

*90 Days of Love Language
Minute Devotions*

LOVE
NOTES
for couples

GARY CHAPMAN

*New York Times Bestselling Author
of The 5 Love Languages*



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Introduction

When two people commit to each other—and especially when they commit to communicating their love to each other through the five love languages—positive change occurs. Time and time again, I've seen the power of God transform relationships.

The building blocks of marriage—such as good communication, respect, unconditional love, and forgiveness—are foundational to any romantic relationship. And learning to identify and speak your spouse's love language will benefit you and your loved one at any stage. I tend to use the language of marriage when I write, because my background is in marriage counseling, but if you're dating or engaged, you will find plenty of helpful information here as well.

You can use this devotional individually or sit down together as a couple to read it each day. Use the prayer at the end of each devotion as a starting point for your own prayer—whether you pray silently together or aloud, one at a time. In just a few minutes, you can discover encouraging biblical insights.

As an added feature, this devotional includes the

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Love Note Starter Kit, which you will find in the back of the book. This “kit” includes a few simple prompts to help you compose a love note to your spouse that will directly address your respective love languages.

Whether your relationship is strong or struggling, stable or challenging, my prayer is that this devotional will encourage you and give you renewed joy in each other. May your relationship be strengthened as you focus on loving and growing together.

Gary Chapman

DAY 1

*“I Really
Appreciate That”*

Whoever wants to be first among you must be the slave of everyone else. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.

MARK 10:44-45

The theme of the Christian life is serving Christ by serving others. Jesus came to earth to serve others—first by his love, his teaching, and his healings, and ultimately by his death. When we serve others, we are not only serving Christ, but we are being Christlike. So why not begin developing an attitude of service in our closest relationship? The fact is, we do acts of service for each other every day. However, we don't often talk about them, and consequently, we begin to take them for granted.

I want to suggest a little communication exercise that will bring service to the front burner. It's a game called I Really Appreciate That. Here's how you play it: The husband might say to the wife, “One way I served you today was by putting away a load of laundry.” The

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wife might respond, “I really appreciate that.” Then she says, “One way I served you today was by cooking dinner.” The husband responds, “I really appreciate that.” Play the game once a day for a week, and you will become more aware of the acts of service that you are already doing for each other. You will elevate them to a place of importance by talking about them. If you have children, let them hear you playing the game, and they’ll want to get in on the fun.

*Lord Jesus, thank you for your example of service.
Please transform me more each day into your image.
Help us as a couple to serve each other with love
and to show our appreciation for each other.*



DAY 2

Looking at the Positive

Some people make cutting remarks,
but the words of the wise bring healing.

PROVERBS 12:18

One of the most powerful things we can do to enhance the seasons of our marriage is to choose a winning attitude. How do we do this?

First, we must admit our negative thinking. As long as you think negatively, you'll never be able to choose a winning attitude. The second step is to identify your spouse's positive characteristics, even if that's difficult for you. You might even get help from your children by asking, "What are some of the good things about Daddy or Mommy?" Third, once you've identified those positive characteristics, thank God for them. Then, fourth, begin to express verbal appreciation to your spouse for the positive things you observe. Set a goal, such as giving one compliment a week for a month. Then move

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toward two per week, then three, and so on until you're giving a compliment each day.

The book of Proverbs has a lot to say about the importance of words. Proverbs 18:21 says, "The tongue has the power of life and death" (NIV). Proverbs 12:18 talks about words bringing healing. Proverbs 15:4 calls gentle words "a tree of life." You can give your marriage new life when you replace condemnation and criticism with compliments and words of affirmation.

*Lord God, thank you for all the wonderful things
about my spouse. Please keep those fresh in my mind.
Help me to use my words to acknowledge those things.
May what I say heal and bring life.*



DAY 3

Kindness

Be kind to each other, tenderhearted,
forgiving one another, just as God
through Christ has forgiven you.

EPHESIANS 4:32

“Be ye kind one to another” (Ephesians 4:32, KJV). We may have memorized it as children, but have we forgotten it as adults? In the Bible’s famous “love chapter,” kindness is defined as one of the traits of love: “Love is patient and kind” (1 Corinthians 13:4). Do you consciously think of being kind to your spouse throughout the day? Kindness is expressed in the way we talk as well as in what we do. Yelling and screaming are not kind. Speaking softly and respectfully is. So is taking the time to have a meaningful conversation with a spouse who is lonely, upset, or uncertain.

Then there are acts of kindness—things we do to help others. When we focus our energy on doing kind things for each other, our relationship can be rejuvenated. What could you do today to be kind to your

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spouse? Maybe it's taking on a chore that's not typically your responsibility, or bringing him or her a cup of coffee in bed. Or perhaps it's giving an encouraging note or bringing home a favorite treat. These are small things, but they can have a big impact. Imagine what your relationship would be like if you both emphasized kindness.

Lord Jesus, I want to show my love through kindness. Please help me to think of great ways today to be kind to the one I love.



Expressing Love

Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The LORD our God is the one and only LORD. And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.’ The second is equally important: ‘Love your neighbor as yourself.’”

MARK 12:29-31

The word *Christian* means “Christlike.” In the first century, *Christian* was not a name chosen by the followers of Jesus. Rather, it was a name given to them by others. Believers based their lifestyle on the teachings of Christ, so the best way to describe them was to call them Christians.

What if Christians really were Christlike? Central in Jesus’ teachings is the command to love. In fact, in the verses above, Jesus said that the greatest commandment is to love God and the second is to love our neighbors. These commands supersede all others, because everything else flows out from them.

Love begins with an attitude, which in turn leads to acts of service. “How may I help you?” is a good

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question with which to begin. Today is a good day to express love to our neighbors. In my opinion, that starts with those closest to us—first our spouse, then our family—and then spreads outward.

Father, you made it clear that loving you and loving others is the most important thing I can do. Help me to make that a priority. Let me show Christlike love to my spouse today.



DAY 5

Division of Labor

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

ECCLESIASTES 4:9-10

I vacuum the carpet and wash the dishes at my house. What do you do in your home? Who will do what? is a question that every couple must answer. In my opinion, the gifts and abilities of each person should be considered. One may be more qualified than the other for certain tasks. Why not use the player best qualified in that area?

This does not mean that once one person accepts a responsibility, the other will never offer to help with the task. Love seeks to help and often will. In Ecclesiastes, King Solomon wrote clearly about the value of teamwork. As a couple, we can accomplish more together than we could as two individuals because we are there to help each other. The Scriptures do not tell us exactly

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who should do what, but they do encourage us to agree on the answer.

The prophet Amos once asked, “Can two people walk together without agreeing on the direction?” (Amos 3:3). The answer is, “Not very far and not very well.” I encourage you to keep negotiating until both of you feel good about who is doing what in your home.

*Lord, thank you that my spouse and I can work
as a team. Help us to find the best tasks for
each of us, and help us to support each other
as we work for the same goal.*

