

Ministering Ideas based on Love Languages:



WORDS OF AFFIRMATION

Many people feel loved when they are being acknowledged through words of affirmation, compliments, encouragement, and appreciation. Here are some ideas on how to Minister to someone whose love language is Words of Affirmation:

- Find out her goals and send encouraging notes or texts as she's working on them
- Express appreciation for something she did for you or someone else
- Compliment her new haircut or dress when you see her at church
- Find uplifting quotes from Church leaders that could apply to your Sister's situation and send them to her from time to time
- If she gives a talk at church or a comment in Relief Society, text her after church and let her know you appreciated what she said

- If your Sister is into journaling, give her journaling pens
- If your Sister gets a new puppy, give her some new dog toys
- If your Sister is into fitness, give her a new water bottle
- If your Sister loves to garden, give her a new gardening tool or garden journal
- Find out her favorite treat and bake it or buy it for her
- If your Sister loves to read, give her a new lap blanket or some bookmarks



QUALITY TIME

Many people feel loved when others spend quality time with them. Quality time means listening to them and giving them undivided attention. Here are some ideas on how to Minister to someone whose love language is Quality Time:

- Meet for lunch or brunch
- Go to the temple together
- Host a game night
- Volunteer and serve together
- Find out her hobbies and join her
- Go on a hike or walk together
- Study the scriptures together
- Find her at church and sit next to her in Relief Society



ACTS OF SERVICE

Many people feel loved when others serve them. Acts of Service need to be done with love and without any expectations for yourself, making sure that the act is needful and helpful. Here are some ideas on how to Minister to someone whose love language is Acts of Service:

- Offer to help her clean
- Bring her dinner on a night that would be needful
- Help her pull weeds or other yard work
- If she has a pet, offer to pet-sit while she goes on vacation
- Offer to drive her to/from the airport
- Go grocery shopping for her if she has small children
- Offer to babysit so she can have a date night with her husband or go to the temple



RECEIVING GIFTS

Many people feel loved when they are given a thoughtful gift. It's not necessarily about the gift itself, but it's about the thought behind the gift. Remembering her birthday and other special days for her by dropping off a small but meaningful gift will help her feel loved. Here are some ideas on how to Minister to someone whose love language is Receiving Gifts:



PHYSICAL TOUCH

Many people feel loved through physical touch (when given consent and appropriate). Physical touch can make others feel loved, calm, protected, and cherished. Here are some ideas on how to Minister to someone whose love language is Physical Touch:

- Give her a hug each time you see her
- Walk arm in arm
- Pat her arm or hold her hand while talking
- Sit next to her on the couch instead of across from her