

Welcome Beautiful People!!!

Has anyone told you they love you today? If not, put Sophia and David Towne first on your list...God loves you and we love you and that is how it should be!!!

To Start With...



Our hope and prayer

Our signal “May I have your attention, please”

Bathrooms

You can always say “Pass”

Agenda

Writing a prayer for your spouse

Opening Quiz

1. The average cost of a wedding?
2. What is the average age people get married now?
3. How many times during the year, on average, do married couples have sex?
4. How many years have David and Sophia been married?
5. What percentage of those married years have been great years?

7 Foundational Pillars

MARRIAGE

Priorities

Safety

Covenant

Forgiveness

Trust

Love

Friendship



Shepherd's **Heart**
MINISTRY

Shepherd's that hurt. Solutions that heal.

The Primal Question

Go to: primalquestion.com

Click Take It Now

Click To Begin

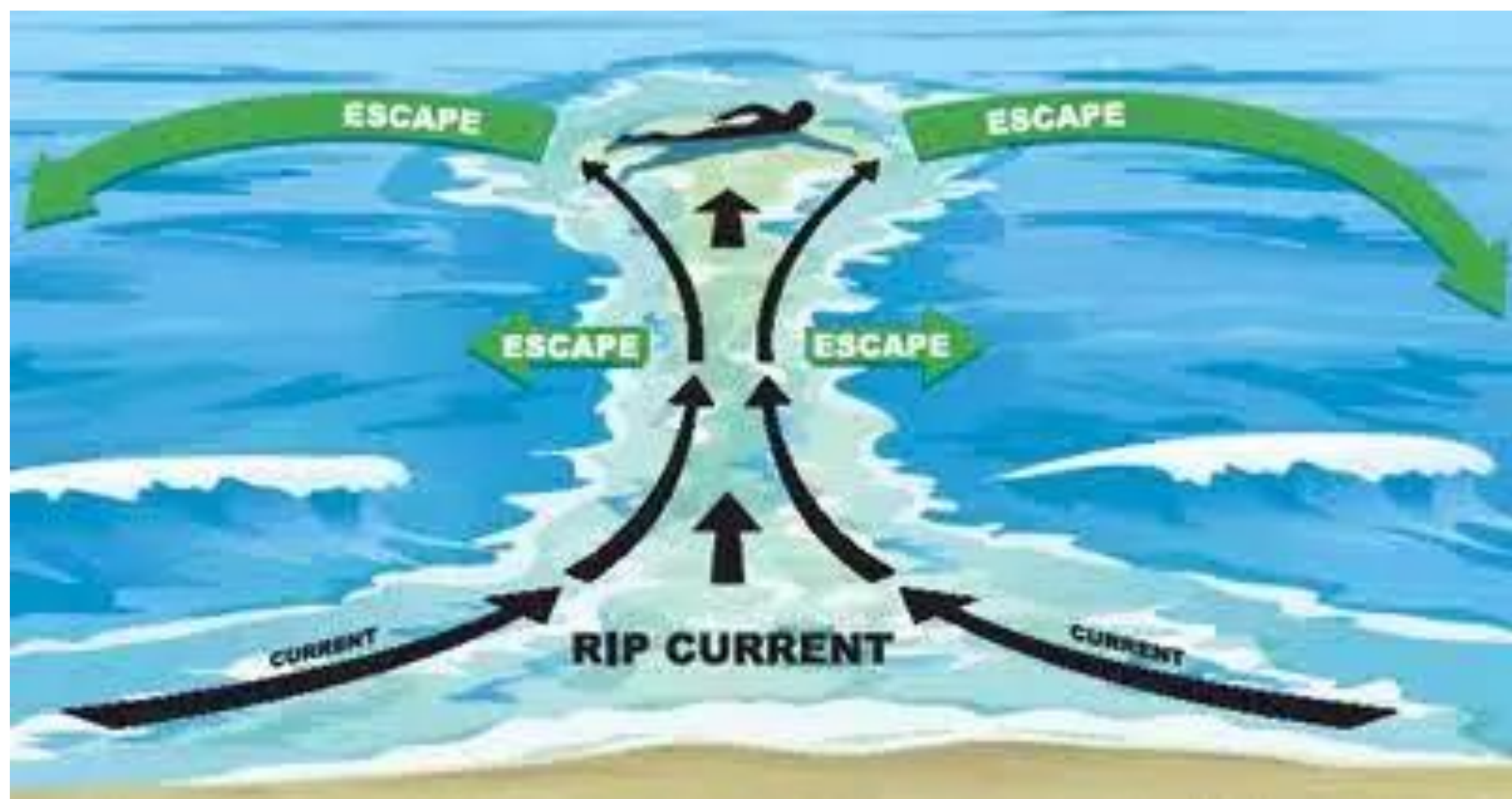
When finished, put in your name and email address

Write down what your #1 Primal Question is in your handout and read about it

The Seven Primal Questions...

1. Am I safe?
2. Am I loved?
3. Am I secure?
4. Am I wanted?
5. Am I successful?
6. Am I good enough?
7. Do I have purpose?





What Areas Bring Conflict Into Your Marriage?

THE OPPOSITE OF ORDER IS...

DISORDER AND CHAOS

Priorities According To God's Design

1. RELATIONSHIP WITH GOD
2. SPOUSE
3. CHILDREN IN THE HOME
4. MINISTRY
5. FAMILY AND FRIENDS - CHILDREN OUTSIDE THE HOME
6. WORK

PRIORITIES

- 1.
- 2.
- 3.



RELATIONSHIP WITH GOD

- IT'S NOT WHAT I DO FOR GOD IT'S WHAT I DO WITH HIM
- JESUS IS MISSING TIME WITH ME!



Following God's Priority Structure is going
to

COST YOU SOMETHING!

“DISCIPLINE CHANGE IS RARELY EFFECTIVE UNLESS
THERE IS PASSION, DREAM, OR VISION”



Teach Me How To Love You

HOW DO WE HEAR LOVE?



Definition of LOVE

I WILL DO WHAT IS BEST
FOR YOU EVEN IF IT IS
HARD FOR ME

Three Types of Love

Philos - friendship, family (Matthew 10:37)

Eros - sexual within marriage ((I Corinthians 13:5)

Agape - sacrificial, unconditional, servant, beloved, forgiving, compassionate, selfless, kindhearted, boundless, enduring, nurturing (John 3:16)

Five Love Languages

WORDS OF AFFIRMATION

QUALITY TIME

GIFTS

ACTS OF SERVICE

PHYSICAL TOUCH



Additional Love Languages

Admiration/Cherished/Treasured

Hobbies/Recreation/Fun

Domestic/Acts of Service

Appearance/Hygiene/Attractiveness

Spiritual Connection

Family

Connection/Kids

Affection/Physical Touch

Communication

Safety/Security

Self Care

HER NEEDS

1. Cherished & Treasured

- a) Affirm me in my job, weekly
- b) Include me in conversations
- c) Hold my hand or touch me in large group situations, wait for me to connect with someone before you take off
- d) Compliment me once a day
- e) Date day or night once a week (choose a day and stick to it)

HER NEEDS

2. Safety & Security

- a) Open doors for me
- b) Make sure all the doors/windows are locked before we go out or before bed
- c) Pay the Bills when they are due
- d) Walk next to me when out

HER NEEDS

3. Spiritual

- a) Pray together daily
- b) Share what we are learning in Christ weekly

4. Communication

- a) Go over calendars weekly
- b) Schedule with friends, etc together
- c) Listen to me without advice unless I ask
- d) Share what the kids have said after a conversation with them

HER NEEDS

5. Attractiveness

- a) Clean shaven face daily
- b) Attention to hair daily
- c) Wear well fitting clothes when we are out

6. Household

- a) Help me clean by putting away your things, daily
- b) Clean all hard surfaces when needed
- c) Take the garbage out when asked

His Needs

1. Affection

- a) Initiate non-sexual contact. The non-sexual contact may include a hug, holding hands, kiss, dancing in the kitchen *each day*.
- b) Sexual intimacy *once* a week. (schedule a day)

2. Value

- a) Encourage me *weekly* of my value and worth as a husband, father, and professional.
- b) Listen to my ideas without judgment *when* I share them with you

His Needs

3. Household

- a) *Weekly* organize and order the house so there is minimal clutter.
- b) Seek and welcome my opinion *each time* it comes to household projects and improvements

4. Hobbies

- a) Encourage me to play tennis, racquetball, swim, bicycle, and exercise *when I express my desire to do these things*.
- b) Play ping pong together *regularly*

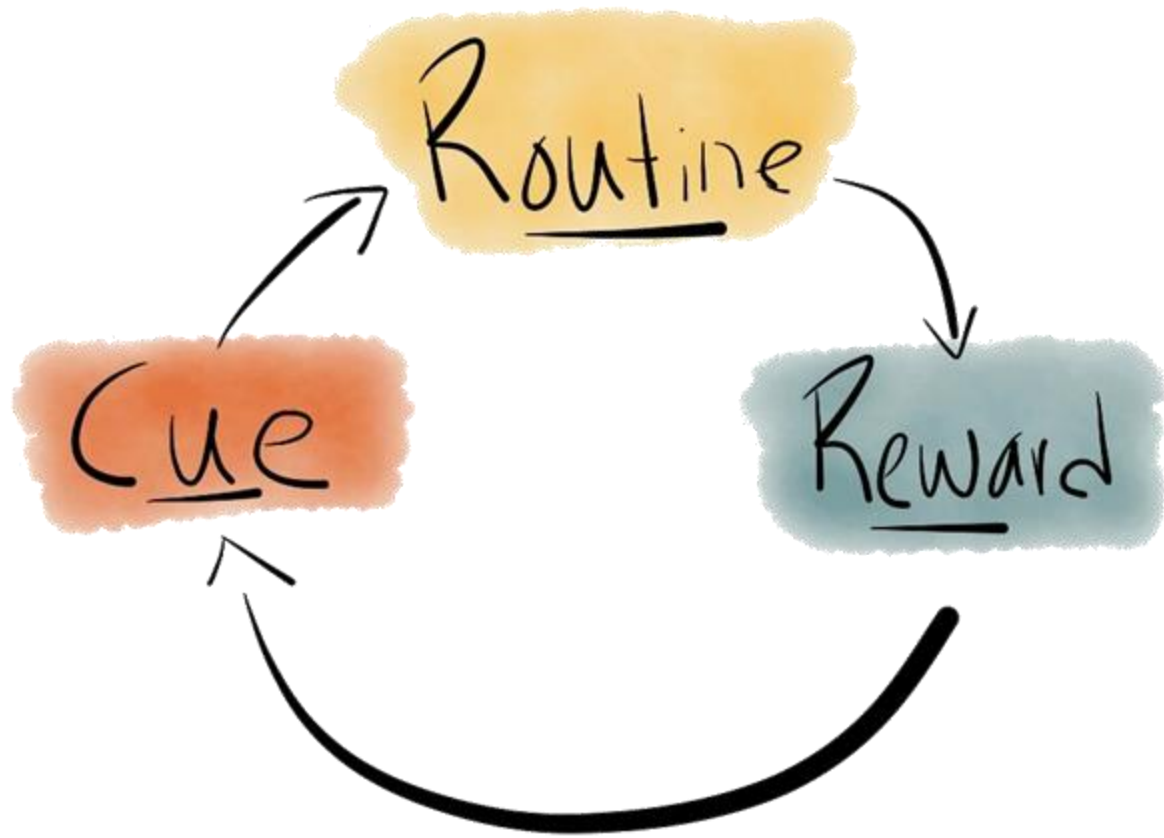
His Needs

Communication

- a) Work together on finances (budget, Every Dollar, big expenditures) *weekly*
- b) *Daily* communicate with me that I am physically attractive to you.
- c) Coordinate our calendars *each week* so there are no surprises
- d) Share what is happening in the lives of the kids after each phone call
- a) Pray *daily* with each other

A black and white portrait of a middle-aged man with a mustache and round-rimmed glasses. He is wearing a dark suit jacket over a light-colored shirt and a dark tie. The background is a mottled, light gray.

[illegible]



Beginning Your Needs Assessment

1. START WITH THE 5 LOVE LANGUAGES, ESPECIALLY YOUR TOP 2
2. YOU MAY HAVE 4-6 HEADINGS
3. UNDER THE HEADINGS YOU MAY HAVE UP TO 8 STEPS TO WHAT THAT LOOKS LIKE. KEEP IN MIND, "TEACH ME SO I CAN MEET YOUR NEEDS."
4. MAKE YOUR EXAMPLES MEASURABLE. DAILY, WEEKLY, MONTHLY, # OF TIMES, ESTABLISHED DAYS AND TIMES. WHAT IS THE LEAST AMOUNT THEY CAN GIVE?
5. NEEDS MUST BE WRITTEN IN POSITIVE TERMS NOT ACCUSATORY.



Intimacy

The Six Types of Intimacy

Six Types of Intimacy

The Friendship Ladder

Emotional

Recreational

Sexual

Intellectual

Spiritual

Social



The Six Types of Intimacy

Emotional

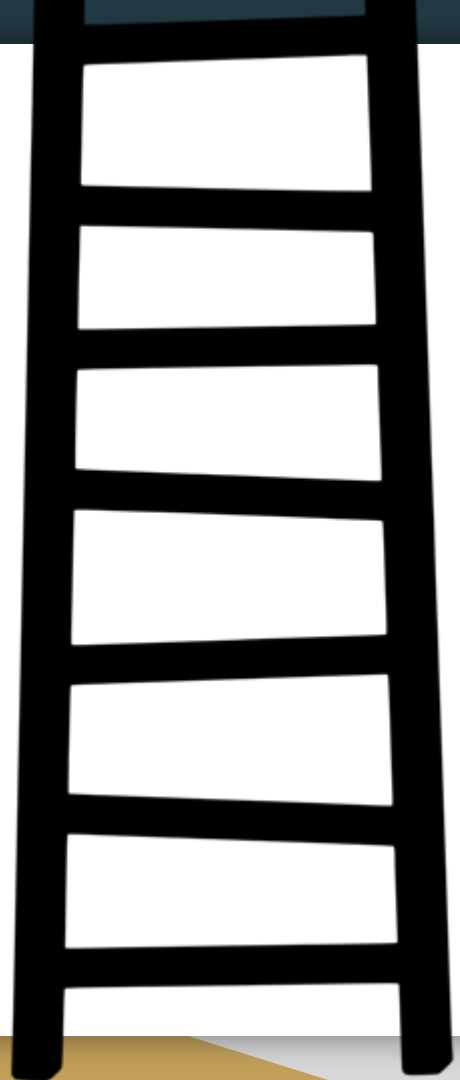
Sexual

Intellectual

Social

Spiritual

Recreational



The Six Types of Intimacy

Emotional

Sexual

Intellectual

Social

Spiritual

Recreational

6. Sexual

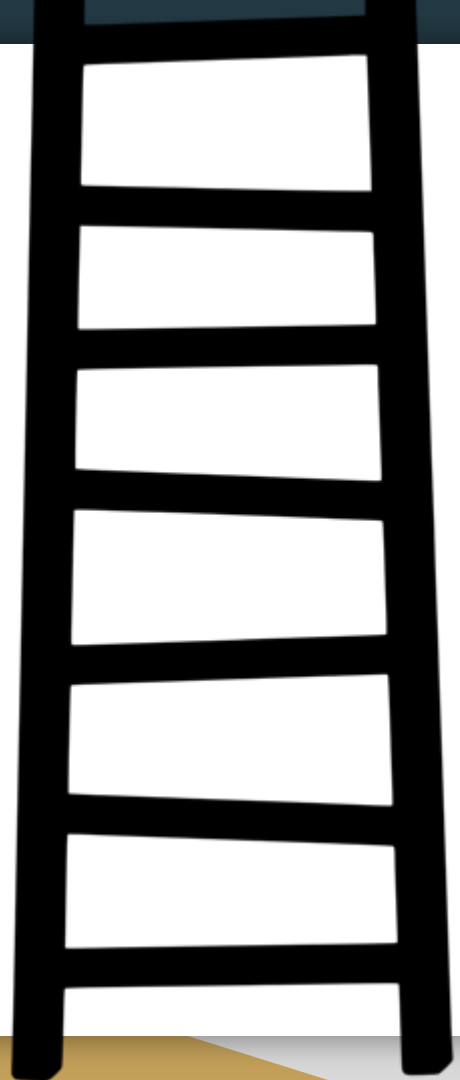
5. Spiritual

4. Emotional

3. Recreational

2. Social

1. Intellectual



Sexual Intimacy

We don't talk
about it!

Issues We NEED To Talk About...

- Timing
- Where
- How
- Preferences
- All day is foreplay!!!

Gottman Card Decks App

Download to explore 14 card decks with more than 1,000 flashcards, tap the star to favorite a card, easily tab back and forth between All and Favorites, and access more free resources from The Gottman Institute.

Goals and Desires:

What was your last
fight/disagreement
about? What did you
want?





Goals and Desires

IN YOUR JOURNAL, WRITE DOWN
WHAT THE DIFFERENCE IS BETWEEN
A GOAL AND A DESIRE IN
RELATIONSHIPS.

Definitions:

GOAL:

*SOMETHING I **CAN**
CONTROL. IT
INVOLVES ONLY ME*

DESIRE:

*SOMETHING I **CAN'T**
CONTROL. IT
INVOLVES OTHERS.*

James 4:1-3 NIV

WHAT CAUSES FIGHTS AND QUARRELS AMONG YOU? DON'T THEY COME FROM YOUR DESIRES THAT BATTLE WITHIN YOU? YOU DESIRE BUT DO NOT HAVE, SO YOU KILL. YOU COVET BUT YOU CANNOT GET WHAT YOU WANT, SO YOU QUARREL AND FIGHT. YOU DO NOT HAVE BECAUSE YOU DO NOT ASK GOD. WHEN YOU ASK, YOU DO NOT RECEIVE, BECAUSE YOU ASK WITH WRONG MOTIVES, THAT YOU MAY SPEND WHAT YOU GET ON YOUR PLEASURES.

Goals or Desires?

I WANT IT TO RAIN IN TUCSON

I WANT TO PLAY A ROUND OF GOLF

I WANT MY HUSBAND TO LOVE ME

I WANT MY KIDS TO BE AT A SAFE SCHOOL?

I WANT MY WIFE TO RESPECT ME

I WANT TO LOSE 10 POUNDS

I WANT THE CHILDREN TO OBEY THE FIRST TIME

What Emotions Are Triggered When...

I DON'T GET WHAT I WANT WITH A GOAL?
ANGER, FRUSTRATED, DISAPPOINTMENT

MY DESIRE DOESN'T HAPPEN?
PAIN AND HURT

WE HATE PAIN SO WHAT DO WE DO WITH OUR PAIN?

SELF PROTECT

WE THEN TAKE OUR DESIRE AND MAKE IT A GOAL
(MANIPULATION)

***WHAT IS THE ONLY THING YOU CAN DO WITH A
GOAL?***

WHAT IS THE NIKE MOTTO? JUST DO IT

WHAT DO YOU DO WITH A DESIRE?

TRUST GOD AND PRAY

The Three Idiot Lights

1. SHIFTING
2. MANIPULATION
3. SHAME/DEPRESSION

Closing Question:

Go back to your last fight/disagreement that you discussed. Was it a goal or desire? What was being blocked? What would you do different with what you know now about goals and desires?

