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FROM FOCUS ON THE FAMILY



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FROM FOCUS ON THE FAMILY

“One of the great illusions of our time is that love is self-sustaining. It is not.

Love must be fed and nurtured, constantly renewed. That demands ingenuity and consideration, but first and foremost, it demands time.”

(David Mace)

Bids for Connection

A bid is any positive action that you do to get your spouse's attention, affirmation, affection, or support. A bid indicates a desire for *connection*.



Responding to a “bid for connection”

- Turning away
- Turning against
- Turning toward

The Connection Bid

“Is my hair okay?”

“Can you pick up Annie?”

High-five between spouses.

“I had a really hard day.”

“Let’s watch a movie.”

“How was work today?”

“Let’s go get some coffee”

Leg touching you at night in bed.



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The Connection Bid

“Is my hair okay?”

“Can you pick up Annie?”

High-five between spouses.

“I had a really hard day.”

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“Let’s go get some coffee”

Leg touching you at night in bed.

The Hidden Request

Will you affirm me?

Will you help me?

Can I get some affection?

Will you comfort me?

Can we relax and unwind?

Can we emotionally connect?

Can we catch up?

Can we be intimate?



Connection Rituals

Repeated behaviors or activities that symbolize connection, provide regular reminders of the secure attachment, and promote security in relationships.



#1: *Saying Goodbye*



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#1: *Saying Goodbye*

#2: *Greeting* each other



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< DON'T JUDGE VIDEO CLIP >



#1: *Saying Goodbye*

#2: *Greeting* each other



FROM FOCUS^{ON}THE FAMILY

#1: *Saying Goodbye*

#2: *Greeting* each other

#3: *Saying Goodnight*



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#1: *Saying Goodbye*

#2: *Greeting* each other

#3: *Saying Goodnight*



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“There is beauty and adventure
in the commonplace for those
with eyes to see beyond.”
(Jonathan Lock Hule)



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Fully Alive

“Be fearless in the pursuit of what sets your soul on fire.” (unknown)



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“He’s so beat up it’s hard to tell what he’s like. I just can’t help thinking that they got him so screwed up running in a circle that he’s forgotten what he was born to do...”



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*“Love the Lord your God...Love your
neighbor as yourself.”*
(Mark 12:30-31)



FROM FOCUS ON THE FAMILY

*“Love the Lord your God...Love your
neighbor instead of yourself.”*
(Mark 12:30-31)



FROM FOCUS ON THE FAMILY

*“Love the Lord your God...Love your
neighbor as yourself.”*
(Mark 12:30-31)



FROM FOCUS ON THE FAMILY

Godly Self-Care: The God-given responsibility to care for yourself so you can love others from a place of fullness and abundance.



FROM FOCUS ON THE FAMILY

*“...that you may be filled to the
measure of all the fullness of God.”*
(Ephesians 3:19)

*“...I came that they may have life and
have it abundantly.”*
(John 10:10)



What is Godly self-care?



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What Brings You Rest?

“Come to me, all you who are weary and burdened, and I will give you rest.” (Matt 11:28)



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REST = “ceasing work or movement in order to relax, refresh oneself, or recover strength.”



FROM FOCUS ON THE FAMILY

REST = “ceasing work or movement in order to relax, refresh oneself, or recover strength.”

The goal of rest is to “recharge” and allow your body time to recuperate (recover, mend, improve, restore).



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Sleep (7.5 to 9 hours)

Laughter

Music

Massage therapy

Spa day

Eating right

Gardening

Playing games



FROM FOCUS ON THE FAMILY

Prayer

Meditating on God's word

Complete a puzzle

Painting or adult coloring book

Read a book

Purposely watch a movie or recorded show

Observing the Sabbath day

Lounging around



What Brings You life?

“I will make breath enter you, and you will come to life.” (Ezekiel 37:4-5)



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LIFE = devoted time and resources to what invigorates you, to what brings passion, hope, creativity, and joy—experiences that make your heart come alive.



FROM FOCUS ON THE FAMILY

Serve on a mission trip

Conquer a fear

Try a new activity—take a class or learn something new

Helping out a marriage that's in crisis

Exercising or working out

Hiking in the mountains



FROM FOCUS ON THE FAMILY





Serve on a mission trip

Conquer a fear

Try a new activity—take a class or learn something new

Helping out a marriage that's in crisis

Exercising or working out

Hiking in the mountains

Walking along the beach

Learning a foreign language

Hobby (i.e. fishing, golf, photography, etc.)







Cooking
Teaching a class
Mentoring under privileged youth
Joining a not-for-profit board
Starting your own business
Team sport participation
Life coaching
Spiritual retreat
Travel



“Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.”

(Howard Thurman)



FROM FOCUS ON THE FAMILY

SELF-CARE: The God-given responsibility to care for yourself so you can love others from a place of fullness and abundance.

Rest: cease work or movement in order to relax, refresh oneself, or recover strength.

- What gives you rest?

Life: experiences that make your heart come alive.

- What gives you life?



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Close Pursuit

“Love never gives up...”

(1 Corinthians 13:7)



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*“Therefore a man shall leave his father
and his mother, and shall cleave unto his
wife: and they shall be one flesh.”*

(Genesis 2:24)

1. REDISCOVER YOUR SPOUSE

- “...learn her ways always and think on her love.” (Proverbs 5:19)



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“10-minute rule”



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“10-minute rule”

- Spend at least 10 minutes every day getting to know your spouse’s inner life—emotions, hopes, fears, dreams, preferences, needs, thoughts, etc.



“10-minute rule”

- Spend at least 10 minutes every day getting to know your spouse’s inner life—emotions, hopes, fears, dreams, preferences, needs, thoughts, etc.
- Keeps you current and deepens your intimacy (in-to-me-see) by “knowing” and being “known”

1. REDISCOVER YOUR SPOUSE

“...learn her ways always and think on her love.” (Proverbs 5:19)

2. WOO YOUR SPOUSE

*“Therefore I am now going to allure her...”
(Hosea 2:14)*

Woo (allure):



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Woo (allure):

What allures you?



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Woo (allure):

What allures you?

Listening, sharing, patience, kindness, gentleness, politeness, seeking forgiveness, grace, healthy conflict, gratitude, affirmation, sacrifice, service, fun, laughter, etc.



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*“Your beauty and love chase after me
every day of my life...”*
(Psalm 23:6)



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Safe & Secure

“You have been entrusted with the heart of another human being. Whatever else your life’s great mission will entail, loving and defending this heart next to you is part of your great quest.”

(John and Stasi Eldridge)



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What is the secret to a great marriage?



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What is the secret to a great marriage?



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The secret to a great marriage is an ***open heart.***

*“...Love one another deeply,
from the heart.”*

1 PETER 1:22, NIV



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When two people feel **safe** and **secure**,
they relax and open their hearts, and
then, friendship, passion, fun, intimacy
and connection happen effortlessly.

*“The name of the LORD is a strong tower; the
righteous run to it and are safe.”*

PROVERBS 18:10, NKJV



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Safe: feeling free to open your heart and be fully known, and know that your spouse will unconditionally love, accept, protect, nurture and cherish you—as an imperfect person.



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*“...for no one ever hated his own
flesh but nourishes and cherishes it,
just as Christ also does the church.”*

(Ephesians 5:29)



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Cherish: Recognize your mate's
incredible *value*.



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*“For where your treasure is, so there
will your heart be also.”*

(Luke 12:34)



FROM FOCUS ON THE FAMILY

The *Cherish* List

Make a list of things that you value about
your spouse.

Personality traits
Character qualities
Spirituality

Caring behaviors
Accomplishments
Physical characteristics

Nourish: Treat your spouse in *valuable* ways.



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*“Let us not love with mere words
or tongue but with actions...”*
(1 John 3:18)



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“I feel loved when you...”

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“I feel loved when you...”

- Remind me of your lifelong commitment (secure)
- Pray with me and share a deep faith
- Communicate (know me and be known)
- Provide positive affirmation
- Express gratitude
- Spend time with me
- Provide affection (sexual and non-sexual)
- Have fun and laugh with me



The *Nourish* List

Make a list of things that help you feel
loved and cared for.

Answer the statement,
“I feel loved when you...”



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In Our *Wildest* Dreams

“Magnificent marriages involve two people who dream magnificently. The partners encourage each other to dig deeper and dream bigger, and in the process they get in touch with a level of being and doing that otherwise would be far beyond them. (Neil Clark Warren)”



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“Look!” God said. “The people are united,
and they all speak the same language.
After this, nothing they set out to do will
be impossible for them!”

(Genesis 11:6)




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We need to develop a
shared vision that we
are passionate about
pursuing together.



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“Know why you are together and married.”

(Dr. John Perkins)

What is God calling “me” to do?

*“For I know the plans I have for you,
declares the Lord, plans to prosper you
and not to harm you, plans to give you
hope and a future.”
(Jeremiah 29:11)*



FROM FOCUS ON THE FAMILY

What is God calling “me” to do?

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(Jeremiah 29:11)

What is on your **bucket list**?



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Be a *dream maker!*

*Jonathan said to his young armor-bearer,
“Come, let’s go over to the outpost of those
uncircumcised men. Perhaps the lord will act
in our behalf. Nothing can hinder the lord
from saving, whether by many or by few.”*

Be a *dream maker!*

“Do all that you have in mind,” his armor-bearer said. “Go ahead; I am with you heart and soul.”

(1 SAMUEL 14:6-7)



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What is God calling “Us” to do?

“Delight yourself in the LORD; And He will give you the desires of your heart. Commit your way to the LORD; trust in him, and he will act.”

(Psalm 37:4-5)



FROM FOCUS^{ON} THE FAMILY

What is God calling “Us” to do?

“Delight yourself in the LORD; And He will give you the desires of your heart. Commit your way to the LORD; trust in him, and he will act.”

(Psalm 37:4-5)

How is God calling us to serve Him ***together?***



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Find a cause that you and your spouse are both passionate about:

Short-term mission trips

Giving money to a ministry

Working with troubled youth

Mentoring a young
married couple

Serving single parents

Helping a troubled marriage

Crisis pregnancy center

Providing respite care for parents
of adopted children



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“The best marriages involve two people who have a *well-formed* vision of the life they are pursuing together.”

(Neil Clark Warren)

“A successful marriage is an edifice
that must be rebuilt every day.”

(Andre Maurois)



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