

Put Love into Action

Does my daily conduct communicate love in a way she can recognize?

Print this alongside the module, or type into it — every box is a real form field.
The workbook records what you did. This sheet records what you learned.

1 · WATCH AND LISTEN

Take these one at a time. A note you write in your own words is worth more than a highlight you never reread.

Love in Action

Session video on love as something you do on purpose.

Notes — and the timestamp you want to come back to

The Five Languages of Marriage

Giving love in the currency your wife actually receives.

Notes — and the timestamp you want to come back to

Giving Love in Her Currency

Deep-dive audio on paying attention to what actually lands.

Notes — and the timestamp you want to come back to

Why Love Languages Need Safety First

Critical audio: the framework assumes a safe marriage. Read against the module caution.

Notes — and the timestamp you want to come back to

2 · DECKS AND FIELD GRAPHICS

On this module: The Love Language Manual; Marriage Field Manual; Marriage Systems Manual; Love in Action Relationship Guide; Marriage Maintenance Storyboard.

What stood out — and what I would push back on

3 • READING NOTES

Each report is an optional study aid built from thematically related research. It reflects the source material, not ministry doctrine — read it against the module's caution.

Love in Action: Session Insights

Episode 7 of "The Marriage Course" identifies marriage as a dynamic, action-oriented commitment rather than a static state.

Executive briefing — best starting point for this module.

What I take from this

The Architecture of Intimacy

We are frequently sold a romanticized bill of goods: the "happily ever after" myth, which suggests that if two people are truly "meant to be," the relationship will naturally sustain its own momentum. This is a dangerous fallacy.

Longer treatment of love as a learned practice rather than a reflex.

What I take from this

Beyond the Spontaneous Myth

In my practice, I often see couples whose genuine efforts are lost in translation. They are working hard, but they are working in the wrong currency. Consider the "IKEA Bookshelf Incident" involving Nicky and Sila Lee.

Popular-article register — use as a prompt, not as proof.

What I take from this

10 questions

Answer from memory first, then mark yourself against the answer key on the last page. The score matters less than the last column: a question you missed shows you exactly which part of the module to reread.

1. According to the episode's central thesis, what is the primary indicator that an act of love is meaningful?

RIGHT

MISSED

2. Why does the episode use the analogy of learning a foreign language to describe expressing love?

RIGHT

MISSED

3. In the 'bookshelf story,' why did Sila feel resentful despite Nicky's hard work putting together the shelves?

RIGHT

MISSED

4. What does the episode identify as a 'damaging attitude' regarding practical service in marriage?

RIGHT

MISSED

5. Regarding physical affection, what advice is given for couples experiencing sexual difficulties?

RIGHT

MISSED

6. What is the primary purpose of the 'old sports car' metaphor used in the episode?

RIGHT

MISSED

7. How does the teaching define 'Quality Time' as a love language?

RIGHT

MISSED

8. What concept does the Dietrich Bonhoeffer quote add to the episode's conclusion?

RIGHT

MISSED

9. In the context of 'Presents' as a love language, what is the 'best' approach for a giver?

RIGHT

MISSED

10. According to the independent reviews, what is a significant 'blind spot' in the episode's teaching on commitment?

RIGHT

MISSED

Score out of 10

The one I missed that matters most — and what I am going back to reread

5 · FLASHCARD DRILL

This module's deck holds 75 cards. Run it until you can answer without help, then note what still slips.

Cards marked known

Cards I still need to review

Mark yourself here

Every answer carries the reason it is the answer. If you missed one, the reason is the part worth rereading — not the letter.

1. According to the episode's central thesis, what is the primary indicator that an act of love is meaningful?

The extent to which the other person feels the benefit.

The episode explicitly teaches that love involves action for another's sake but is only meaningful if the recipient feels the benefit.

2. Why does the episode use the analogy of learning a foreign language to describe expressing love?

To emphasize that using a partner's love language requires practice and may feel unnatural initially.

Nicky Gumbel shares that just like learning Japanese, practicing a love language that is not your own requires effort before it becomes natural.

3. In the 'bookshelf story,' why did Sila feel resentful despite Nicky's hard work putting together the shelves?

Her primary love language is quality time, and the task prevented them from being together.

While Nicky was performing an 'act of service,' Sila felt neglected because her primary need for focused time was not being met.

4. What does the episode identify as a 'damaging attitude' regarding practical service in marriage?

Thinking that every action must be fair or transactional.

The script warns that 'tit-for-tat' thinking (I did this, so you should do that) is damaging to the spirit of generous service.

5. Regarding physical affection, what advice is given for couples experiencing sexual difficulties?

Continue to show physical affection in non-overtly sexual ways.

The presenters advise maintaining non-sexual touch like hugging or holding hands to keep the emotional connection alive during difficult seasons.

6. What is the primary purpose of the 'old sports car' metaphor used in the episode?

To illustrate that marriage requires regular maintenance to keep it in good working order.

Just as the car seized up after being left in a garage for three years, marriages that are not 'driven' and maintained will deteriorate.

7. How does the teaching define 'Quality Time' as a love language?

Giving the partner undivided attention through conversation or shared activities.

Quality time is defined by focused attention, specifically excluding distractions like smartphones.

8. What concept does the Dietrich Bonhoeffer quote add to the episode's conclusion?

Marriage is a post of responsibility and a public 'office' with a purpose beyond the couple.

The sermon argues that marriage is a link in the chain of generations and has a 'higher dignity' than just private romantic feelings.

9. In the context of 'Presents' as a love language, what is the 'best' approach for a giver?

Finding out what the recipient likes and giving in that currency.

Effective givers discover the partner's preferences (like the 'boring' pencil sharpener) even if they don't understand the appeal themselves.

10. According to the independent reviews, what is a significant 'blind spot' in the episode's teaching on commitment?

The claim that 'nothing we can't work through' could be dangerous in cases of abuse or control.

Multiple reviewers warn that while commitment is good, it cannot guarantee safety or reconciliation in coercive or abusive situations.

Before you close this module

Field action: Repeat one recognizable act of love for seven days

Finish line: You completed the chosen action on seven days, repaired any miss honestly, and received optional feedback without arguing for your preferred gesture.

Study is not the assignment. The finish line is.