

LIVE, LAUGH, LOVE

HOW TO LOVE EACH OTHER!

HOW TO LIVE WITH EACH OTHER!

How to Love Each Other:

Love and Respect

-God's design for marriage

-NOT about Domination

Ephesians 5 "Wives Submit to your husbands"
GUYS.....be willing to DIE!

MEN & WOMEN DIFFERENT
Not wrong just different

Ephesians 5:33 "However, each one of you also must love his wife, as he loves himself, and the wife must respect her husband"

Get OFF the Crazy Cycle

Love Languages

5 Love Languages

Acts of Service
Quality Time
Words of Affirmation
Physical Touch
Gifts

How to Live WITH Each Other:

Fight Fair

-Most of us want to be understood and want to understand our spouse.

-The goal of any fight is to get closer, to understand each other better, and/or to resolve an issue so you don't have to face it over and over again.

-Take a deep breath during the fight and think to yourself,
"This is a person I love and respect and if I step outside of myself,
they-- very well could-- have a valid point.

-When you fight, your end game should ALWAYS be for the good of your marriage, your feelings, and each other.

-And when you fight, you should always fight fair.

Ground Rules to Fighting Fair:

1. **Be specific about what is bothering you.** Name the complaint. Vague complaints are hard to work with.
2. **Remain Calm.** Try not to overreact to difficult situations. By remaining calm it is more likely that your spouse will consider your viewpoint.
3. **No hitting below the belt.** Attacking areas of personal sensitivity creates an atmosphere of distrust, anger, and vulnerability. Plus, it's mean. Don't do it.
4. **Stick to one gripe at a time.** Don't introduce other topics until each is fully discussed. This avoids the "kitchen sink" effect where people throw in all their complaints while not allowing anything to be resolved.
5. **Be open to your feelings.** Don't be afraid to state what you feel. Positive results can only be attained with two-way communication. When one person becomes silent and stops responding to the other, frustration, and anger can result.
6. **Never call each other names.** Again, just mean. And it may be hard to forget after the fight is done.
7. **Avoid accusations.** Accusations will lead others to focus on defending themselves rather than on understanding you. Instead, talk about how someone's actions made you feel.
8. **Don't stockpile.** Storing up lots of grievances and hurt feelings over time is not fair and counterproductive. It is almost impossible to deal with numerous old problems for which recollection may differ. Try to deal with problems as they arise. (Peggy adds...Quick forgiveness is key)
9. **Sarcasm is dirty fighting.**
10. **Try not to generalize.** Avoid words like "never" or "always". Such generalizations are usually inaccurate and will cause defensiveness and heighten tensions.

11. **Argue when there is time to allow for it.** Don't start a fight right before your inlaws come to the door.
12. **Take cool off times.** If you start to feel so angry or upset that you feel you may lose control, take a "time out" and do something to help yourself calm. Take a walk, breath, pray...whatever works for you.
13. **Never argue when one or both of you is drinking or drunk.** Like ever.
14. **Establish common ground rules.** Read these rules together. When both people accept positive common ground rules for managing a conflict, resolution becomes much more likely.
15. **Always consider compromise.**

Compromise is key: ARE YOU FIGHTING TO WIN? OR RESOLVE?

It is not about win or lose...it's about resolution

THERE WILL ALWAYS BE THINGS TO FIGHT ABOUT!

-Fight fair and don't let disagreements escalate!

- 1 Keep the main thing the main thing
- 2 Keep it on the first level!

James 1:9 ".....take note of this: everyone should be quick to listen, slow to speak...."

Proverbs 13:3 "He who guards his lips^(A) guards his life,^(B) but he who speaks rashly will come to ruin."

James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry

Notice God gave us all 2 ears and one mouth!

Have Fun!

- Date each other
- When issues are heavy...take a break...just have FUN!
- Lighten up and laugh a little
- The biggest key is keeping God at the center of your relationship

**Ecclesiastes 4:12 Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken.**

STAT: pray 3 to 4 times a week.....divorce rate 1 in 1052!