

# The Belt of Truth

Foundational truths every married and engaged couple needs to anchor their relationship in God's design for covenant love.

# Belt of Truth Exercise

The belt of truth holds everything together. Tonight, truth is not about fixing each other, but about understanding each other's experience in the covenant.

## Ground Rules for Sharing

- No correcting
- No defending
- No explaining intentions
- Only listening and thanking

## Individual Truth Selection

Each spouse silently completes ONE statement from the list below. Do not share your answer yet.

- “I feel most secure in our marriage when you \_\_\_\_\_.”
- “One thing I wish you understood about me is \_\_\_\_\_.”
- “I feel most valued when you \_\_\_\_\_.”
- “Something that is hard for me to say out loud is \_\_\_\_\_.”
- “One truth about how I experience my marriage is \_\_\_\_\_.”

(Important: These are not complaints—only experiences.)

# Three Truths That Transform Marriage

Before we dive into the details, let's lay out the three foundational truths that will guide our entire study. These aren't opinions or cultural trends — they come straight from the heart of Scripture and God's original design for the marriage covenant.

01

## Marriage Is a Covenant with God

Your marriage vow was made *to* God, not just *in front of* God. He is the standard-setter.

02

## Marriage Is About Purpose, Not Benefits

God designed marriage to reflect His image and advance His Kingdom — not simply to meet personal preferences.

03

## Covenant Needs Come from God

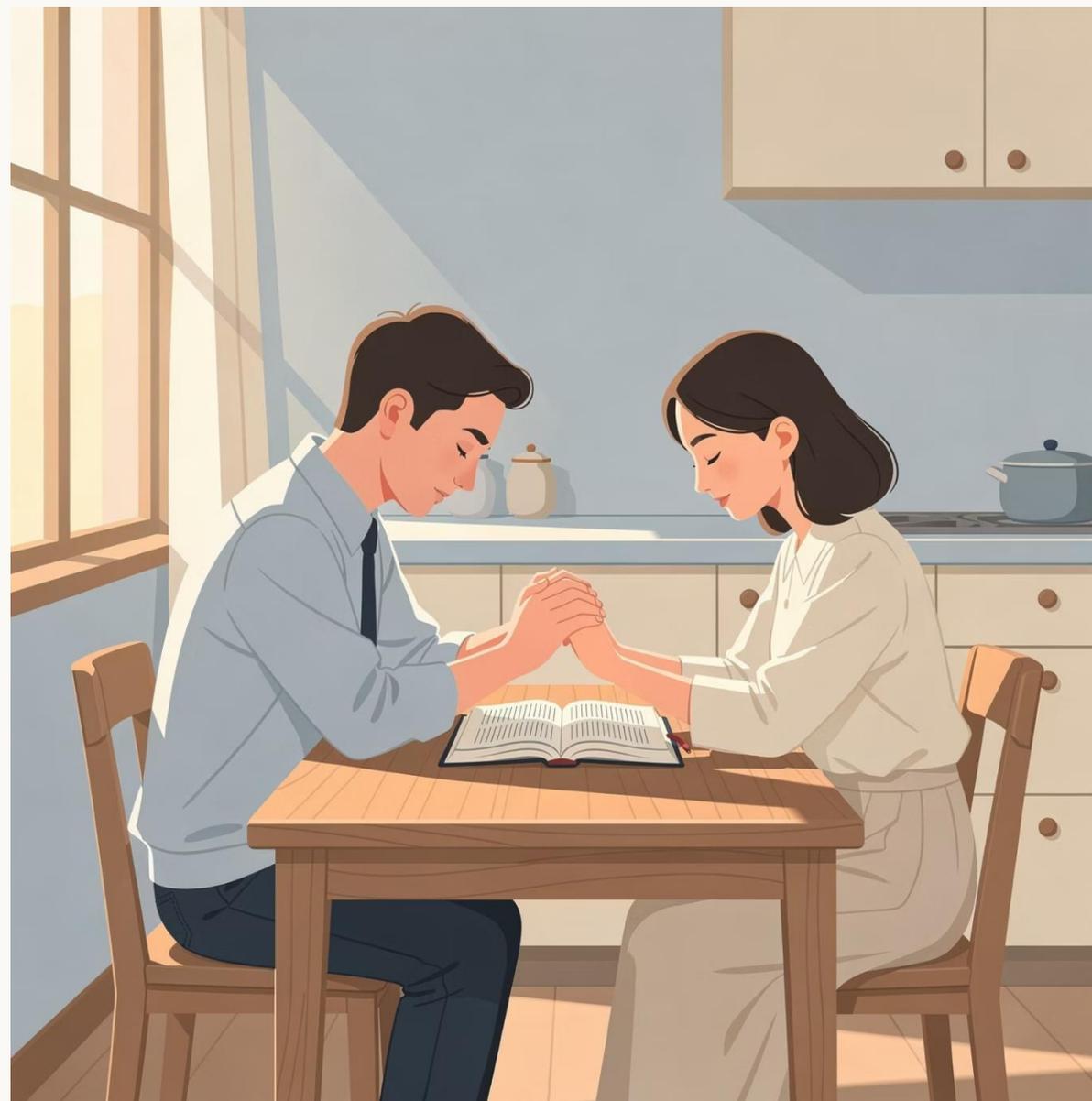
The deepest needs of a husband and wife are defined by the Creator, not by culture or comparison.

# Your Covenant Is with God

Here is the truth that changes everything: **the covenant of marriage is between you and God – not between you and your spouse.** When you stood at the altar and spoke your vows, **you were making a sacred promise to the Lord Himself.** **Your spouse was the blessed recipient, but God was the covenant partner.**

Because God *created* marriage, He is the one who sets the standard for how husbands and wives are to love, serve, and lead one another. We don't get to rewrite the rules based on what feels comfortable or what culture celebrates. His Word is the blueprint, and His Spirit is the power source.

"Therefore what God has joined together,  
let no one separate." – **Mark 10:9**





TRUTH #2

## Marriage Is About Purpose, Not Benefits

God created marriage so that **two individuals who come together as one replicate the Image of God** for the purpose of furthering His Kingdom on the earth. That is the "why" behind every wedding. When we understand this, it reframes how we approach every season — including the hard ones.

The foundation of the marriage covenant is **agape love** — unconditional, sacrificial, and God-sourced. Without it, marriages slowly become a space for record-keeping and comparison, where each spouse measures what they're giving against what they're getting. Agape love breaks that cycle and points both hearts toward a shared mission.

# When Benefits Replace Purpose

Benefits are the *conditional* blessings that often accompany marriage – and they are truly good gifts. But when we elevate them above purpose, the marriage feels pointless and difficult the moment those benefits aren't being fulfilled. Consider the common benefits couples expect:



## Starting a Family

The joy of raising children together



## Shared Finances

Saving on living expenses and building wealth



## Physical Intimacy

Sexual fulfillment within the covenant



## Companionship

Having a lifelong partner and friend

📌 **Key Insight:** The purpose of your marriage continues even when the benefits do not. Seasons change – children grow, finances fluctuate, health shifts – but your God-given mission remains. And it is *purpose* that will dictate how you show up when conflict arrives at your door.

TRUTH #3

# Needs Come from the Covenant, Not from Culture

There is an important distinction every couple must grasp: **the needs of the human come from God, but the needs of a spouse come out of the covenant.** In other words, your basic human needs – for love, significance, and security – are met ultimately by your relationship with the Lord. But within marriage, God has also designed specific, covenantal needs that husbands and wives are called to meet for one another.

These needs are not cultural inventions or personal wish lists. They flow from God's design for how a man and a woman reflect His character together. When we understand and honor these needs, marriage becomes a place of deep flourishing. When we ignore them, resentment and disconnection take root.

Let's look at what Scripture and godly wisdom reveal about the needs of a wife and the needs of a husband.

# The Covenantal Needs of a Wife

God designed a wife to flourish when these four needs are lovingly and consistently met by her husband. These aren't demands – they're the way God wired the feminine heart to thrive inside covenant.

1

## Safety

A wife needs to feel safe in **every domain** of her life – spiritually, emotionally (soul), and physically. She needs to know that her husband is a protector of her whole being, creating an environment where she can be vulnerable and fully known without fear.

2

## Open & Honest Communication

She needs **unhindered access** to her husband's thoughts and feelings through loving, patient, and regular communication. Silence and emotional withdrawal feel like rejection. She thrives when he shares his inner world willingly and consistently.

3

## Soft, Non-Sexual Affection

A wife needs to feel valued and cared for as a **whole person** – not merely as a sexual partner. Gentle touch, thoughtful words, and daily tenderness communicate that she is cherished far beyond the bedroom.

4

## Loving Leadership

She needs a husband who is a **loving initiator** of the well-being of the marriage and family – a man who leads with strength and humility while treating her as an equal partner in every decision.

# The Covenantal Needs of a Husband

Just as God designed specific needs for a wife, He also placed deep, covenantal needs within a husband's heart. When a wife understands and honors these, she speaks life into his identity and fuels his ability to lead well.

1

## Honor & Respect

A husband needs to be spoken to and treated with **dignity** — as though he is believed in and valued. This respect should not be based on his "production" or performance, but on who he is as a man walking in covenant. Words of affirmation and trust go further than most wives realize.

2

## Sexual Intimacy

A husband needs his sexual needs met in a **regular and energetic** manner. Physical intimacy is not merely a desire for a husband — it is a God-given covenantal need that communicates love, acceptance, and belonging at the deepest level.

3

## Friendship

He needs his wife to be his **best friend** — someone who genuinely enjoys spending time with him, doing fun things together on a regular basis. Laughter, shared hobbies, and adventure keep the relational bond strong and alive.

4

## Domestic Support

A husband thrives when his wife is **domestically centered** and attentive to the needs of the home. This doesn't mean she carries every burden alone, but that she values and invests in creating a life-giving household environment.

# Seeing the Full Picture

When we place the needs of a wife and the needs of a husband side by side, a beautiful pattern emerges: **God designed spouses to pour into one another in ways that reflect His own character.** Safety mirrors honor. Communication mirrors friendship. Affection mirrors intimacy. Leadership mirrors domestic partnership. Each need is an invitation to image God together.

	Her Covenant Need	His Covenant Need
1	Safety – spiritual, soul, and body	Honor & Respect – dignity and belief
2	Open & Honest Communication	Sexual Intimacy – regular and energetic
3	Soft, Non-Sexual Affection	Friendship – best friend and companion
4	Loving Leadership as an equal	Domestic Support – a life-giving home

 **Reflection for Couples:** Which of your spouse's needs are you meeting well? Which one needs more intentional attention this week? Remember – meeting these needs is not about earning love; it's about *living out* the covenant you made before God.



CLOSING

# Walk in Truth Together

The Belt of Truth holds everything else in place. When you anchor your marriage in these three foundational truths, you create an unshakeable foundation for every season ahead.

## Your covenant is with God

He is the author and sustainer of your marriage.

## Purpose outlasts benefits

Your mission together endures through every season.

## Meet covenant needs

Love each other the way God designed you to.

"Stand firm then, with the belt of truth buckled around your waist." — **Ephesians 6:14a**