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02/17/2023
DAY 1.

LET GOD REKINDLE YOUR MARRIAGE

GOD'S DESIGN for marriage

- ↳ marriage is not about **SURVIVING**
- ↳ length of marriage without quality is **AGONY**
- ↳ marriage isn't just to make us **HAPPY** but to make us **HOLY**
- ↳ marriage can bring out the **BEST** in us
- ↳ marriage can bring out the **BEAST** in us
- ↳ we have a shallow understanding of marriage
- ↳ when we fail to apply biblical principles marriages would most likely to be broken

HUSBANDS & WIVES MUST **enjoy** THEIR MARRIAGE, NOT **endure**

- ↳ Husbands and wives are **SUITABLE** to each other (Genesis 2:18)
- ↳ God is the **WITNESS** between you & your spouse (Malachi 2:14)

STAGES OF marriage

1. Romantic Stage
2. Reality Stage
3. Reaction Stage
4. Retaliation Stage
5. Retreat Stage
6. Resign Stage
7. Restoration Stage

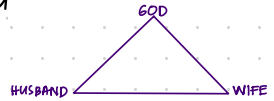


what is God's DESIGN?

1. Leave (Genesis 2:24)
 - ↳ leaving parents physically
 - ↳ changing of priorities
 - ↳ continue honoring the parents
2. Cleave
 - ↳ to cling
 - ↳ to be loyal
 - ↳ commit to staying together no matter what
 - ↳ giving up is not an option
3. Weave
 - ↳ intimacy
 - ↳ being ONE

TERMITES of marriage

1. Role Reversal in Marriage (Disobedience)
 - ↳ Husbands must be the **LEADER**, to be a helpmate, to discipline, to provide, to decide for the family
2. Neglect
 - ↳ 1. **Commitment** 7:5
 - ↳ Neglect in Intimacy
 - ↳ Neglect in Emotions
 - ↳ Neglect in Physical
 - ↳ Genesis 2:18
 - ↳ Mark 10:9
3. Unfaithfulness
 - ↳ by product of Role Reversal & Neglect



ROLES OF A wife

- ↳ takes care of the kids, maintains the home
- ↳ Genesis 2:7; Genesis 2:18; 22-23
- ① The woman is for a man
- ② The woman is from the man
- ③ the woman is to complement the man
- ↳ By God's design, the wife is the **HELPER, ASSIST, SUPPORT** and **ENCOURAGE THE HUSBAND**

RESPONSIBILITIES

- 1) TO **submit** (Ephesians 5:22-24)
 - why?
 - ↳ act of faith & worship to the Lord
 - ↳ submit with a God's ATTITUDE
 - For your protection
 - To be a good witness for the LORD (1 Peter 3:1-2)
 - It is God's command
 - Submission is between the **WIFE & GOD**.
 - God commands us to **submit** and if we don't, then we are **SINNING**.
 - How? Submit to the husband in **EVERYTHING**.
 - ↳ should not be conditional
 - ↳ may be heart-breaking; not immoral! → not life-threatening
 - 2) TO **Respect** (Ephesians 5:33)
 - ↳ expectations; ↑ appreciation; + energy; SMILE!
 - 3) TO Have a Gentle & Quiet Spirit (1 Peter 3:3-4)
 - Benefits: it prevents conflict, it communicates love, it earns respect, it is witnessing to others, it makes you like Jesus
- ➡ our end goal: to be more Christ-like!
DO IT FOR THE LORD!

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LET GOD REKINDLE YOUR MARRIAGE

RESOLVING Conflicts NOT OUR WAY BUT GOD'S WAY



1. MONEY
 - ↳ argue over bills, debt, overspending, impulsive buying
2. KIDS
 - ↳ parenting issues, favoritism, child's love competition, and discipline
3. SEX
 - ↳ quality and frequency
4. TIME
 - ↳ lack of quality time together, wrong priorities, neglect
5. COMPETING RELATIONSHIPS
 - ↳ Third Party, Friends, parents or in-laws
6. LACK OF LOVE & RESPECT FOR EACH OTHER
 - ↳ without love, she reacts without respect
 - ↳ without respect, she reacts without love

Common Ways WE RESOLVE CONFLICTS

1. Walk-out or Avoidance
2. Intimidation or Threat
3. Sex Solutions
4. Substitution
5. Sweeping under the rug
6. Physical Abuse
7. Getting Even
8. Separation

how to resolve (GOD'S WAY)

(Ephesians 4:26-27)

1. Prayer
 - ↳ both of your hearts
 - ↳ for humility
 - ↳ self-control
 - ↳ gentleness
 - ↳ to reveal your flaws
2. Participation
 - ↳ what is my problem?
 - ↳ what am I doing that triggers?
3. Plan
 - ↳ right time, place, words
 - ↳ think first
4. Patience
 - ↳ stick to the issue
 - ↳ one after the other
 - ↳ major on the major

Realities OF CONFLICTS

1. unavoidable
2. It can either make us bitter or better
3. couples have differences

world's
way

5. Process
 - ↳ Listen much, speak little
 - ↳ Avoid getting angry
6. Proposal
 - ↳ mutually agreed solution
7. Pardon
 - ↳ forgive

→ A successful marriage is a union of two imperfect people who have learned the value of forgiveness and grace.

true FORGIVENESS

causes of unforgiveness

1. ABUSE
 - ↳ emotional
 - ↳ verbal
 - ↳ physical
 - ↳ sexual
2. NEGLECT
 - ↳ abandonment
 - ↳ betrayal of trust

consequences of unforgiveness

1. destroys relationships → God
2. it enslaves us → Satan can control you

WHAT IS forgiveness?

1. not 'forgive & forget' but dealing with the pain.
2. surrendering to God the hurt inflicted on us, and trusting him to work it out for our good.
3. surrendering to God the person who hurt us (Romans 12:18-19)
4. Forgive 70x7 (Matthew 18:21-22)
 - ↳ Hurt - list FREE (1 Corinthians 13:5)
5. It is not a feeling. It is a choice & a command

SORRY

THANK
YOU

I LOVE YOU

GOD'S DESIGN

for intimacy

How to have a
successful marriage?

↳ sex is a beautiful creation of God (Gen 4:1)

↳ PURPOSE: for two to become one;

for pro-creation/reproduction; for pleasure/enjoyment; for protection against temptation or adultery

- ↳ There's a lot of benefits of sex
- ↳ Low sex/sexless marriage is not healthy
- ↳ Factors for not enjoying sex: Identity crisis, masturbation, pornography, worries, anxiety, depression, resentment, drinking alcohol, health problems, past hurts, etc.

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DAY 3.

LET GOD REKINDLE YOUR MARRIAGE

it's a process!

Say You Love Me
COMMUNICATION
in marriage

↳ if you cannot say everything to your spouse,
then your spouse is **NOT YOUR BEST FRIEND**

10 ways men & women
communicate differently.

1. Talk vs. Action
2. Non-Verbal Communication
3. Orientation
4. Interrupting
5. Arguments
6. Apologizing
7. Complimenting
8. Problem-solving
9. Getting your way
10. Chatting

communication on various levels

FACT what you **KNOW**
OPINION what you **THINK**
EMOTION what you **FEEL**
TRANSPARENCY who you **ARE**

WHAT TO avoid?

1. Dumping Syndrome
 - emotional outburst
 - disposes all emotional baggage
 - "historical discussions"
 - manifested in anger, frustration
 - held back for a long time

VENTING vs. DUMPING		
ISSUES	VENTING	DUMPING
Feeling	Healthy	Toxic
Topic	Stick to one	Many issues
Time	Limited (once)	Repeated
Mode	No victim	Victim
Accountability	Involved	Other's fault
Solution	Open	Close
Blame	None	Others

2. Silent Treatment

- passive-aggressive action
- it makes things work
- promotes paranoia
- silence should be consensual

3. Pushing Buttons

- deliberately to irritate or provoke without a reason
- condemning comments
- hurting the person to win the argument
- disrespect of the lowest form

4. Condescending Comments

- implying that the person is lower than you
- refers to the past mistakes or weakness of spouse
- usually done when spouse is the center of the joke
- comparing him/her to other people

EXPRESSING CONCERNS

- is the **TOPIC** is worth talking about?
- is the **TIMING** right?
- mind your **TONE**
- control your **TEMPER**

PRINCIPLES of communication

1. Always communicate with your covenant.
 - ↳ covenant of 3 (you - GOD - your spouse)
 - ↳ covenant of one flesh
 - ↳ covenant of love and respect
2. Communicate with **CARE** for your spouse
 - ↳ listen to understand, not to reply
 - ↳ foul language is foul
 - ↳ He/she is my spouse, not my child
 - ↳ speak to me, don't make me guess
3. Communicate in conflict



5 LOVE LANGUAGES

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LET GOD REKINDLE YOUR MARRIAGE

GODLY Legacy

WHAT WILL YOU BE REMEMBERED FOR?

- ↳ Proverbs 13:22
- ↳ starts when parents faithfully share God's story to their children
- ↳ What is God's story in you?
- ↳ What is God's track record in your life?
- ↳ are your children in awe and grateful to God's mighty works in your life?
- ↳ continues when parents become intentional in creating a home that honors God.
- ↳ Proverbs 20:7

HOW TO LEAVE A LASTING LEGACY?

1. Live a Godly Example (Proverbs 22:6)
2. Engage in Doing Acts of Kindness
3. Give them Quality Time
 - Recreation
 - Evaluate
 - Appreciate
 - Devoting
4. Apologize for your mistakes
5. Choose your words carefully (Proverbs 15:1)
6. Yield a godly young generation

