



THE FIVE LOVE LANGUAGES: PHYSICAL TOUCH

SERMON STUDY GUIDE

The Genesis scripture is the first account of someone “falling in love” in the Bible. While romantic touch is important and valued, nonromantic touch is also a critical part of healthy living. Physical touch is a key component in the bonding and mental health of young children. Adults yearn for physical affection as well.

First Step - Read Scripture

Genesis 24:67 Matthew 8:1-3 and 14-15 Matthew 9:20-22 Matthew 19:13-15

- Step In -

What is your first instinct in interacting with those you know (greet, handshake, hug, etc.)?

How do you most comfortably get to know someone?

Not everyone has physical touch as a love language. How can you touch someone non-physically through example and respectful actions?

- Step Up -

It is clear in the Genesis story that touch is important to God. In marriage as well as other relationships, we are designed to seek physical contact. Jesus communicated and healed through touch as related through selected passages of Scripture in Matthew.

Why do you think that Jesus felt it was so important to lay hands on the leper, the sick woman, and little children?

- Step Out -

Physical touch can be a powerful communicator in times of stress, grief, or disappointment. Reflect on a time when someone’s touch provided you strength to face a difficult situation. Share if you would like.

Hugs, pats, and thoughtful touches are especially important to people whose love language is physical touch. How easy is that for you to do? Are you more comfortable with another love language? What can we learn from Jesus’ approach?

Sermon Notes