



Isaiah 62:5b
“as the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee.”

**Road Map:
From Loving to Cherishing**

What is the difference?

What is the mindset of a cherishing spouse?

Help! How do we nurture this deeper connection?

What is the difference?

<p>Loving (1 Corinthians 13)</p> <ul style="list-style-type: none"> • Patient and kind • Quiet and understated • Thinks of other with selflessness • Doesn't want the worst • Puts up with a lot • Centers on commitment 	<p>Cherishing (Song of Solomon)</p> <ul style="list-style-type: none"> • Enthusiastic and enthralled • Bold and loud • Thinks of spouse with praise • Celebrates the best • Enjoys a lot • Flows out of delight and passion
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CHERISH: THE ONE WORD THAT CHANGES EVERYTHING FOR YOUR MARRIAGE (THOMAS, 2017)

To Cherish and Delight

<p>SOS 4:9 <i>“Thou hast ravished [captivated] my heart, my sister, my spouse; thou hast ravished my heart with one of thine eyes, with one chain of thy neck.”</i></p>	<p>SOS 2:3 <i>“As the apple tree among the trees of the wood, so is my beloved among the sons. I sat down under his shadow with great delight, and his fruit was sweet to my taste.”</i></p>
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LOVE

CHERISH



LOVE

CHERISH



LOVE

CHERISH



What is a Cherishing Mindset?

I intentionally stand in love by regularly scanning environment for what my spouse is doing right.

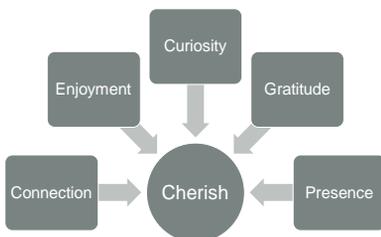
I accept my spouse has flaws, and I delight in him / her.

I am here to get it right.

I view growing old together with positive anticipation.

I am here to learn how to love.

How do I Nurture a Cherishing Relationship?



Ingredient: Curiosity

What is it? How do I have a curious mindset?
How do we nurture in our marriage?

Define: Curiosity

cu-ri-os-i-ty – the desire to learn or know more about something or someone. (Merriam-Webster)

John 17:3 "And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent."



Mindset: Curiosity

I know what my experience at church was like...I wonder what my spouse's experience was like?

Was I curious enough about my spouse's perspective or am I drawing conclusions too quickly?

Lord help me to not stop hungering to know more about my spouse.

Nurture: Curiosity

Seek to create a ritual around asking open-ended questions.

- Ex. Traditional Passover Seder
- Tell me more, I want to understand. What else?

Make a commitment to learn one new thing about your spouse each week.

- What is one thing the Spirit has been sharing with you this week?

Learn to calm and quiet self

- Adequate self-care (remember flows out of desire)
- Help challenge self-pity, self-centeredness

Ingredient: Enjoyment

What is it? How do I have an enjoyment mindset?
How do we nurture in our marriage?

Define: Enjoyment

en-joy-ment - a feeling of pleasure caused by doing or experiencing something you like.

Genesis 2:8-9 "And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil."



Mindset: Enjoyment

"A merry [joyful] heart doeth good like a medicine: but a broken spirit drieth the bones."
Proverbs 17:22

Fun, play, adventure, and laughter are a vital part of our relationship.

Enjoyment, pleasure, laughter are good things God has given to enjoy in the right ways.

I delight and enjoy being in the presence of my spouse.

Nurture: Enjoyment

• When was the last time you laughed together until your sides hurt?

• What does play and adventure mean to both of you? Explore.

• Identify your callbacks as a couple.

• If this is a foreign concept, schedule it as a weekly task. Don't wait until the "work is done."

• Pursue a variety of activities – casual, active, strenuous – that seem exciting to you.

• Respect one another's ideas for what constitutes play and adventure.

The Road Ahead

Your marriage is training in "How to" cherish.

How does your spouse define cherish? What makes them feel cherished?

Talk about the remaining three ingredients.