

Building Stronger Marriages - Notes

The use of our eyes

Matthew 6:22-24 (ANIV)

"The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. [23] But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!"

Drastic Measures

[29] If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. [30] And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.

Develop a closer walk with Jesus

He shows us how to love

He increases our capacity to love

Develop kindness

Quiet Time Reading ... Word for Today ... Bob Gass

The secret to closeness in marriage isn't necessarily sparkling conversation or shared interests or even incredible sex. As good as those are, the secret of intimacy is – plain old-fashioned kindness! You know, the stuff learned in primary school, like thoughtfulness, courtesy, and caring.

Never underestimate the power of touch. Seems like an obvious statement! Right? You'd be surprised; we can go days or weeks without touching each other, yet a hug works wonders.

Forget the grandiose gestures. When you routinely build little kindnesses into your marriage they become a source of strength for later, like money in the bank. So think 'personal' and 'caring, like helping to clean up, making the coffee, walking the dog, or taking out the rubbish!

Remember your manners. Just because you're married it doesn't mean common courtesy should go by the wayside. Paul says, 'Be kind to each other'. That means listening without interrupting, and practising the basics like saying, 'please', 'thank you', and 'I'm sorry'. This stuff's not rocket science – but it really works!

Compliments are the key. Remember, whenever you think something nice about your mate – say so! We live in a cold competitive world and hearing we're loved, smart, attractive and fun, from someone whose opinion we really value, means everything.

From Rob Parsons book ... The 60 minute Marriage

Action Points

Try to have an evening once a week for just the two of you. Defend it with your life

Take walks together more often

Lose some arguments

Pray together if you can

Read books on marriage

Give your partner flowers when it's not their birthday or your anniversary
Hold hands more often
Let your children see that you respect your spouse
Try not to be completely predictable
Identify No go areas & stick to them
Revisit some of the places that were favourites when you first met
Listen with your eyes
Don't confuse your partner's need for space with rejection
Have a television free evening occasionally
When you get home try to speak to your spouse before doing anything else
Regularly check the gauges

Further Thoughts

A woman has a profound need to engage in conversation about her concerns & interests with someone who, in her perception, cares deeply about her & for her.

Remember, most women fall in love with men who have set aside time to exchange conversation and affection with them. They stay in love with men who continue to meet those needs.

Financial considerations should not interfere with time for conversation. If you don't have time to be alone to talk, your priorities need to change.

Never use conversation as a form of punishment (ridicule, name calling, swearing or sarcasm). Conversation should be constructive not destructive.

Never use conversation to force your spouse to agree with your way of thinking. Respect your spouse's feelings & opinions, especially when yours are different.

Never use conversation to remind each other of past mistakes. Avoid dwelling on present mistakes as well.

Develop interest in each other's favourite topics of conversation.

Learn to balance your conversation. Avoid interrupting each other & try to give each other the same amount of time to talk.

Use your conversation to inform, investigate & understand each other.

Questions for Him

Do I spend time talking to my wife Is this important to me?

Do I share interests with my wife? Are any changes needed?

Is my career taking me away from my wife?

Questions for Her

Do I miss anything from our courting days? Do we still have the kind of communication we shared then?

Am I do anything that hinders conversation? Do I talk too much?

What interests do I share with my husband? What do we talk about together? Are there any other areas we need to share?