

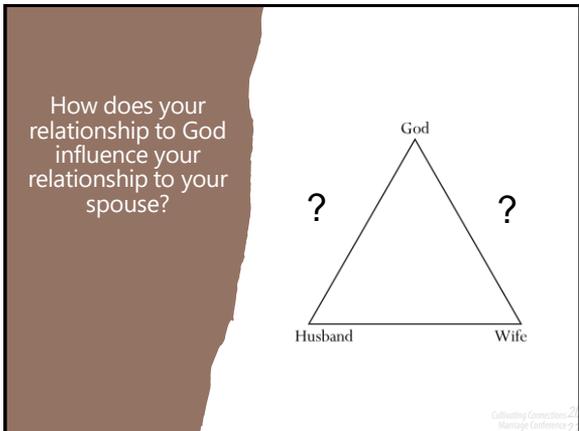
Renewing Your Marriage

Renewing Your Relationship With Jesus



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- ## Objectives
- Understand how your relationship with Jesus impacts your relationship with your spouse (and vice versa).
 - Identify practical ways to strengthen our relationship to God and, thereby, our spouses.
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What is a reliable method for growing closer to God?

Spiritual Disciplines

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What are spiritual disciplines?

Activities we can do that enable us to do what we otherwise could not do.

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What spiritual disciplines are not...

Righteousness / Merit

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Why Practice Disciplines?

- Training over trying.
- Positions our hearts to be changed by God.
- Jesus modeled many of them.

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Why Practice Disciplines Within A Marriage?



- Students, together, of Jesus
 - We play an important role in the growth of our spouse.
- Often, disciplines are more effective when practiced in fellowship.
- Communion of hearts through the enlivening of spirits

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Some Specific Disciplines for the Married Life

Abstinence

Solitude Silence

Engagement

Reading Transparency

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Solitude

Definition:

Choosing to dwell in isolation.

Effects:

- Frees us from unhealthy behaviors that the world promotes.
- Cures loneliness.
- Prepares you to join again with others.

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Silence

Definition:

Escape from sounds (noise, music, talking)

Effects:

- Allows full concentration upon God.
- Positions us to listen and observe.
- Trains us to speak at appropriate times.

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Reading

Definition:

Setting the mind fully upon God as revealed through scripture.

Effects:

- Internalize the order of God and His Kingdom.
- Leads to thinking and believing differently.

Transparency

Definition:

Sharing our innermost joys, weaknesses, and failings

Effects:

- Humbling
- Strengthens trust in spouse & God
- Relieves the burden of pretending
- Assists in avoiding future sin
- Leads to RENEWAL

Discussion

- Life is busy. What are some ways that you can arrange your life to allow an appropriate practice of disciplines?