



# BUCK RUN

BAPTIST CHURCH

## *Marriage Retreat 2021* Let's Talk About It!

### Session 1: The Best Beginning

- In what ways do you see your spouse seek to serve and love the Lord?
- In what ways can your spouse encourage you in your relationship with the Lord?
  - Be specific in how or when to do this.
- How do we as a couple communicate our love for the Lord Jesus Christ?
- What is something we might need to submit to the Lord?
  - Purpose to do with each other...
  - Purpose to do for the other...
  - Purpose to do as an investment in church or community of friends, family or co-workers...

**Plan:** Choose one day this week and talk about a recent sermon you heard, a sermon you can listen to together or Scripture you are collectively reading and then discuss the following questions:

- What did you learn?
- What did you know but were reminded about?
- How can you apply it?
- Then, choose a book you can go through together – *Something like... (Shameless plug) 40 Days In 1<sup>st</sup> Corinthians by Hershael York*



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### **Session 2: Second Only to the Lord**

- Can you think of a couple who have the kind of relationship that communicates, “I’m glad to be married to you?”
- What about them communicates this?
- What are at least 4 things my spouse does or qualities that they have that I appreciate about them?
  - What is something in my spouse that I find uniquely wonderful?
- Using one positive word for each area, describe your spouse in these venues:
  - In your home/family
  - In your occupation
  - In your faith
  - In your relationship with each other

***Plan:*** Pick a day on the calendar and have an at-home date. Here are a few fun ideas:

- Pizza making and Italian sodas
- Cook a new meal together *and clean up together* (try and make even the mundane a little unique/special)
- Game of Scrabble, Boggle, Head’s Up (free app)...
- Dessert show down (each have \$10 and 1 hour to make the “best” dessert)



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### **Session 3: Chart Your Course**

- How has your spouse changed your life for the better?
- What is something that you are glad you have brought into your relationship?
- Describe three values that you share as a couple.

***Plan:*** Look at your calendar, choose a date, and agree on two of the “*grounds*” and make it happen! (*Common Ground, Separate Ground, New Ground*)

- For a bonus, actually keep these activities in your rotation!

## **Emotional Needs**

**Admiration** (respecting, valuing and appreciating you; rarely critical and expressing admiration to you clearly and often).

**Conversation** (talking about the events of the day, feelings, and plans, showing interest in your favorite topics of conversation, using conversation to inform, really know and understand you, avoiding angry or judgmental statements or dwelling on past mistakes and giving you undivided attention).

**Recreational Companionship** (developing interest in your favorite recreational activities, learning to be capable in them and joining you in those activities. If any prove to be unpleasant to your spouse after an effort has been made, negotiating new recreational activities that are mutually enjoyable).

**Honesty and Openness** (giving accurate information, positive and negative feelings, events of the past, daily events and schedule, plans for the future, not leaving you with a false impression: answering questions truthfully).

**Attractiveness of Spouse** (keeping physically fit with diet and exercise: wearing hair, clothing, and if female, make-up in a way that you find attractive and tasteful).

**Financial Support** (provision of the financial resources to house, feed, and clothe your family at a standard of living acceptable to you, but avoiding travel and working hours that are unacceptable to you).

**Domestic Support** (creation of a home environment for you that offers a refuge from the stresses of life; managing the home and care of the children, if any are at home, including but not limited to cooking meals, washing dishes, washing and ironing clothes, house cleaning and child care).

**Family Commitment** (Scheduling sufficient time and energy for the moral, spiritual and educational development of your children; reading to them, taking them on frequent outings, training and disciplining them on a regular basis)

**Affection** (expressing love in words, cards, gifts, hugs, kisses and courtesies, creating an environment that clearly and repeated expresses love).

**Sexual Fulfillment** (a sexual relationship that brings out an enjoyable sexual response in both of you, and that is frequent enough for both of you).

**Spiritual Leader** (taking the initiative in cultivating a spiritual environment for the family, a student of the Word living out a life founded on the Word of God, leading your wife to become a radiant Christian, and leading your children in the things of the Lord)

## Ranking of Your Emotional Needs

To help you rank your needs, imagine that you will only have one need met in your marriage. Which would make you the happiest, knowing that all the others would go unmet? That need should be #1. If only two needs would be met, what would your second selection be? Which five needs when met would make you the happiest?

Resist the temptation to identify as most important only those needs that your spouse is *not* presently meeting.

*Me:*

- 1.
- 2.
- 3.
- 4.
- 5.

*My Spouse:*

- 1.
- 2.
- 3.
- 4.
- 5.

### One More Step:

All spouses have expectations in their marriage. Many expectations the spouse is not aware of or they have a false sense of what those expectations really are. Write down your expectations—being as specific as possible—then share them with each other. This will give the spouse the opportunity to say, “This seems reasonable; I think that can work” or “I’m not sure I can live up to this expectation because...” Being honest with your expectations can prevent a lot of pain later on. This exercise can actually be done every few years. As you grow, and your household situations change so will your values, attitudes, and needs.