wesut-THE COMMISSION OF THE COMMISSI







resist druft

FROM FOCUS ON 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.



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.

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



#1: Saying Goodbye

#2: Greeting each other



< DON'T JUDGE VIDEO CLIP >



#1: Saying Goodbye

#2: Greeting each other



#1: Saying Goodbye

#2: Greeting each other

#3: Saying Goodnight





resist druft

FROM FOCUS ON FAMILY

#1: Saying Goodbye

#2: Greeting each other

#3: Saying Goodnight



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



wesut-THE COMMISSION OF THE COMMISSI

Fully Alive

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



"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..."



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



"Love the Lord your God...Love your neighbor <u>instead of</u> yourself." (Mark 12:30-31)



"Love the Lord your God...Love your neighbor <u>as</u> yourself." (Mark 12:30-31)



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



"...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?



What Brings You Rest?

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



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



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).



Sleep (7.5 to 9 hours)

Laughter

Music

Massage therapy

Spa day

Eating right

Gardening

Playing games



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)



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



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







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)



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

<u>Rest</u>: 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?



wesut-THE COMMISSION OF THE COMMISSI

Close Pursuit

"Love never gives up..."
(1 Corinthians 13:7)



"Therefore a man shall leave his father and his mother, and shall <u>cleave</u> 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)



"10-minute rule"



"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):



Woo (allure):

What allures you?



Woo (allure):

What allures you?

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



"Your beauty and love chase after me every day of my life..."

(Psalm 23:6)



wesut-THE COMMISSION OF THE COMMISSI

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."

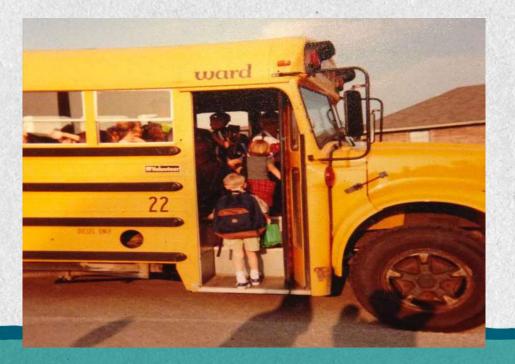
(John and Stasi Eldridge)



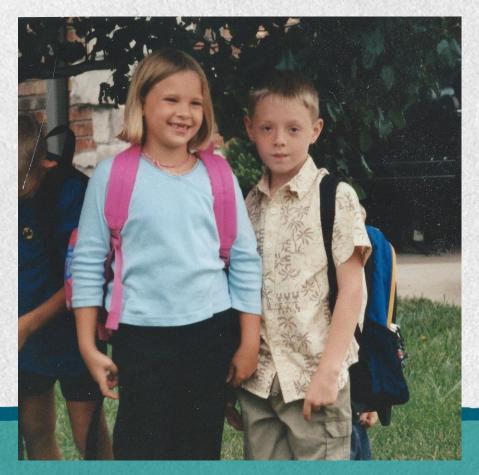
What is the secret to a great marriage?



What is the secret to a great marriage?







resist druft

FROM FOCUS ON FAMILY

What is the secret to a great marriage?



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

"...Love one another deeply, from the heart." 1 PETER 1:22, NIV



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



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.



"...for no one ever hated his own flesh but nourishes and cherishes it, just as Christ also does the church." (Ephesians 5:29)



Cherish: Recognize your mate's incredible value.



"For where your treasure is, so there will your heart be also." (Luke 12:34)



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.



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



"I feel loved when you..."



"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..."



wesut-THE COMMISSION OF THE COMMISSI

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)



"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)





resist druft

FROM FOCUS ON FAMILY





< UP VIDEO CLIP >



"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)



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)

What is on your **bucket list**?



Be a **dream maker!**

Jonathan said to his young armor-bearer, "Come, let's go over to the outpost of those uncircumcised men. <u>Perhaps</u> 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 armorbearer said. "Go ahead; I am with you heart and soul."

(1 SAMUEL 14:6-7)



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)



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?





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



"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)



Hesist-THE 7