



The Marriage Update

A MINI TRIUMPHANT MARRIAGE CONFERENCE

This "PASTOR'S GUIDE SHEET" was developed and is copyrighted by Dr. Joe K. Taylor, Senior Pastor, South Reno Baptist Church, Reno, NV • jtaylor@southreno.com
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The goal of this "THE MARRIAGE UPDATE" is to provide a brief overview on the "basics" for a healthy marriage—in under one hour!

What Makes a Great Marriage?

1. You need two people who are skilled and committed to meeting each other's needs.
2. You need two people who are skilled and committed to good communication.
3. You need two people who are skilled and committed to resolving conflict.
4. You need two people who understand their biblical roles in marriage.
5. You need two people who are absolutely committed to each other for life.
6. You need God's protection and hand of blessing.
7. You need two people who have a workable game plan to facilitate all of the above.

Section One: Understanding One's Biblical Role in Marriage

Ephesians 5:21-31, NASB95 - ²¹ and **be subject to one another in the fear of Christ**. ²² Wives, *be subject* to your own husbands, as to the Lord. ²³ For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. ²⁴ But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. ²⁵ Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, ²⁶ so that He might sanctify her, having cleansed her by the washing of water with the word, ²⁷ that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. ²⁸ So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; ²⁹ for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church, ³⁰ because we are members of His body. ³¹ For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. ³² This mystery is great; but I am speaking with reference to Christ and the church. ³³ Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.

Role of a godly Husband

The Husband is the Head of the House
Provider of the home
Protector of the home
Primary "need meeter" for the wife
Primary significance should come from home
Remember, he needs "respect"

Role of a godly Wife

The Wife is the Heart of the Home
Mold and nurture the kids
Manage the household
Meet needs of the husband
Model Christ's Spirit in the home
Remember, she needs "love"

Section Two: Communication within Marriage

A. Godly Communication in marriage must be prioritized!

B. Godly Communication skills in marriage must be perfected.

NOTE: Always touch when you talk, use good eye contact, and repeat frequently what you think your mate says.

C. Godly Communication in marriage must be planned—*THE FAMILY CONFERENCE*

NOTE: Each family needs a specific time each week to hold a family conference. Children may also be included, depending on age, at the conclusion of the family conference to communicate important family activities, problem solving, and goals.

Family Conference Agenda

A. **Appreciation:** Give specific and sincere compliments to one another—it is very important to begin the Family Conference this way.

B. **Calendar Coordination:** What's happening and what do we want to happen during the next week? Specifically, when will family night and date night happen?

C. **Discuss Family Goals:** How are “we” doing financially, how about household chores, projects, vacation plans, etc.

D. **Parenting Plan:** Discuss discipline issues, family times, children's responsibilities and behavior. Discuss each child by name.

E. **Listening Times:** Share stresses, dreams, insights and concerns. Listen without judging. Don't argue. Focus on “love languages” and “need meeting”.

F. **Prayer time:** End the family Conference with prayer for each other.

Section Three: Conflict Management within Marriage

The Three Reasons for Conflict in every marriage:

Reasons	Plan of Attack
Common misunderstandings	Say, “I'm sorry” ... begin by expressing how you contributed to the issue and then identify the feelings you cause in your mate. Then, express regret again.
Creeping Separateness	Prioritize “Need meeting” and “Love Languages” and remember that the “battleground” is the calendar and the “to-do-list”.
Creeping Resentment	Prioritize resolving <i>any</i> resentment you have against your mate in a safe, teachable moment. Seek mutually agreed upon outside help, if needed.

Section Four: "Need Meeting" and "Love Languages"

<i>"Need Meeting"</i>	<i>Man</i>	<i>Woman</i>
In One Words	To be <u>Respected</u>	To be <u>Loved</u>
In Three Phrases	Significance Sexual Fulfillment Sincere Praise (i.e. honor)	Security Intimate Communication Sincere Praise (i.e. honor)
In Many Words	Affection Conversation Intimate Communication Honesty & Openness Financial Support Security Admiration Sincere Praise Family Commitment Sexual Fulfillment Recreational Companionship Attractive Spouse Domestic Support Quality Time Trust Approval Encouragement Sympathy Religious Commitment	
<i>"Need Meeting" is the <u>outcome we seek</u> to communicate, "I love you."</i>		

<i>"Love Languages"</i>	<i>For the Man and the Woman</i>
Physical touch	Nonsexual, romantic, affectionate touching offered in many ways.
Words of affirmation	Verbal/written praising, encouraging, and loving your mate via words.
Quality Time	Committing to and maintaining both quantity and quality time.
Gifts	Sending flowers, "love gifts", presents, gift certificates to express love.
Acts of Service	Doing or taking your mates responsibilities to express love to them.
<i>"Love Languages" are the <u>means we use</u> to communicate, "I love you."</i>	

Section Five: Reaffirming Total Commitment to One Another

Philippians 2:3-4 [A passage written to the married] - ³ *Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself;* ⁴ *do not merely look out for your own personal interests, but also for the interests of [the] other.*

1. Guard against "selfish independence" (The goal of marriage is "unselfish interdependence")
2. Commit to being the primary *need-meeter* in your mate's life—*no matter what!*
3. "*Lay down your life for your mate!*" - Dr. Roy Fish
4. Seek to be characterized by predictability, credibility, and transparency—they impart *trust*.
5. Develop *rituals* that say, "I love you and will be yours forever!"

Section Six: Developing the Good Game Plan (Information Gathering)

"Need Meeting" Communication Section		
Inquiries	Husband	Wife
Is this true for you?	I need to be respected? <input type="checkbox"/> Yes <input type="checkbox"/> No	I need to be loved? <input type="checkbox"/> Yes <input type="checkbox"/> No
Does this seem to fit for you?	Significance Sexual Fulfillment <input type="checkbox"/> Yes <input type="checkbox"/> No Sincere Praise (i.e. honor)	Security Intimate Communication <input type="checkbox"/> Yes <input type="checkbox"/> No Sincere Praise (i.e. honor)
What are the "biggies for you"? Though all may be significant, mark the biggest ones in regards to what you feel are your "biggest needs" at this time.	<input type="checkbox"/> Affection <input type="checkbox"/> Conversation <input type="checkbox"/> Intimate Communication <input type="checkbox"/> Honesty & Openness <input type="checkbox"/> Financial Support <input type="checkbox"/> Security <input type="checkbox"/> Admiration <input type="checkbox"/> Sincere Praise <input type="checkbox"/> Family Commitment <input type="checkbox"/> Sexual Fulfillment <input type="checkbox"/> Recreational Companionship <input type="checkbox"/> Attractive Spouse <input type="checkbox"/> Domestic Support <input type="checkbox"/> Quality Time <input type="checkbox"/> Trust <input type="checkbox"/> Approval <input type="checkbox"/> Encouragement Sympathy <input type="checkbox"/> Religious Commitment <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Affection <input type="checkbox"/> Conversation <input type="checkbox"/> Intimate Communication <input type="checkbox"/> Honesty & Openness <input type="checkbox"/> Financial Support <input type="checkbox"/> Security <input type="checkbox"/> Admiration <input type="checkbox"/> Sincere Praise <input type="checkbox"/> Family Commitment <input type="checkbox"/> Sexual Fulfillment <input type="checkbox"/> Recreational Companionship <input type="checkbox"/> Attractive Spouse <input type="checkbox"/> Domestic Support <input type="checkbox"/> Quality Time <input type="checkbox"/> Trust <input type="checkbox"/> Approval <input type="checkbox"/> Encouragement Sympathy <input type="checkbox"/> Religious Commitment <input type="checkbox"/> _____ <input type="checkbox"/> _____
"Love Languages" Communication Section		
What "language" best communicates to you that you are loved by your mate	<input type="checkbox"/> Physical Touch <input type="checkbox"/> Words of Affirmation <input type="checkbox"/> Quality Time <input type="checkbox"/> Gifts <input type="checkbox"/> Acts of Service	<input type="checkbox"/> Physical Touch <input type="checkbox"/> Words of Affirmation <input type="checkbox"/> Quality Time <input type="checkbox"/> Gifts <input type="checkbox"/> Acts of Service

Developing the Good Game Plan (Inspiration)

Remember the practical battleground in marriage is the calendar and the "to-do list!"

Calendar: "Dialog daily, date weekly, depart monthly"

Weekly escapes become your communication connectors

Monthly experiences become your companionship keepers

Yearly extravaganza becomes your shared memory makers

- You need a "Family Conference" every week.
- You need a night every week for a "date night"
- You need a night every week for a "family night"
- You also need "bulk" mate time and/or family time every month or so.

The "To-do List": "Plan your work and work your plan"

Make your plan **M**easurable, **A**ttainable, **P**ersonal, **S**pecific.

Develop you plans with "needs" and "love languages" in mind.

Developing the Good Game Plan (Application)

Our Marriage "Game Plan" Work Area

General Game Plan

1. Our Family Conference will be _____.
2. Our Date Night will be _____.
3. Our Family Night will be _____.
4. Our next romantic "get away" will be _____.
5. Our next family "get away" will be _____.
6. Our devotional time will be _____.

Individual Game Plan

As the Husband, I will commit to being the primary "need meeter" in my wife's life by

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

As the wife, I will commit to being the primary "need meeter" in my husband's life by

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

Section Seven: Getting God's Hand of Favor in Your Marriage

1. Give Jesus Christ **first place** in your marriage.

Matthew 6:33, NLT - ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

2. Attend Church weekly as a couple.

Hebrews 10:25, NASB95 - ²⁵ ... not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.

3. Concentrate on your role in marriage.

Ephesians 5:21-33, NASB95 - ²¹ and be subject to one another in the fear of Christ. ²² Wives, be subject to your own husbands, as to the Lord. ... ²⁵ Husbands, love your wives, just as Christ also loved the church and gave Himself up for her... ³¹ For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. ³² This mystery is great; but I am speaking with reference to Christ and the church. ³³ Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband.

4. Make sure your words to each other are kind and godly.

Proverbs 13:3, NASB95 - ³ The one who guards his mouth preserves his life; The one who opens wide his lips comes to ruin.

Proverbs 25:11, NASB95 - ¹¹ Like apples of gold in settings of silver is a [kind] word spoken in right circumstances.

5. Pray daily for each other.

Ephesians 6:18, NASB95 - ¹⁸ With all prayer and petition pray at all times in the Spirit, ...

6. Focus on meeting each other's needs.

Philippians 2:3-4, NCV - ³ When you do things, do not let selfishness or pride be your guide. Instead, be humble and give more honor to others than to yourselves. ⁴ Do not be interested only in your own life, but be interested in the lives of others.

7. Never try to get back at your spouse.

1 Thessalonians 5:15, NCV - ¹⁵ Be sure that no one pays back wrong for wrong, but always try to do what is good for each other ...

8. Decide to make the Lord "first" in your finances.

2 Corinthians 9:10-11, NLT - ¹⁰ For God is the one who provides seed for the farmer and then bread to eat. In the same way, he will provide and increase your resources and then produce a great harvest of generosity in you. ¹¹ Yes, you will be enriched in every way so that you can always be generous. And when we take your gifts to those who need them, they will thank God.

9. **NEVER** consider divorce an option.

1 Corinthians 7:10-11, NLT - ¹⁰ But for those who are married, I have a command that comes not from me, but from the Lord. A wife must not leave her husband. ¹¹ ... And the husband must not leave his wife.

10. Review this material **weekly** for the next 90 days!