

So you write down the things that are pertaining to your partner's love language. So that first one is "Words of Affirmation", so it's going to be a group activity, so you all just raise your hand with ideas for a person who is weak in Words of Affirmation that they could do for their spouse, that's the spouse's love language. Raise your hand if you want to give an idea... compliment – I was about to say, Thank you so much. And I'll show you how that works. I was feeling so good.

- Stephanie Bronner: Can you see that pretty good, he got me writing because of my handwriting...
- James Bronner: Compliments, that's one of the ways. Somebody else who has another way that you can express Words of Affirmation – encouragement, very good. So this is your partner's love language. You want to be writing all of these down. You might have had an excuse before tonight with your partners and I know you know these ways now.
- Stephanie Bronner: He says specific "Thank you notes".
- James Bronner: Alright, very good.
- Stephanie Bronner: Can you all see that?
- James Bronner: Very good.
- Stephanie Bronner: Speak the words, "I love you."

James Bronner: And some people have a very heavy drought in this area. Some households, they don't utter the words, "I love you" and when they've grown up and they really wanted to hear this, this is very important in them because they haven't heard it growing up – so...

Stephanie Bronner: Can you all see that? Okay, write lover letters...

James Bronner: Alright, this is giving you plenty ideas. Wonderful!

Stephanie Bronner: When I was pregnant. I woke up one morning, do you want to tell them what you did for me?

James Bronner: Well, one of the things I did and this shows you, even if your money is low, if you get creative with it, and also, you know, a lot of times if you are praying in the morning – God will – he'll drop things into your spirit to do for your spouse but sometimes we don't write them down or don't do anything with them and later on we forget. So, one day, I just, it just dropped in my spirit to do this. And basically what I did is I took a piece of paper and I taped it up next to where she lay on the mirror there. And I put on there, here lies the most beautiful woman in the world. And I put an arrow – and she woke up and got it across out of her eyes and she looked at this note and said – what is this on the mirror – and she looked at the arrow and figured out it was talking about her. I mean, she has never forgotten that and it just made her vane. And it didn't cost me dime – all it cost me was following through with that which was dropped in my spirit to do something about it right then. So there are a lot of little things that you can do.

[Participant Sharing – far from microphone]

James Bronner: That's wonderful. I want to give you one that – it might not even be in the book but it's one that I use a lot. And that's text messaging and we're in an information age now and sometimes when I'm at work, you know, I just think about my wife and I just stop what I'm doing and I send her a nice message and this can help you in that physical touch area too because – I stop in the middle of my day and she knows that I was thinking about her. It really makes her feel good. She knows I'm busy working

on computers or doing this and she'll say, "You stopped right then to think about me". So I'll send her something nice to let her know I was thinking about her in the midst of all I had to do. So texting is something as easy and free and email is another one. It's another form of a note. It's an electronic form but it allows you to...so that's another form.

Stephanie Bronner: Thank you.

James Bronner: Any more?

[Participant Sharing – far from microphone]

James Bronner: Very good.

Stephanie Bronner: Thank you people.

James Bronner: And sometimes men, especially in this area, they get – in front of other people telling that.

Stephanie Bronner: Public, verbal...

James Bronner: In the presence of others. Alright, very good, poetry or singing – giving you a lot of ideas here – Here some of the men are thinking now, men, I have not excuse now. Alright.

Participant: I wanted to compliment – on what he said about public or private praises, private can be letting your kids hear you compliment your spouse.

James Bronner: Alright, very good.

[Participant Sharing – far from microphone]

James Bronner: Wonderful, alright voicemail message and songs... And actually I've done that. I've called her phone and sang just something I made up about her. I did a little baby face one time singing you are so beautiful. I'm willing to try here a little bit but I'm unrehearsed right now...

Stephanie Bronner: So I'll brief them back:  
1) Compliment

- 2) Encouragement
- 3) Specific thank you notes, which I guess would mean, Thank you for this.. Thank you for that, am I correct, not just thank you not with thank you on it.
- 4) Speak the words, “I love you”.
- 5) Verbally say them out.
- 6) Write love letters
- 7) Text messaging, special love notes
- 8) Praise in the presence of others, public setting
- 9) Poetry or singing
- 10) Private praise in front of the kids, which is very powerful
- 11) Voicemail messages with songs or poetry

James Bronner:

Okay, and some things to avoid if your spouse has “Words of Affirmation” some things that he had in the book to avoid is criticism. Too much criticism will really damage or deplete that love tank. Also, you do have to address things that are in the negative category or problems that do need to be brought out but if you can do them in a loving manner, one thing in that area. Also if you do have to address something negative just try to keep it at one thing. Sometimes we get bothered up with things and we just write a whole list of things...so it can overwhelm a person’s emotion. You know everybody—it is hard to be corrected sometimes but the more things you list at one time – people say, when they get a long list, they say – “Man, don’t know anything right.”

So, if you can just keep it to one thing and put that one thing in a mild and as loving manner as you can. So those are two things to be careful about if your spouse’s love language is Words of Affirmation. Those two things actually apply no matter what their love language is. Nobody likes to hear a lot of criticism no matter what their language is.

So we’ll move on to quality time. Raise your hand. Alright, date night, wonderful – and I’ll comment on that even more. Life can get so busy – a lot of married couples. They may not go out but once every three to six months. I mean if you don’t stop and take time and make a focused effort, you know weeks just roll on, when you think back to your dating, that’s one big difference I have seen between

dating and marriage, people were doing something every weekend when they are dating and single. They get married—they are doing some once every four or five months. And what I had to do – things are busy but, you know, we schedule and make our appointments but everything else in our life, at work but when it comes to our relationship, you know we just can't find the time. So I make an appointment. So we have a set time every week set evening and I have the baby sitter there, so it's a set thing so we don't have to look for anybody and it causes us to be on a repetitive pattern just like we were when we were single.

So we have seven children but we go out and date every single week. So we go bowling or movies or concerts or anything. We make sure that we spend that quality date time every week. Do you have a comment on that?

[Participant Sharing – far from microphone]

Stephanie Bronner: We have an internet audience, so we need to make sure they hear the question or what you are saying.

Male Participant: Okay, just like I was saying – me and my wife, we used to go out and date and stuff like that. We plan our lives and everything but the thing about it is the most important thing with that quality time where you sit back and you really listen to one another – that you know the things that you can do and what you can't do. Number one thing is you listen – you won't be in a dog house.

James Bronner: And along with that date night too. Different couples, sometimes one person is a lot more adventurous or they'd like different things. If you've got a relationship that's like that, you know, what you might like might be boring to your spouse. You can either – there are two possibilities you can do. One possibility is you can go through a whole list of activities and see if there's anything that both of you don't mind doing and focus on doing that more. The second possibility is you can alternate.

So I know one couple, they both like movies but they both like different types of movies. One likes romance and the other likes action. So what they do is they alternate one

week – you pick the movie and the next week I pick the movie and the rules are you can't argue about what I want to see. I can't argue what you want to see. So that's one way of doing it. So both ways, so either you can find something in common or you can rotate the selection of it. So that's two techniques for that.

The mike will come to you so wait until you...

- Female Participant: Well, while we were dating in college, we actually found it's brochure that said 101 ways to make love without making love and it had all types of things like picnics or walks in the park. And so, when we were dating, we actually used to go through it and mark out different things and it's simple things that you know – it wasn't anything that cost a lot of money but we will take the time to do everything on the brochure and you know that is getting lost with everyone's busy lives. So maybe make a list of things that you're enjoying and try to accomplish them all.
- Stephanie Bronner: Okay.
- James Bronner: Very good. Raise your hands, wait on the mike.
- Male Participant: You could do chores together.
- James Bronner: Alright. If we can get two mikes – one on each side, so you cover that side and cover that than walking down.
- Male Participant: I just want to say, when I'm with my wife sometimes, you might be watching somebody you don't even like but just you know, I just sit next to her and just you know just pay attention and it seems like she likes that when I just spend that time where even though I know whatever she's watching – I don't have no interest in it.
- Stephanie Bronner: So participate in whatever she likes to do – participate in whatever she's doing just to be next to her. Okay.
- James Bronner: And along with that you could get some little ear inserts and if you like to read and spouse like to watch TV, you can just lay on each other – and actually, I mean that physical touch does something, it makes a difference if

you're reading in another room versus if you're laying there reading a rehearsal. If you didn't like to watch TV, if you can just embrace each other at least during that time.

Male Participant: You can take a walk in the park.

Female Participant: Quality time for me is that I ask my husband – sometimes when I'm cooking in the kitchen I just want him to sit there at the table with me and I might not really have much to say but just knowing his presence is there while I'm cooking is one of the things that I do like. And another thing is that, it doesn't take a lot of money to have a good date with your husband. It doesn't have to be expensive, you know. Something that could be good romantic is like going at a park somewhere – near a river or you know, just some basic little small things. It doesn't take a lot of money to enjoy one another as husband and wife. It doesn't have to be like that.

James Bronner: Amen. It doesn't take a lot of money to date but it does take a lot – it's expensive to divorce. So it's better than that...

Female Participant: One thing that – we were watching a movie one time and there was a poem in the movie and I actually found the poem in the book and I read it to him and he really enjoyed that.

Stephanie Bronner: So reciting poetry, reading together, okay.

Male Participant: I like the undivided attention. I'm more of an undivided attention kind of person. Now I can go out to a movie. But if we are watching a movie together or doing something together that has the attention not me. So I like for you, I don't want you watching TV. I don't want you looking over there, doing your nails – So one of the things with that, that we used to do – this gave me an idea about doing it again. We will read a book together. So we will pick a book, we used to read books on relationships and so I will read a chapter and then we will talk about it and the next day she will read a chapter and we will talk about it. So we used to do that. So I'm sure we'll start that back again.

- James Bronner: Alright, let's pass it on.
- Female Participant: Okay, I just had – I don't know how you want to phrase it but during the quality time, just try really hard to focus on each other. We have a business together – so just trying to keep that out of our quality time sometimes is a challenge that I'm having. You want to phrase it but just focus on each other more.
- Female Participant: Leave business at the door.
- James Bronner: And you have to be careful with this on dates too because you know, calls and texts keep coming in. So, it kind of – it sucks that quality time out to the other person, if you're answering texts and you sent it at a dinner table or you're getting called, you'd be surprised how just 60 seconds of that will dampen the whole evening. So be very careful, it's better just not to answer it when you are out and spending that quality time.
- Male Participant: We try to invest in our future and you know, saving our investments in things like that but one of the most important things that we've done in the four years that we've been married is we've gone on a lot of vacations. People may think we were rich and have a lot of money but we don't. We make that our priority, we get away three-four times a year, sometimes in big trips, sometimes in a very small weekend getaways or even going to in a hotel overnight. Overnight stays and it's invigorating, it's really good to our relationship.
- James Bronner: Amen, very good. Very good.
- Female Participant: Okay, my husband is a quality time man. And I would say that I think one of the biggest things that he enjoys is just sleeping in and just laying in the bed and I'm like, "I got to go, I got to get up do this" but you know, that's his thing, he just wants to lay there. And I guess look at me with all the act rest.
- James Bronner: We don't want to ask what's making him so sleepy.
- Stephanie Bronner: Do you—and since we're continuing on this, you all got all these because I'm running out of space. You ahead and

this we have one to my right over here after we have one in back here after a break, and then her and then you're going to like—

James Bronner: And we probably can limit it after that so we can get through each one, so that's a lot of ideas. Go ahead.

Male Participant: I would say you spur of the moment trips. I mean just get away like on a weekend you know, like last week we just left. We just disappeared and it was nice. So I mean, when you do that on a spur of the moment, it really does it like a Mark has said invigorates.

James Bronner: Exercising together, alright. Very good.

Female Participant: One of the things my husband and I have been doing for the last month, I have a problem with sleeping. And my husband has been travelling over the road so what we found out through some issues in our marriage and healed in our marriage is that the authority, the power that he has as a man of God. What we started doing every night for the last month he's been reading the Word to me, we've been having communion every night and covered me in prayer. And I declared it is worth, I have slept peacefully, almost late for work and I had to tease him yesterday. I woke up, I looked in the mirror, my eyes were fluffy and I had drooled on both sides of my mouth. Both sides, I slept so hard and it was like 10 minutes before I was to leave so it has really been a blessing just having him pray in the scriptures over me and cover me in the word of God. And I promised I have slept every night. And if I didn't get that, we missed one night I do not sleep well.

Stephanie Bronner: Awesome.

James Bronner: That's wonderful and that's one thing we recommend to all couples is to pray together, there's something about touching and agreeing as a couple and that can just add power to your prayers.

Stephanie Bronner: We have one more.

Female Participant: We have two but I want to sneak one in, I'm a newlywed and I've been traveling a lot since I got married. I've been married for—September 14th was my fourth and I traveled like five times since we've been married but you can still have quality time while you're away. Just even yesterday, I just got back right before this seminar but each day we've talked—he's the first person I talk to, the last person I talk to. And then we enjoyed watching America's Got Talent. So yesterday was the finale and on each commercial we called and just talked about it. It was like, "What do you think about that?" And just so each moment was still spending that quality time together.

James Bronner: Very good.

Male Participant: I had my hand up, but I think you already addressed that praying together, but out loud so you can hear what's on the other person's heart. That's a good thing.

James Bronner: Very good. Alright, we'll limit it there on that one so we're going to move on to receiving gifts. And while she's erasing that, some things they had listed to avoid if your spouse has Quality Time as their love language. Being apart for long periods of time, just one pitfall there and the second one is spending more time with friends than with their partners. So if Quality Time is one of their strong love languages. Be careful on spending quality time with your boys and then she's not getting the time, then it really causes it to be worse. And even family that can—you might be close to a brother you grew up with or a sister, or cousin. But when you have a marital relationship even if it's blood, it still can cause a problem when you're spending more quality time with that family member, with even a parent than your spouse. So be careful in that area.

Alright, on Gifts, ideas—Oh wait on the mike.

Male Participant: I just, I don't really like you to say this but I make that effort to try to give her some type of gift every month. And the month on go by to where I tried to do something to like as just something for, and it will be some gifts, small or large whatever but I—if it's something I see as

you might like it could be some small – five dollars, it could be some you know, whatever it is that I think fits with the moment and the situation. I do that on a monthly basis.

Stephanie Bronner:

Okay.

Male Participant:

Yeah, gift is in my budget.

James Bronner:

Alright, thank you.

Stephanie Bronner:

Well the gift is in the budget.

Male Participant:

We are newlyweds and one thing I had to do, when I come into town, we also commute and I'm in Alabama and she is here and when I come into town I usually bring her some roses. And when she comes to Birmingham she would bring me a card so you know, taking roses or a card unexpectedly, it lights up her day. So that's the one things—

James Bronner:

Alright, he brought in the cards.

Male Participant:

To share this pretty good about when she goes shopping, thinking about her husband. So there was a period of time in our marriage that every time she went shopping, Mark has got something, whether it was just a shirt, a tie, or sometimes the whole bag full of clothes for me. Thank God, Amen.

Stephanie Bronner:

So just include the spouse when shopping, is that it? Okay.

Female Participant:

One thing about gifts is—and he kind of touched on in the video is knowing what your spouse—what kind of gift your spouse is interested in. And it's nice to getting gifts but sometimes like one time, Rick gave me—he sent roses. I actually got roses twice, within two weeks and I took the pictures of the roses. Well I have pictures on my phone, and now he realizes, “Oh flowers, definitely they have to get.”

James Bronner:

Go ahead.

- Male Participant: I wanted to—one time my wife did something, and the point I'm trying to make is give gifts that take time.
- Stephanie Bronner: Okay.
- Male Participant: One time she took all of the pictures that I had up on my kids and for Father's Day, she made like a thick book and had it pretty much published with all the pictures in there. It may like this one big book. All the pictures had captions and stuff and I could tell that took a lot of time to do it, so—
- Stephanie Bronner: That's the combination of gift and quality time. That's good, really. Very good.
- James Bronner: Go ahead.
- Male Participant: Okay, we're just talking about the texting.
- James Bronner: Yes.
- Male Participant: You know how things are expensive, you can take pictures of the flowers, and you could send the flowers everyday.
- Female Participant: Yes and you do that to me. He sends me flowers a lot during the week. That's right.
- Male Participant: There's one other thing that I think is a gift and that's encouragement. And my wife gives me a gift of encouragement because I believe in following after our ministry and when I follow, we go. Whenever she see I'm a little low in spirit, she encourages me to keep on going.
- James Bronner: Alright, wonderful.
- Female Participant: One thing you can do is you can give gifts of Acts of Service. Rock was asleep one night before we got married. He was on his own apartment and he hadn't decorated it so while he was asleep I got up and redecorated the whole house so he woke up and the living room was redone, the dining room, everything. So that's one thing.

- James Bronner: Just make sure you got good taste before you do that. You don't want him to wake up, "What in the world..."
- Stephanie Bronner: I want to coin what you've stated. You were talking about the text messaging, how can I raise that as an electronic gifts of encouragement. Is that good? Thank you Tina.
- James Bronner: Pictures of gifts.
- Male Participant: Yeah and a lot of people appreciate gifts of like snacks or favorite food. You can give them a plate or something.
- Stephanie Bronner: That's a good one. When we were dating, I used to love Whatchamacallit, and James would stop by the store. Do you like Whatchamacallit?
- James Bronner: Oh no.
- Stephanie Bronner: Oh just candy, okay. He would stop at a store. And he would get me Whatchamacallit and he would just make my evening.
- James Bronner: We'll try to limit each one of these at ten so just for the sake of time, I got some more stuff we want to do so that's—alright.
- Female Participant: I just wanted to share something. For as long as I've known my husband, even when we were dating he always bought me small gifts like ink pens. So he always bought different types of ink pens, I love them. But about the rose I just wanted to share something. A couple of weeks ago, he came home and he was like, walking forth by some roses but I found this rose petal, it was romantic. It was all wrinkly but—it meant more to me than to have the dozen or whatever.
- Stephanie Bronner: And they smell good, didn't they?
- Female Participant: He said he found it and picked it up. I thought it was so romantic.
- James Bronner: Very good. And the lesson in that is to do what you too there's some people and they don't have to find out than

the way are they've done it if I could. Do what you can, you can do something, at least.

- Female Participant: These things have been spoken already but I just wanted to give two examples really quickly, to just help somebody be specific with these. I'm a gift giver. I like giving gifts, and that happened to be my love language and I'm always, it always blesses me to buy my husband something. He's the kind of person, if you make him something he will cherish that. And one time he gave me a diamond for instance, I didn't like the setting and he was very hurt by that. But I had to tell him, "I want to show you what kind of jewelry I like." So yes, you can do things that don't cost, but also it is important to find out what blesses, what that person likes. And you may not want to hear it or get into it but if they're going to be blessed by it, that's one example. Then another example is even though I like gifts, the most important thing, one of the most important things he's ever given me one Christmas amongst receiving other gifts, he gave me a little jewelry box. And in it was a note, was a key and a note that said, "You have the key to my heart" and I have that to this day that was years and years ago, and I still—the key has disappeared. I don't know if one of our kids got it but that means more to me than a lot of the other things I really do like.
- James Bronner: Amen, amen. Alright we'll move on. We're going to move on to Acts of Service.
- Stephanie Bronner: Got all that? You got more for those who are gifts, their love language as gifts, you got them all?
- James Bronner: Just write them all.
- Stephanie Bronner:
1. Put a gift in your budget—that's very important.
  2. Give roses or cards found or purchased.
  3. Include the spouse when shopping.
  4. Give gifts that take time, something you put your quality time into.
  5. Picture or text messages with pictures in them.
  6. Electronic encouragement—I love that as well.

7. Acts of Service do something for your spouse as a gift.
8. Find your spouse's small and expensive likes and then give them.
9. Sentimental gifts, things that really will last and mean something to them over time.

James Bronner: Let me add one more to it. If your partner is the one and this is kind of in between Gifts and Act of Service, if your partner is the one that does most of the cleaning around the house, you could pay for somebody to come in from the outside and just do a full top to bottom cleaning in a day and if she came home and everything is dusted and deep cleaning, I mean that would really make a big difference. And she would just be able to relax. That's a very good gift that a lot of times – you try to think of things that you're not sure if they are going to like it. I don't know any woman that does not like that. So that's one of those that you can do more than one time and it never loses an effect. And most women like that, so that's one of the things that you can put on your list and that's a great—

Stephanie Bronner: Pay for outside help, for the home. I like that.

James Bronner: Alright.

Stephanie Bronner: Don't you want to give the "Don'ts"?

James Bronner: Okay the Avoids in that category is forgetting special days. That's one thing, if you don't just do spontaneous stuff there's another, just like anniversary come up and you don't and then you see it in the movies and TV all of the time where the woman is asking a man you know. What we don't analyze and then "Would you mean why we're doing it?" And then he thinks about it, he goes out to the gas station and everything is closed – air fresheners and things so make sure that you don't—I remember I was at a Mother's Day Program and it was the church having the thing and they have a special dinner for the mothers and I go like "Men I forgot this – and like, "While they are eating I'm going right out of the store and get something. So make sure that you don't forget special days—birthdays, Valentines, anniversary, Christmas, Mother's Day, Father's Day, Thanks Giving Day. So you got me on that anyway.

- Female Participant: It's important to know what your spouse wants because my husband and I have agreed that everyday should be Valentines, so we don't celebrate the 14th of February. Everyday should be, he said this is the 14th, but everyone should just know—you need to find out what works in your marriage. And so people say, "You're not celebrating?" "No, we celebrate that everyday" so.
- James Bronner: And other thing that we do is we sometimes combine some of these gifts, just like with Quality Time and the gifts with the special occasions, most in our wedding anniversaries we actually take a trip around it. So it's a gift to both of us and allows us quality time and then we give each other some gifts over there, but it allows a special time together. So we look forward to that every year, we set that vacation time and we can make it as very special time so that as quality time and gift giving and one with the trips. Like what Mark said.
- Alright. Acts of Service.
- Stephanie Bronner: One in the back is Will—
- Female Participant: Well I think that we have to keep doing this evaluation because I think my love language changed after I had two kids and I was working full time and they became Acts of Service. So just helping out around the house and if I'm cooking downstairs, and when I get through if you help me clean the kitchen. I mean things like that go a long way because we're spending time together. And then once everything is done and the house is clean, then we can have more time to spend together because we've worked together doing the things that have to be done.
- Stephanie Bronner: Amen. I'm Acts of Service as well.
- Male Participant: Yeah from a male perspective, cooking. I think cooking is romantic and great Act of Service, so.
- Stephanie Bronner: Okay.
- Male Participant: Yeah I'm going to touch on the same subject. I'm gone Monday through Fridays and by the time I get home in

the evenings so on Saturdays and Sundays I basically get up early took breakfast and basically get the kids together and they are sleeping and you know, things like that I think she enjoys that.

Female Participant: And I can relax.

Stephanie Bronner: Okay so Saturday—

Male Participant: I take over the chores in the weekend basically with the kids and the cooking and everything.

Stephanie Bronner: Okay so responsibility for the weekend?

Male Participant: Yes.

James Bronner: And this is also I wanted all—this is. And this is also I want to know the areas that, and I don't think the spouse would mind, it don't have to be a surprise there. If you don't know what to do if you ask your spouse, they'll be glad to tell you what acts of service they will want you to do more of. So if you want to give some more just ask them for "what you want me to do the most?" and they'll be glad to tell you.

Male Participant: One act of service that I do is do the laundry.

James Bronner: Alright, laundry.

Female Participant: I think it's important with Acts of Service to not have to tell somebody that that's what you want. But then to just say, you know what, I know that my husband likes this, let me just do it without him having this, "Hey, can you do this for me?" You know like he was just saying he wants this washed so I guess I have to handle that but—he didn't ask me to do that but now I know that that's something that he wants done. And instead of waiting on him to say to me, "Can you give my truck a washed? You know, you have a little more free time than I do." It's good for you to just be proactive, like she could be proactive and not wait to be asked to do something. That means a lot more.

James Bronner: Very good.

- Female Participant: Just to piggy back off there. A lot of people may say “Well I don’t know what to do” but there are lots of times you can give. Look around the house and you know, you shouldn’t have to be told certain things, if this is that way and you know I like it another way or certain way, then you know just put it the way I like it.
- James Bronner: And in my opinion, this is probably one of the easiest areas. If you really have a heart and do it, then figure out what to do.
- Male Participant: Along with all those things I think it is very important to do these things with a positive attitude.
- James Bronner: Right.
- Male Participant: Because you can do it – I don’t clean households right now, I want to hear your mouth. You know, I want to do this but I want to share that out because I know when I get home and she’s going to be yakking so I’m just going to go on. So I think having a good attitude about what you are doing. It helps her attitude that you want to do it from the heart and not just because you want me to shut up.
- Female Participant: Okay I was going to piggy back on the car washing, but I appreciate it when my husband washes his car and takes care of his car and also just little things like, when he fills my car with gas. So I appreciate that.
- Female Participant: Sometimes those of that have children, it’s nice and once in a while for them to go hang out with Dad for a little bit.
- Female Participant: Okay, I want to say we are empty nesters.
- James Bronner: Okay.
- Female Participant: That puts us in a different category than everybody else and what would practice at home is “stay-cation”. We live in a bigger house and we will just pick a room and stay in there and I’ll get a cheese tray and little wine and we’ll spend the night in there. So to those of you who have children, your best day is not in a hotel but get somebody to keep your little kids and stay in your own place because

you can have a lot more fun and a lot more noise and a lot more privacy at home than you can, in somebody else's place. So a "stay-cation" with that

Stephanie Bronner:

A stay-cation?

Female Speaker:

Oh yes, it's a stay-cation. Without the children it's wonderful.

James Bronner:

One more that's nice. We're going to limit them at ten. Alright, now we don't have to force to ten because that's like, I think Acts of Service is one of those things if you really just stop to see you know – the other thing you can look at is, what's causing my spouse's stress? So you know that if washing the dishes is, if that's what she's complaining about, anything they're complaining about you know that need to be at the top of your list if you wanted to do something. So you can look at what causes stress and volunteer that.

Male Participant:

And at number ten, help save money.

James Bronner:

Alright, help save money. Alright and we'll cut it off there, that's ten.

Stephanie Bronner:

Okay.

1. Helping around the house.
2. Cooking.
3. Swap responsibilities for the weekend.
4. Help with the laundry.
5. Be proactive and not reactive.
6. Have the right attitude when doing service.
7. Fill up the car with gas.
8. Have a day – play date.
9. A stay-cation.
10. Help to save money also.
11. Wash the truck, Wash the vehicle.

James Bronner:

Yes you can lay it out with that.

Stephanie Bronner:

Wash the truck. Wash the vehicle.

James Bronner:

They want that one on the board there.

- Stephanie Bronner: Forgive my marker, it is getting shy.
- James Bronner: That's alright, they got it. They got it, so actually it raises those. We'll move on to Physical Touch. The thing that they had to avoid in that area was ignoring your partner's request while helping others and so you have to be careful on, that's kind of like giving Quality Time. If somebody else asks for some help and their spouse is asking for something saying how are you going to go over and do this and you haven't even done what I asked you to do here. So it makes it worse when they see you taking that energy and giving it to somebody else. I'm going to move on Physical Touch. It's got a mike request over here.
- Male Participant: I think in a physical touch—a very important thing is massage therapy.
- James Bronner: Alright, massage.
- Male Participant: Learn the art and trade of that – very beneficial.
- James Bronner: Very good.
- Female Participant: One of the things that my husband does every morning when he wakes up before he leaves, he wakes up and leaves the house while I'm still sleeping. That every morning, he comes over and he kisses me on my cheek, well no. He kisses me all over my face because I'm like this, the whole time, okay, okay, and he tells me that he loves me and that just--at first I was like, does he have to interrupt my sleep because you know that messes me up, but it really does when I wake up, I feel so much better. I feel loved you know and I really do appreciate just those kisses and it seems to make him feel good too because he enjoys doing it and he does it every single morning. He wakes up and kisses me several times and tells me that he loves me. You guys should try that.
- Male Participant: Alright.
- James Bronner: Anybody else? Over here.

- Male Participant: This may sound kind of silly but my wife—she pulled the hair, I'm sorry. She works on my face for like fours, pulling out my facial hair and the hair bumps and try to keep my skin looking better, putting different creams and stuff on my face that trying to make it look nice and I really appreciate that.
- James Bronner: Alright.
- Female Participant: Okay, one of the things that I like to do with my husband it that—I'm very touchy—I like to touch and I like hold hands wherever I go. I like holding his hand and you know I just like a lot of affection in outside and inside, you know in some just very affectionate with him. And sometimes get him to you know being a little bit more, he says that's what I want and that's what he'll do, you know, and it works. It's been working out pretty good.
- Female Participant: I like for him to tell me when he look nice he looks nice. I'm beautiful and he's nice looking too.
- James Bronner: Alright. One of Words of Affirmation. Next.
- Female Participant: One thing that we do around the house is we give love taps that's like you're just playing, we thud each other and you just run by hit each other and run and try to get away with it. And I used to do that with my brother growing up. So it was really interesting. You know, that came in to the relationship.
- Male Participant: It's funny you said that because my wife is fresh and I'll just live with that, the fresh.
- Stephanie Bronner: We'll leave that to the imagination. Be fresh.
- James Bronner: That's right. And he's not talking about personal care. He's not talking about hygiene.
- Stephanie Bronner: Even though that is a good thing.
- Male Participant: One thing my wife and I do is give one another massages.
- James Bronner: Alright, that's number one here.

- Stephanie Bronner: Excellent, okay.
- Male Participant: Yeah one thing I like to do this always tell my wife is how beautiful she is to me and how much I love her. I think a man should tell his woman that everyday.
- James Bronner: Alright.
- Male Participant: I know there's people like – I have appreciation for smell so well – burning incense and wearing their favorite fragrance or cologne.
- Stephanie Bronner: Okay.
- James Bronner: Make it Physical – smell better, that does go into Physical Category.
- Stephanie Bronner: Because if you have personal hygiene issues, they won't want physically touch probably. So it is important to maintain some good smell.
- Male Participant: One thing you can do to amp-up massages, you make the bubble bath for them especially if they had a long day or long weeks. So you go and run the water, put the music on and you serve them. What I did, I made a tray – I got a serving tray and I just put different types of fruit you know and stuff and just got the counters going and you just let that kind of like quiet time with you.
- James Bronner: Alright, bubble bath with serving.
- Stephanie Bronner: Okay, bathing together, we have that as number 8.
- James Bronner: Do we have a number 9? We'll move on – put hugs on there too, that's not on there.
- Stephanie Bronner: That's your favorite. I'm sorry the marker is running out.
- James Bronner: Okay and things that if your partners love language is Physical Touch, things to avoid are physical neglect. So many couples they can go for a month without giving a hug or kiss, or any physical act so, physical neglect is one of the things to avoid, the other thing is physical abuse so.

Stephanie Bronner:

Physical Touch:

1. Massages, we have to add bubble bath, music and to serve them.
2. Kisses with love and to say I love you.
3. Personal appearance care – My Dad used to ask me to clean his fingernails and you know just rub his hand because he was a carpenter so his hands would ache. So my father, that was one of – a personal touch. He wants me to massage his hands, massaging feet, oh my goodness James does that and it just puts me right out, just knocks me right out.
4. Holding hands.
5. Playing Love tag, I like that.
6. Be fresh and as we said were going to let your mind to take over that one.
7. With Physical Touch, you always want to set the atmosphere, so smell good and make it welcoming.
8. Taking baths together, which is always nice.
9. Hugs, hugging one another.

My husband like I said, well before I understood that was his love language I literally was like, you know I'm trying to get by you but it was his—that was what he needed with physical touch was hugs. So right now, we have some examples that we'd like to bring to the forefront. So if you will, put your mind in your home, in your life and be there with us.

James Bronner:

See how number 10 she wants to give on that last.

Female Participant:

A long-long time ago, when I was in relationship, I love to dance either if the spouse or the partner can sing, that's even nicer, just almost just break out on a song and grab and start dancing, or if a song comes on and you hear someone humming and you just go up and grab and you just start dancing, that's real nice.

James Bronner:

Now, alright. We hear a lot of people when they talk about love and the people are singing. It does sounds easy so we want to act out, like she said, three different scenarios and each situation; we're going to give two responses. The first one is just going to be just natural or instinctive response that you know flesh would naturally want to do. and this is something that's not totally

scripted out so, make a little error, whatever we're just going to flow with this. And the second one is going to be a response of love. It's going to show you how, running these things about love, how you can take that same situation and respond in love. And proper love, they can diffuse almost any situation and we'll show on how, you know handling in the flesh will result and how handling in love will result.

And you know from your jobs that you know the way that you handle a situation, people handle situation that you watch on your job to make all the difference in the world and how that situation or environment of it feels and you know that somebody can jus—the way they react to some small, they can just blow it up big and you really come home and think about it, it just doesn't make any sense but this thing has gotten big, something that end up in HR just over the coffee pot or something so, how you respond and in other situations we've seen accidents have happened and major harm but it just—you know that keeping tempers low and stuff and soft words—how it just diffuses the situation so your response, a lot of times you can't control what happens but you can control how you respond to it and that makes all the difference in the world. So we'll just do 3 little skits here.

The first one is on money and the situation is, money is tight in the house, bills, barely being paid and just living check to check and she's just coming out from the mall, that's the set-up for it. Hey, wait a minute, why are those bags there?

Stephanie Bronner: Oh, they had an awesome sale today and I got some really good deals. Let me show you, wait, look what I've got for you, look. This pants they're we just—you know you need black pants for church.

James Bronner: Oh, I got enough black pants. I mean—that shopping, I'll tell you, that's what got us in trouble now. You know my Dad I always told him, he said a woman can take more money out the back door with a teaspoon than man can bring in the front door with a shovel. We can only pay our bills now. We hardly got enough closet to put the clothes you already got.

- Stephanie Bronner: But see, I mean we got a really good deal. These pants are not only \$80 and I just got – I thought you would be happy.
- James Bronner: No, I'm not happy. No matter how you say on this. No sale beats free where it's not bought at all.
- Stephanie Bronner: No to sale, leave the bags in the car next time.
- James Bronner: So that's situation one with handling it in the flesh.
- James Bronner: Hey where have you been, where did you get that?
- Stephanie Bronner: I was at the mall and there was an awesome sale today and I got you some wonderful pants, look. These pants were \$10 and normally \$18 bucks, isn't that awesome?
- James Bronner: Okay, let's sit down a minute and let me talk to you. I mean that's good that you got sale on that, we did save a lot of money but I just want to explain a little bit about the budget and this is kind of out of the budget and I want to explain a little bit why we got the budget. I mean I understand that you found a good sale and awesome pants that, you know, it will keep me from paying \$80.00 on it. But now, basically you know how, you don't have enough room in your closet now. So I want us to get a new house in a couple years and I had calculated out what our budget would allow us to have a down payment for the house. So if you can just work with me on it and it would take some sacrifice for the next two years with the shopping and stuff but once you get the bigger closet then you can get more stuff to go in now. But this is kind of why I got the budget so that we can have more room here and the housing market is really good right now, interest rates are low so. That's kind of where the vision I have and I want to give this, kind of house to you as a gift. So the small things, you know, the clothes are last but this will be 20-30 years and so you can lay the kids and everything—have your friends over, your parties everything. So that's kind of why I had the budget set like that and it's not to restrain you, and not to punish you or anything so I can give you this gift for this nice house.

- Stephanie Bronner: I like that; okay I'll do my best.
- James Bronner: Alright, thank you so much sweetie. So that was the same situation but just how it was handled. It makes a big difference and that's how arguments can be caused or avoided just in the way that you handle it.
- Stephanie Bronner: Can you like help me? Can you like just pick your own socks up? Can you like just maybe just do a little something in this game. This game is like – I mean c'mon, can't you like, oh goodness this is just so hard. I got kids, I've been at work all day, I'm tired and then you want me to do just do all this stuff by myself. This just doesn't make any sense, you want me to fix your plate, you want me to do—oh this is just too much.
- James Bronner: Do you realize this thing – this will decide who's going to be in the playoffs. A lot of the boys, we're watching this game, you know when I grew up, my daddy, he didn't do none of those stuff. Do you think my Daddy picked up some socks? I'll tell you what's happening, these women just got lazy nowadays. Everybody's watching this game at work. I've got to talk about this game with the fellows. They will call me in a minute. I've got to finish watching this. I don't have time dealing with socks. I already got all socks anyway. I'm not going to need some socks.
- Stephanie Bronner: Well when your Mama used to be at home, she wasn't working. So you are going to talk about your Daddy, let's be real with it okay.
- James Bronner: Okay. C'mon get that first down, yeah. Run it – run it. Yes, that's the way I want. Keep it coming. Hey, what are you doing honey?
- Stephanie Bronner: Can you guess what I'm doing? You know does it look like I'm doing anything, you know.
- James Bronner: I know you've been at work all day as many hours as I have. I'll tell you what I'm going to do. I'm going to put the game here, I really want to see this game. I need to catch it but I'm going to set the DVR to record it and I'm going to help you out, just let know what I can do to best

help you and then I'll come back and finish watching this game at DVR after I'm finished. You know, my Dad didn't do a lot of these things but you know my Mom, she was at home. I know I've got to share more in the responsibility of things so. What can I do for you?

- Stephanie Bronner: Can you watch the cooking for me while I finish doing clothes?
- James Bronner: Alright.
- Stephanie Bronner: Thank you. Just make sure that it doesn't burn for me alright.
- James Bronner: Okay.
- James Bronner: Hey there, smelling mighty good uh. Got that from bath body works.
- Stephanie Bronner: Yeah.
- James Bronner: You're smelling good, you are looking good too. What are you working on now?
- Stephanie Bronner: Oh sweetie, not tonight. I'm just really, really tired. I mean, my boss was really on me today. I just one to relax, I took a bath just to relax not for this, you know, I know what you're thinking about.
- James Bronner: You mean you didn't take that bath for me?
- Stephanie Bronner: I mean... can we just wait until tomorrow?
- James Bronner: Alright then, I got myself all worked out, the man will be pinned up again.
- Stephanie Bronner: Okay, this is the love response.
- James Bronner: Hey there, smelling and looking good but you're smelling like really good.
- Stephanie Bronner: Sweetie, I really had a long day today but you know what, it would really be helpful, you know if—can we talk for a second. Let's sit down. I know it's been a while since you

and I have actually been intimate and made love and I'm sorry that it's really hard for me to come home and do all the stuff that I have to do around the house and still have energy for you but I don't want to neglect you and do I want you to think I don't love you. So can you like work with me a little bit because I'm really getting burned out.

James Bronner: What are we talking about?

Stephanie Bronner: Okay, well maybe on Tuesdays, maybe can you help me the dishes in the evening instead of me doing the dishes, you could do the dishes while I put the kids in bed early and then we can have some time together, you know, that will save some of my energy and let's see maybe on Fridays. Maybe instead of me cooking, I don't know maybe you could bring home dinner or we could have pizza every Friday and then that way I'll be refreshed enough and I feel like you know it's a little off of me, so that I can actually have energy to be with you. I'm just so tired. I just really need some rest. Do you think we could do that?

James Bronner: Yeah, I can work with you on that, sounds fine. So on Tuesday I'll deal with the dishes and on Friday, I'll bring dinner so we'll have a lot of time and we'll have everything to do. That sounds fine.

Stephanie Bronner: Okay, thank you.

James Bronner: Alright. So those are three situations with a natural response, first and then the love response the second. So those are all real situations and probably most marriages have gone through out—three of those had some point in them. They're very realistic and that's going to conclude our teaching for tonight. We're going to tell you about three books that we have available before we do the anointing. First of all, you have the, "Five Love Languages" by Dr. Chapman that you saw. The video contained about a third of what's in the book. So the books are available here in the bookstore and the second one is, the book that we authored together, "Bedroom Talk".

And I'll just read off the topics it covers in the back. It has the eight best practices that happy Godly passionate and successful marriages have in common. Three ways to turn

a three-minute man into a thirty minute lover, how to detect and handle a bisexual husband, what to do when you're fussing and fighting and it looks like you can't agree on anything. How to handle blended families with step children, how to keep a satisfied mate in the midst of pregnancy menstruation and infections, what to do when a month's money is spent when the month isn't over yet, how to get the passion back into your marriage and take the bed off the to-do list, how to break soul ties to past relationships that you just can't seem to break by any natural means and how tell if you're marriage is going to be able to work or not. How to determine what – who does what responsibilities around the house. Under what conditions to divorce, how to determine how many children to have and answers to the most frequently asked questions by married couples. A full marriage analysis evaluation workbook and a household budget sheet with 22 ways to save money. That's in, "Bedroom Talk".

The last one is called, "The Complete Marriage and Family Home Reference Guide". This is by Dr. James Dobson. He's the premiere Christian family councilor in the nation and that has answers to over 400 frequently asked questions and these are things on marriage, on raising kids and all types of stuff. This is what my brother Bishop Dale – he recommended me to get James Dobson's material when I started my family and it's been truly been a big help. So a lot of things is in this. It's just an encyclopedia of information and all three of these books we have available. They are \$15.00 each, they also have audio on the Bedroom Talk. So they are available in the bookstore behind these curtains, second door in the left. If you're interested in any of those three, my wife also, since we have seven children, she had to come up with a lot of time savers for the household work and with kids. So she wrote a mini-manual of all of the things that she have found to save time and you can go to [HomeTimeSavers.com](http://HomeTimeSavers.com) and she has that available for free there. All of the things that saved her time managing everything, and also if you would like to leave a donation here as the seminar has been free, offering boxes are in the back and ushers can give you an envelope to do that and we appreciate anything that you give.

And after we do the pillow case anointing and pray over you in particular you are free to leave at that point. You don't have to wait on all of the other couples and if you forgot to bring your pillow case, you can still get in line and we'll just pray over you. And in marriage, you're no longer your own but you have to share yourself with your spouses and one of the biggest enemies to a successful marriage and a happy marriage is selfishness. We think about, you know what we want and our desires and our needs. So as we do the anointing service, we're going to play a song called, "I Give Myself Away", because that's exactly what you have to do in a marriage and in Christ as well. Christ said, "We're bought with a price, we're not our own." So just let that song play in your spirit as we do it and you all can begin to line-up, if you brought your pillow cases or if not then we're just going to pray over you.

Hymn: [ I Give Myself Away ]

James Bronner: And also in the bookstores well, we have your free gift if you registered. We have the list of everybody that registered, they'll give you your gift in the book store after you get your anointing, you can get your gift.

As you're in line just lift your hands, let's do a corporate prayer before we do the individual prayer. Heavenly Father we thank you for this seminar oh Lord. We thank you for the institution of marriage, oh Lord. We thank you for giving us our spouses oh Lord as a blessing oh Father.

For you said, oh Lord that he would find, find as a good thing, oh Father, more precious than rubies oh Father. We thank you Lord for our spouses, oh Lord, for giving us somebody to love, oh Father. And we thank you for being loved, oh Father. We thank you for showing us, oh Lord by sending your son, oh Lord. And Lord we ask you Father to anoint this oil oh Lord to use us as the anointed cross oh Father, to transfer your power, oh Lord. And to these pillow cases, oh Lord that even as each couple sleeps, oh Lord, we pray, oh Father that even they are wrong oh Father, from this oil oh Lord, even as they smell

it oh Father, that it will remind them oh Father that there is touch of faith oh Lord, of improvement in their marriage oh Lord.

And we pray, oh Father over each couple, oh Lord, we pray that you'll increase, oh Father their love, their joy, their peace, oh Lord. Their passion, their prosperity, oh Lord. We pray it in the name of Jesus oh Lord, we pray that, for those couples, oh Lord who may have been going through difficult things, oh Father. We pray Lord that by your anointing oh Father. That you will make hard places smooth, oh Father, that even with this oil oh Lord, where there may have been friction, oh Lord, of disagreements and arguments, oh Lord. All comes in, oh Lord to reduce friction, oh Lord.

And we pray that you'll do that in the spirit of Father, that arguments, oh Lord would cease, oh Lord, temperance would come oh Father. Things that may have happened in the past, oh Lord that forgiveness will flow over. We pray, oh Lord that hearts that may have been hardened, oh Lord. That you'll soften them up, oh Father even as all softens hands, oh Lord.

We pray that the ointment of your spirit would soften hearts to forgive, oh Lord. That love would be restored, oh Father, we thank you Lord. But what you're doing in our relationships, oh Lord, for we know, oh Father that, the devil comes to try to disrupt marriages, oh Lord. So that the whole family would be disrupted, oh Lord. But we pray oh Lord that your angels oh Lord, would go with each couple, oh Lord, back into their homes, oh Lord.

That warring angels would stand on guard, oh Father, and get's the attacks of the enemy oh Lord, we pray for protection even though with the children, oh Lord, and their marriage, oh Lord. We thank you Lord in the name of Jesus we pray. Amen.

Hymn: [You are my Lord, to you I belong...]

Song Leader: What would happen if the generation embraced this?  
Come on tell him...

Hymn: [Here I Am...]

Song Leader: My life does not belong to me... I want to be used by you.

Hymn: [I Give Myself Away]

Song Leader: So come on and take my heart...

Hymn: [I Give Myself Away]

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