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How Do We Keep Our Relationships Growing?

1. **SEEK** God together...at home and through church and service.
2. **CHOOSE** an unoffendable spirit. Believe the best.
3. **BE** direct, honest and kind. Be really nice, considerate and honest.
4. **FIGHT** problems; not each other. No one wins when you create losers.
5. **SET** boundaries...with opposite sex, phone, car, computer, relationships, accountability.
6. **DO** life together. Laugh, find common interests, do non-household stuff together.
7. ***BURN** the ships...no threats of divorce, no escape hatch.
8. ***ENJOY** a healthy sex life. Address issues with sensitivity.

“His needs/her needs” by Willard Harley

Her Needs

- Affection
- Intimate conversation
- Honesty and openness
- Financial support
- Family commitment

His Needs

- Sexual fulfillment
- Recreational companionship
- Physical attractiveness
- Domestic support
- Admiration

“5 Love Languages” by Gary Chapman

- Acts of service
- Physical touch
- Quality time
- Receiving gifts
- Words of affirmation

*“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a **triple-braided cord** is not easily broken.” Ecclesiastes 4:12 (NLT)*

*[Jesus] “So now I am giving you a new commandment: **Love each other**. Just as I have loved you, you should love each other.” John 13:34 (NLT)*

*“The man who finds a wife finds a **treasure**, and he receives **favor** from the Lord.” Proverbs 18:22 (NLT)*

*“For husbands, this means love your wives, just **as Christ loved the church**. He gave up his life for her to make her holy and clean, washed by the cleansing of God’s word... So again I say, each man must love his wife as he loves himself, and the wife **must respect her husband**.” Ephesians 5:25-26, 33 (NLT)*

*“Marriage should be **honored by all**, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.” Hebrews 13:4 (NIV)*