# Families Alive

"Healthy individuals make healthy families."



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# Biblical Principles for Spicy Relationships

# What is Marriage?

#### The first account

# Genesis 1:26-28

26 Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."

#### The first account

# Genesis 1:26-28

27 So God created human beings in his own image. In the image of God he created them; male and female he created them.

#### The first account

# Genesis 1:26-28

28 Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."

#### The second account

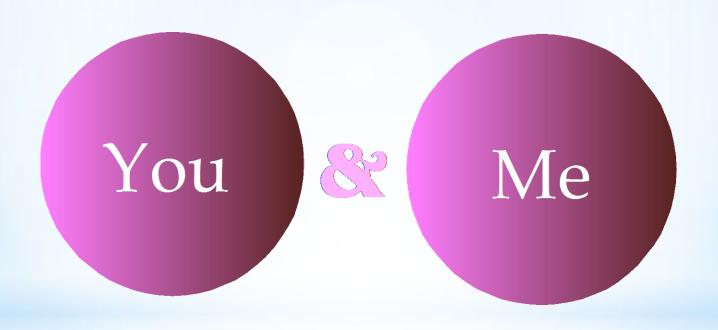
## Genesis 2:22-24

Then the Lord God made a woman from the rib, and he brought her to the man. "At last!" the man exclaimed. "This one is bone from my bone, and flesh from my flesh! She will be called 'woman,' because she was taken from 'man.'"

# Thresseemdageemht Genesis 2:22-24

This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one.

# Oneness







### Principle #1

Men and women are both made in God's image. Therefore they are socially, morally, and spiritually equal.

God gave them equal voice, vote, authority.

#### Marriage

Marriage is a spiritual, moral, and legal contract that bonds three individuals in a mutually satisfying relationship - WOMAN, MAN, & GOD

#### Marriage

Marriage is a divine covenant between a man and a woman with similar goals and values, to live together in a permanent, loving, and mutually supportive relationship. By Annick & Barrington Brennen

"See the function of relationship as one of exposure--marriage will expose the incompleteness and emptiness of each partner, providing each with the opportunity to mature as desired. This contrasts with an attitude that views marriage a relationship designed to complete each partner."

"Realize a good relationship is not a gift but it is an achievement. Every relationship, left up to natural instincts will self-destruct. Because relationship is a living organism it can't self-regulate and self-maintain.

Realize a good relationship is the result of intentional, deliberate, counter instinctive, behavior on the part of each partner.

### Principle #2

# Love each other passionately

#### Galatians 6:9

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Put as much energy and passion in loving your spouse as you do, or more than you do, in loving your job (or going to church).

#### Proverbs 5:18-19

May your fountain be blessed.
Rejoice in the wife of your
youth . . .Let her breasts satisfy
you at all times; be exhilarated
always with her love.

"Go overboard; get as high as you possibly can, as often as you can. Continually stir up your passions so that you find your wife's delights overwhelmingly seductive...

... It's saying don't merely let nature take its course; get so focused on her, so enamored by her that she blows the circuits of your brain."

Dr. Grantly Morris

#### 1 Corinthians 13:7

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

This is passionate love

## Principle #3

Avoid having a judgmental attitude

#### Luke 6:37

"Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven;

Dr. Brent J. Atkinson

"Studies suggest that concluding that one's partner is wrong when he's really not is a mistake you do not want to make. It's one of the most damaging things that people do in relationships...

... If you make this mistake, it will lower the odds that your partner will be able to see your needs or expectations as legitimate, will care about how you feel, and will be willing to make changes...

... Your accusation will arouse his natural defenses and make it very hard for him to keep an open mind. You'll breed ill will in him unnecessarily. There's nothing more demoralizing than being falsely accused."

## Principle #4

Demonstrate an understanding spirit.

#### Psalms 119:34

Give me understanding, and I shall keep thy law; yea, I shall observe it with *my* whole heart.

#### Proverbs 4:5

Get wisdom, get understanding: forget it not; neither decline from the words of my mouth.

... Those who know how to get their partners to treat them well manage to find something understandable about what their partners are saying or wanting, even if they can't agree overall. They seem to understand an important principle: If you want to receive understanding, first give understanding."

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### Principle #5

Create harmony in your marriage

#### Both partners:

Seek to understand your spouse.
Seek to please your spouse. Seek to love your spouse unconditionally.
See to think together with your spouse.

#### 1 Corinthians 13:7

Love always protects, always trusts, always hopes, always perseveres.

"A healthy marriage occurs when these two individuals, over time, have learned how to blend sweetly their individual tones to form another unique and special harmonious soundthe marriage harmony...

... A duet is only made possible because each individual comes to the piano of marriage with the ability to stand alone with his or her own sound. Many have agreed to "sing the duet" of marriage, but they have not been able to form harmony.

... Although forming the duet of marriage is instant, having occurred on the wedding day, the harmony of marriage, though, is not by default. It does not occur at the altar. It does not occur on the honeymoon.

It is not automatic. A harmonious marriage is the result of years of practice, patience, growing, adjusting, and performing."

# Practice Practice Practice

## Measure Your Harmony

#### Measure Your Harmony

My spouse and I spontaneously reach out for each other's hand when walking together.

My spouse and I enjoy sharing hymnals when singing together in church.

#### Measure Your Harmony

My spouse and I are excited to go to bed together at least three times a week.

My spouse and I enjoy talking about each other to our friends and colleagues.

## 1 Corinthians 13 The Brennen Translation

"If I speak in tongues of nations and of angels, but have not a loving attitude, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have no love in my heart, I am nothing.

If I am a vegetarian, and do not eat dairy products to reduce my sinus problem, and cannot share lovingly with others, my diet is in vain. If I exercise five times a week at the gym or on R. M. Bailey's track, and cannot share my energy in a loving way, my walking and running will be in vain. I can still die of a heart attack.

If I am financially independent and able to give to all church projects but have not love, my giving will be in vain. If I eat lots of broccoli soup to reduce the cancer risk, make my own gluten, or eat only boil fish for meat, and refuse to share in loving relationships, my life will be meaningless. I can still die prematurely.

Love never fails. College degrees, expensive houses, designer clothing, speaking in tongues, evangelistic crusades, and health seminars, will all pass away. Now these five remains. Financial independence, a healthy lifestyle, faith, hope, and loving relationships. But the greatest of all of these is LOVING RELATIONSHIPS."



### Just As I Am

Just as I am—without one plea,
But that Thy blood was shed for me,
And that Thou bidst me come to Thee—
O Lamb of God, I come, I come.

Just as I am—and waiting not
To rid my soul of one dark blot,
To Thee whose blood can cleanse each spot—
O Lamb of God, I come, I come.

Just as I am — Thou wilt receive, Wilt welcome, pardon, cleanse, relieve; Because Thy promise I believe — O Lamb of God, I come, I come. Just as I am — Thy love unknown Hath broken every barrier down; Now, to be Thine, yea, Thine alone — O Lamb of God, I come, I come.



