



Rekindling the Flame

Moving from pain to sweetness



Keeping

~~Rekindling~~

the Flame

Moving from sweet to sweeter



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Marguerite &
Leslie
Samuel
12 Years



Gerard &
Dana
Brennen
8.4 Years



Annick and Barrington
40 Years
(July 21, 1977)



Noah
Gabriel
5 Years



Malachi
11 Years



Odelia
Joy,
1.9



Alexander,
7 Years
"Zane"



Odelia



Our Great
Grandchild



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Why Are You Here?

- It's a date and a romantic outing for you.
- For enrichment.
- You need some help in our relationship.
- Your spouse is messing up and you are about to leave.
- Your spouse has been unfaithful and you are wondering if you should stay.

Why Are You Here?

- This is the last resort to save our marriage.
- You have been wounded and in need of healing.
- You do not know what to do to make our marriage better.
- Your spouse would not listen and change so you are about to leave.
- You rushed in to marriage and did not properly prepare and now you are suffering because of it.















Why?

Unhappiness, separation, divorce

THE GROUNDS FOR DIVORCE

In The Bahamas

1. **Adultery**
2. **Cruelty**
3. **Desertion** for two years (*has deserted the petitioner for a continuous period of at least two years*)
4. **Separation** for five years (*living separate and apart*)
5. **Homosexuality & Bestiality.** (*Since the celebration of the marriage been guilty of a homosexual act, sodomy or has had sexual relations with an animal*)



The Real

Reasons for unhappiness, separation, divorce



THE REAL REASONS FOR DIVORCE

Laziness

Stubbornness

Pride

Selfishness



THE TWO MOST IMPORTANT
INGREDIENTS FOR **KEEPING** A MARRIAGE

Love &
Humility



Humility

The willingness to say “I am sorry,” to change, admit you are wrong, share leadership, to adjust, to accept that your spouse has equal voice, vote, and authority.

Unconditional Love

“This is deeply loving your spouse regardless of income level, nationality, ethnicity, race, etc.

Unconditional love is affection without any limitations. This generally means to love someone . . . no matter what they do or who they are. This does not actually mean you do not see their fault but you just love them despite everything.”

Barrington Brennen



1 Peter 4:8

“Above all, love each other deeply, because love covers over a multitude of sins.”



1 Peter 4:8 *New Living Translation*

“Most of all, love each other
steadily and unselfishly,
because love makes up for
many faults.”



Mort Fertel

“Every marriage has problems, issues, and challenges. But in every instance the solution is the same. The solution is **love!**”



Mort Fertel

“... Nothing more important in your marriage or in your life than building phenomenal love between you and your spouse. Fixing problems, improving communication, understanding each other better — it all pales in comparison to the transformative effect of creating love.”



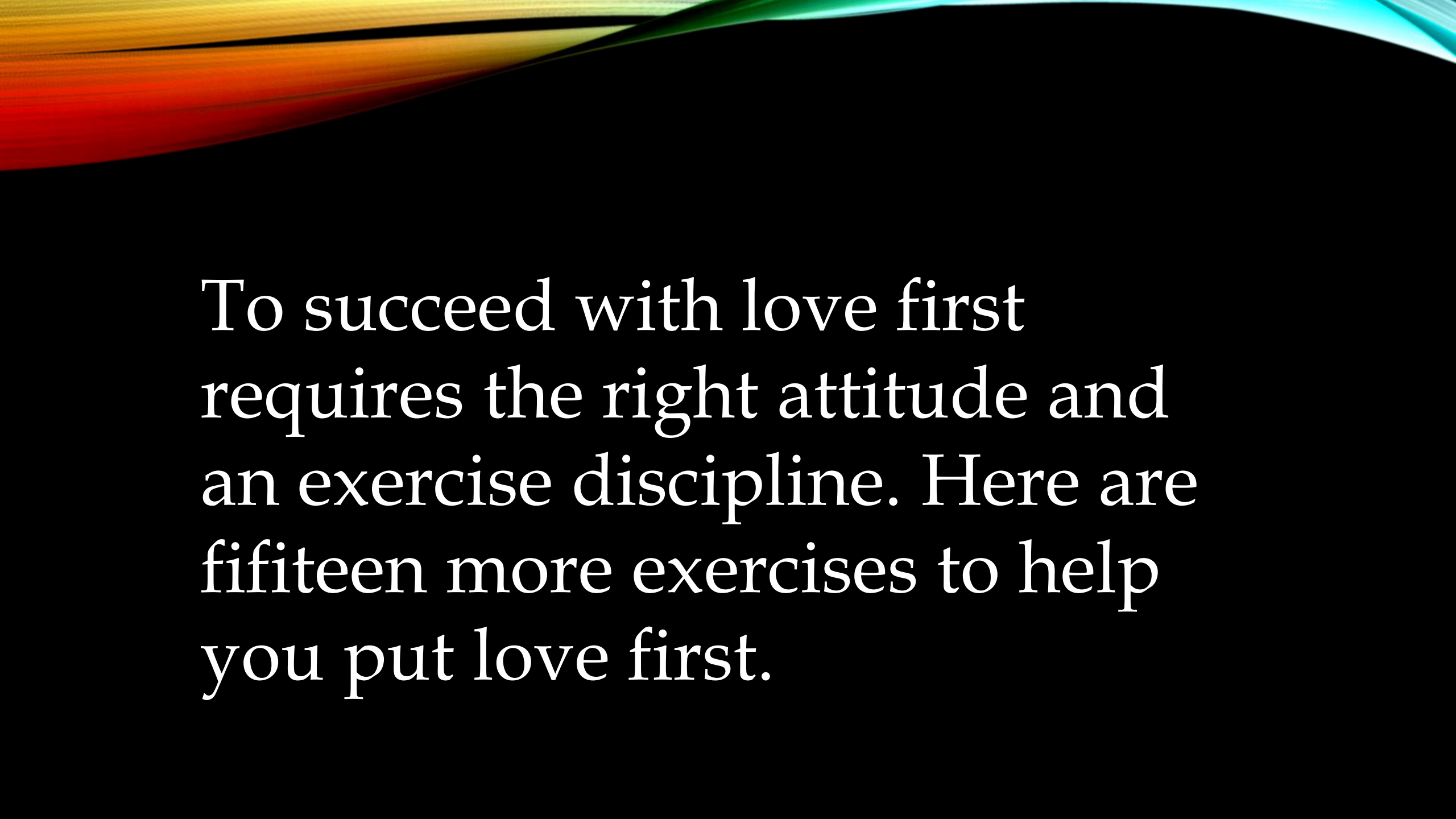
It is genuinely
connecting to each other

“The strongest drive in humans is not the sex drive or appetite. It is the drive to **connect to one another**”



Dr. Sue Johnson

Emotionally Focused Couple Therapy: The Science of Love and Bonding



To succeed with love first
requires the right attitude and
an exercise discipline. Here are
fifteen more exercises to help
you put love first.



#2

A Non-Judgmental Attitude

Avoid accusing your partner of something he or she has never done. Avoid reading your Spouse's mind and putting words in Your partner's mouth.



#2

Loving the way
your partner wants
you to love him/her.

Avoid loving your partner they way
You want to love him/her.



#3

Not assuming your
partner knows
what you are thinking.

Assumptions will eat away the romance
in the relationship.



#4

Having deep
wet kissing everyday
for ten seconds.

Kissing will produce oxytocin in the blood that
will make the couple feel close to each other
and also help boost the immune system.



#5

Holding hands
while walking or
sitting for at
least 20 minutes

This will also boost the immune system.



#6

Having passionate
erotic, lovemaking
at least once a week.

Erotic sex including vaginal and oral sex
will keep the love juices flowing.



ORAL SEX

Song of Solomon 2:3

"Like an apple tree among the trees of the forest, so is my beloved among the young men. In his shade I took great delight and sat down, and his fruit was sweet to my taste."



ORAL SEX

Song of Solomon 4:16

"Awake, O north wind, and come, wind of the south; make my garden breathe out fragrance. Let its spices be wafted abroad. May my beloved come into his garden and eat its choice fruits!"



#6

Having a sleep-naked
night with not sex.

This helps to express appreciation when
we are most vulnerable--naked



#7

Knowing and understanding the needs of your spouse.

When needs are not met the marriage is
vulnerable to an affair.

THE NEEDS

Admiration

Affection

An attractive spouse

Conversation

Domestic Support

Family commitment

Financial support

Honesty and openness

Recreational companionship

Sexual fulfillment



#8

Knowing your spouse's love language.

This is another important component
that can prevent discord.

THE FIVE LOVE LANGUAGES

1. Words of affirmation
2. Quality time
3. Receiving of gifts
4. Acts of service
5. Physical touch



#9

Talking so your
partner will listen
and listening so your
partner will talk.



#10

Having a harmonious couple financial plan

Not working together financially is a
receipt for disaster.



#11

Dancing together in your own home.

Dancing privately together is a unique experience
that can work miracles.



#12

Have a date night
once a week.

If you are too busy to date, come home early, and spend time with your spouse, you are in trouble.

“If you’re not able to take three days off from work, you need a new job. And I’m not kidding. If your work life doesn’t allow you to tend to your marriage, then you need to find another way to make a living. If you can’t earn as much money working somewhere else, consider getting a job making less money. If you can’t live on less money, consider reducing your living expenses. I think you get the idea — put love first.” Mort Montel



#13

Go to bed the same
time at least three
nights a week.



#14

Looking directly into each other's eyes.

Many couples do not look at each other. "When you look someone directly in the eyes, their body produces chemical called phenylethylamine that may make the person feel in love."



#15

Forgive without strings attached

Total forgiveness is releasing from judgment the one who has caused you pain. Forgiveness is first for you, then your partner. Forgiveness is not reconciliation. Forgiveness can facilitate reconciliation.

Tonight's Assignment

Do not have sex tonight.
Sleep naked while holding
each other closely.

If you cannot sleep naked,
sleep in your underwear.



Have a happy marriage



Keep the
Fire
Burning.



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