



Outline
Knowing and Being Known
Emotional Connection

Knowing Spouse

1 Peter 3:7 *"Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered."*

1 Peter 3:7 (AMP) *"In the same way, you husbands, live with your wives in an understanding way [with great gentleness and tact, and with an intelligent regard for the marriage relationship], as with someone physically weaker, since she is a woman. Show her honor and respect as a fellow heir of the grace of life, so that your prayers will not be hindered or ineffective."*



Connection Questions: Areas to Know	
Spiritual	<ul style="list-style-type: none"> • Tell me about your relationship with God? • How has the Spirit spoken to you recently?
Events	<ul style="list-style-type: none"> • What are some recent important events? • What are some upcoming events?
Worries / Stress	<ul style="list-style-type: none"> • What are your current stresses? • What are your big worries?
Relationships	<ul style="list-style-type: none"> • Who are your closest friends? • What relationships are currently a struggle?
Hopes	<ul style="list-style-type: none"> • What are your hopes? • What are your hopes for (us, family, others)?
Favorites	<ul style="list-style-type: none"> • What is your favorite way to spend an evening? • What was your favorite vacation / getaway? Why?

Emotional Connection

Jeremiah 31:3 *"the Lord hath appeared of old unto me, saying, yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee."*

Every Day Connection

- Couples are always making “bids” for each other’s affection, support, and attention.
- Real-life romance is fueled by the daily humdrum interactions in life.
- In a study of newlyweds:
 - Couples responding to “bids” on average of 86% of time were still married after 6 years.
 - Couples responding to “bids” on average of 33% of time were divorced after 6 years.

The Seven Principles Of Making Marriage Work (Gottman And Silver, 2015)

Type of Bids

- | VERBAL | NONVERBAL |
|--|---|
| <ul style="list-style-type: none">• “While you’re up, could you grab the ketchup, please?”• “Wow! You sure look amazing in that outfit!”• “I blew the presentation I had today.” | <ul style="list-style-type: none">• Affectionate touch• Facial expressions• Kind gestures |



Video Prep



- Notice differences between Empathy and Sympathy.
- Imagine being the fox in this video. What do you notice when the deer responds to your struggles? What do you notice when the bear responds to your struggles?

Video Illustration of Connection

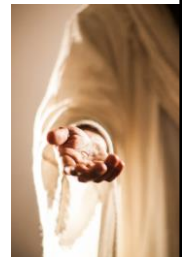
[Difference Between Empathy and Sympathy](#)

Discussion Questions

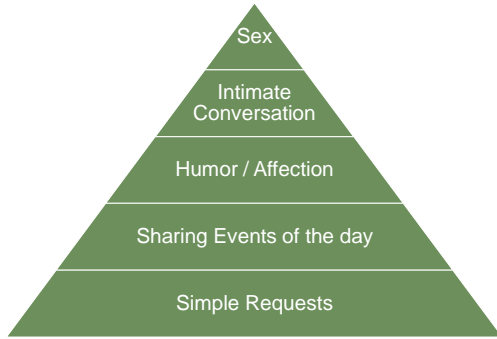
- What does it look like to help your spouse feel understood without necessarily “fixing the issue?” Any tips?
- How do we navigate male/female differences (as well as general personality differences) when trying to emotionally connect?

Being Known

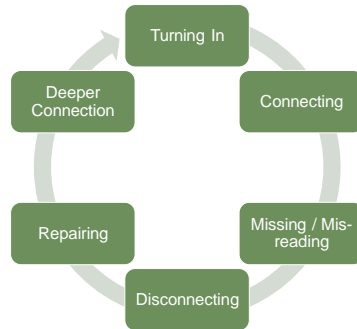
Luke 13:10-13 “And he was teaching in one of the synagogues on the sabbath. And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her: and immediately she was made straight, and glorified God.



Deepening Connection



Process of Deepening Connection



Excerpted from Emotionally Focused Couples Therapy (Sandifer, 2019)

Repairing disconnections is the key to deepening our connection.

Take Home Exercises

Connection Questions:

Spiritual

- Tell me about your relationship with God?
- How has the Spirit spoken to you recently?

Events

- What are some recent important events?
- What are some upcoming events?

Worries / Stress

- What are your current stresses?
- What are your big worries?

Relationships

- Who are your closest friends?
- What relationships are currently a struggle?

Hopes

- What are your hopes?
- What are your hopes for (us, family, others)?

Favorites

- What is your favorite way to spend an evening?
- What was your favorite vacation / getaway? Why?

Parting / Reunion

Parting

- One thing about their day

Reunion

- 5-10 second hug
- Follow up on the one thing