

# Cultivating Connections

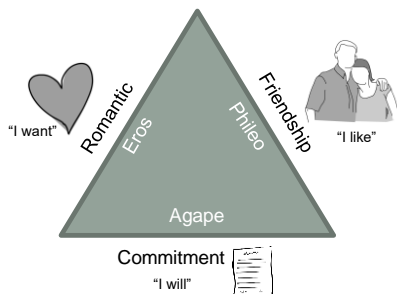
MARRIAGE CONFERENCE 2019

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## Companionship in Marriage

### Triangular Model of Love



### Problem Statement

- A feeling that your spouse isn't hearing you and doesn't want to understand.
- An attitude of "Who cares?"
- A feeling of being unable to please or meet the expectations of your spouse. "Why try?"
- A sense that your spouse is detached from you.
- A refusal to cope with what's really wrong: "That's your problem, not mine."
- A feeling that keeping the peace by avoiding the conflict is better than the pain of dealing with reality.

<https://www.familylife.com/articles/topics/marriage/marriage-challenges/drifting-apart/9-steps-to-defeat-isolation-in-your-marriage/>

God created us for relationship

Adam understands his need

Creation of woman

Adam understands her

Marriage

No shame

Connect

Know

Care

<sup>18</sup> And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him.

<sup>19</sup> And out of the ground the Lord God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof.

<sup>20</sup> And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field; but for Adam there was not found an help meet for him.

<sup>21</sup> And the Lord God caused a deep sleep to fall upon Adam and he slept: and he took one of his ribs, and closed up the flesh instead thereof;

<sup>22</sup> And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man.

<sup>23</sup> And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

<sup>24</sup> Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

<sup>25</sup> And they were both naked, the man and his wife, and were not ashamed.

Gen 2:18-25

### 1 Cor 11:7-12

<sup>7</sup> For a man indeed ought not to cover his head, forasmuch as he is the image and glory of God: but the woman is the glory of the man.

<sup>8</sup> For the man is not of the woman; but the woman of the man.

<sup>9</sup> Neither was the man created for the woman; but the woman for the man.

<sup>10</sup> For this cause ought the woman to have power on her head because of the angels.

<sup>11</sup> Nevertheless neither is the man without the woman, neither the woman without the man, in the Lord.

<sup>12</sup> For as the woman is of the man, even so is the man also by the woman; but all things of God.

### Song of Solomon 5:16

*16 His mouth is most sweet: yea, he is altogether lovely. This is my beloved, and this is my friend, O daughters of Jerusalem.*

“Happy marriages are based on a deep friendship. By this I mean a mutual respect for and enjoyment of each other’s company. These couples tend to know each other intimately—they are well versed in each other’s likes, dislikes, personality quirks, hopes, and dreams. They have an abiding regard for each other and express this fondness not just in the big ways but in little ways day in and day out.”

John Gottman

## Building Companionship

1. Turn toward your spouse.
  - Basic Need: To be connected.
2. Be a student of your spouse.
  - Basic Need: To be known.
3. Share affection & appreciation of your spouse.
  - Basic Need: To be cared for.

Connect

Know

Care

## Turn Toward

James 4:8

*8 Draw nigh to God, and he will draw nigh to you.*

Connect

Know

Care

## Turn Toward

Respond to the bids your spouse extends.

- Pay attention to what I say.
- Respond to simple requests.
- Help or work with me.
- Show interest or active excitement in my accomplishments.
- Answer my questions or requests for information.

Connect

Know

Care

<https://www.gottman.com/blog/turn-toward-instead-of-away/>

## Be a Student

Hos 4:1

*4 Hear the word of the Lord , ye children of Israel: for the Lord hath a controversy with the inhabitants of the land, because there is no truth, nor mercy, nor knowledge of God in the land.*

Hos 6:6

*6 For I desired mercy, and not sacrifice; and the knowledge of God more than burnt offerings.*

Connect

Know

Care

## Be a Student

- What stresses am I facing right now?
- Describe in detail what I did yesterday.
- What is one of my greatest fears?
- What is one of my favorite ways to be soothed?

Connect  
↓  
Know  
↓  
Care

<https://www.gottman.com/blog/the-sound-relationship-house-build-love-maps>

## Share Affection and Appreciation

Verbal:

- "I'm proud of the way you \_\_\_\_\_."
- "I'm attracted to your \_\_\_\_\_."
- "I'm impressed that you \_\_\_\_\_."
- "I like how you \_\_\_\_\_."

Connect  
↓  
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<https://www.gottman.com/blog/share-fondness-and-admiration/>