

ARE YOU HAPPILY MARRIED?

28% said, "Yes!"

21% said, "No!"

41% said...

**"It depends on
what day you
ask me."**



IS YOUR MARRIAGE IN A RUT?



75%

said, "Yes!"



Prescription for the BEST Marriage



Prescription for the BEST Marriage



B.E.S.T.

Blessing

Edification

Sharing

Touching

BLESSING

➤ Blessing (*Eulogia*) = two Gk words:

➤ Eu = "Well"

➤ Logos = "Word"

➤ **Speaking well about another**

BLESSING

Paul admonishes:

- Rom 12:14 “**Bless** those who persecute you; bless and do not curse.”
- Rom 12:17 “**Repay** no one evil for evil.”

BLESSING

➤ **Jesus commands:**

➤ **Luke 6:28-29** “**Bless those who curse you, and pray for those who spitefully use you.**”

Summary: Bless your marriage

- Good words
- Kind actions
- Thankful appreciation
- Intercessory prayer

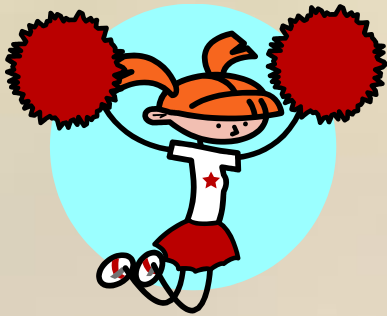
Pray as a family ...



Rx for the BEST marriage

EDIFICATION

- Lit: "To build up."
- Be his or her best cheerleader!



EDIFYING

➔ Root: "A hearth or fireplace."



Three components:

➤ *Personal encouragement*

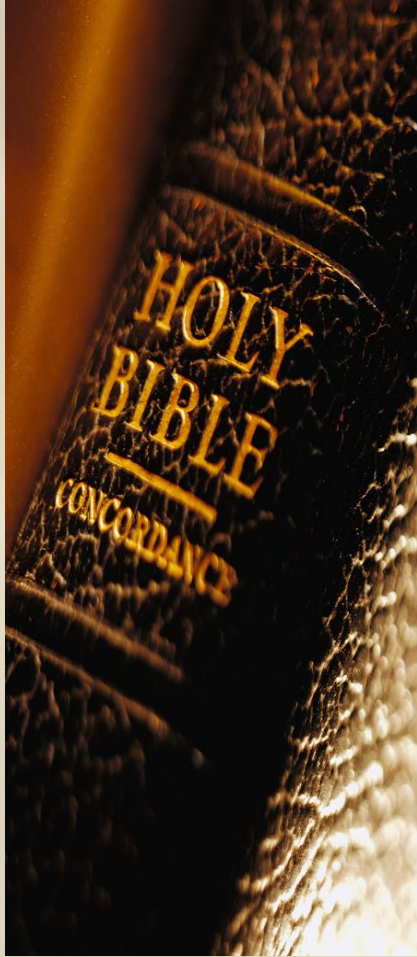


➤ *Inner Strengthening*



➤ *Peace and Harmony I Pet 3:9ff*

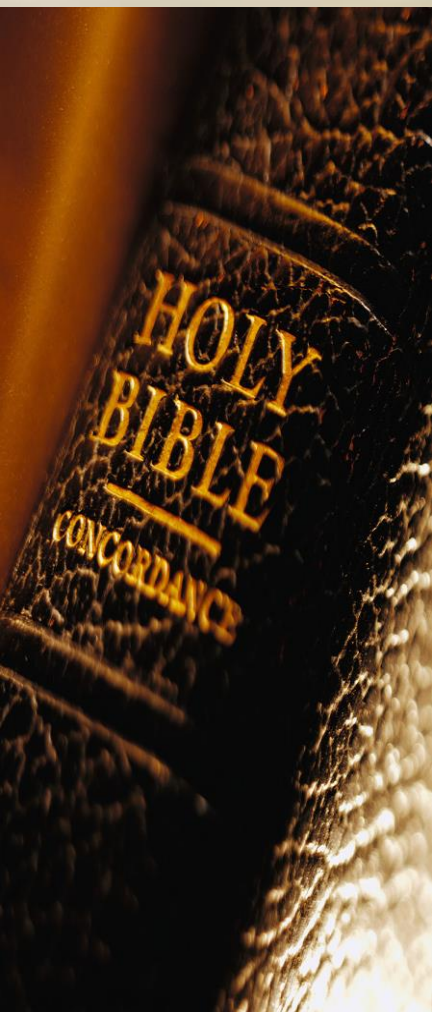
Verses on Edifying



“Therefore **encourage one another** and build each other up..” I Thess 5:11

“Love **builds up.**”
(Edifies) I Cor 8:1

Verses on Edifying



“Eagerly pursue what makes for harmony and for the **edification** of one another” (Romans 14:19).

“Make it a practice to please your neighbor for his good; to **edify**, strengthen and build him up spiritually” (Rom 15:2).

HOW DO YOU EDIFY?



Husband = *Sincere specific* praise.

Wife = *Supportive loving* response

Rx for a superb marriage

GENESIS 2:24-25

24 For this reason a man shall **leave** his father and his mother, and be **joined** to his wife, and they shall **become one** flesh.

Severance

Permanence

Unity

25 And the man and his wife were **both naked** and were not **ashamed**. NASU

Intimacy

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Intimacy



Sharing in Marriage



C. Sharing is a Growth process.

1. Not just *liking* the same things.

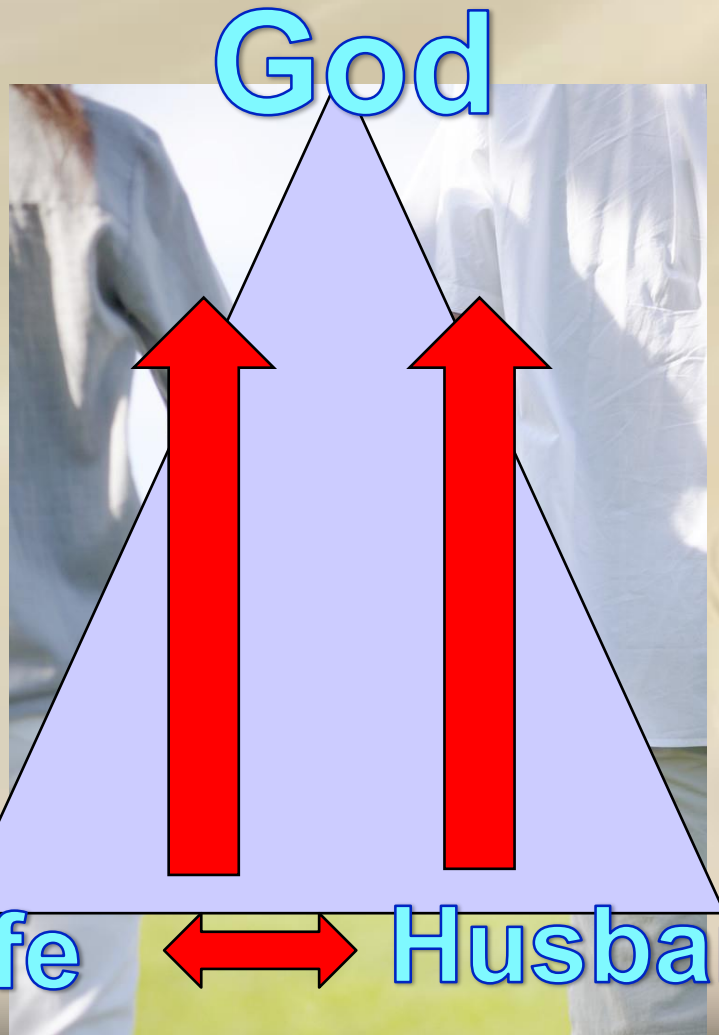
2. It is a **willingness to blend your will with the will** of your mate.

Look for *mutual* goals.



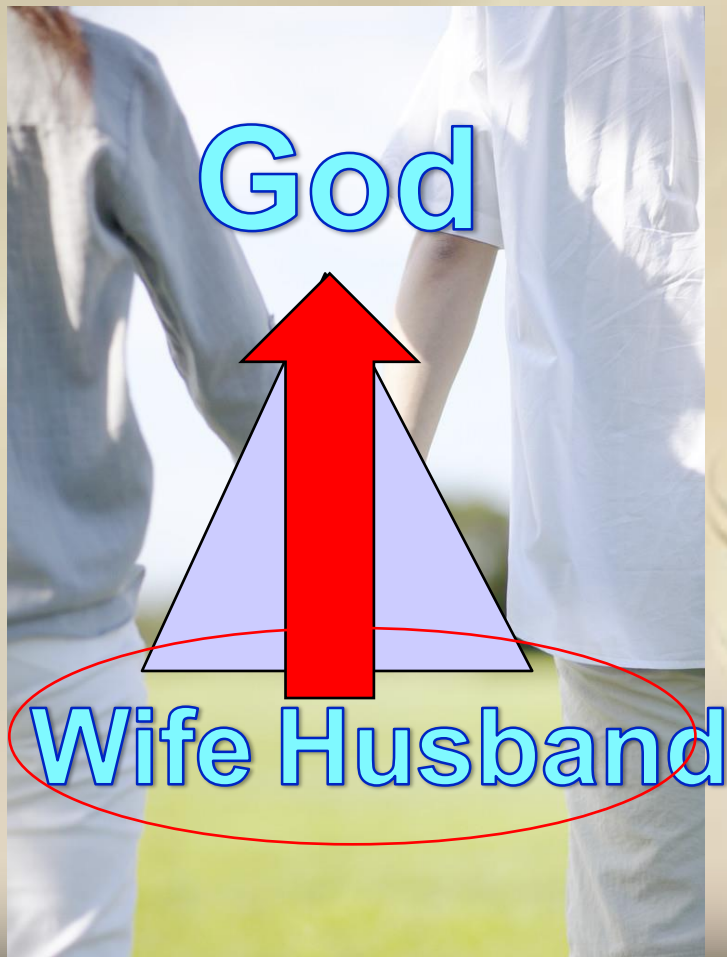
➔ **KEY: Seek to mold each other's will into the will of God...then YOU become closer to GOD and each other!**

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➤ **KEY:** Seek to mold each other's will into the will of God...then **YOU** become closer to **GOD** and each other!

Sharing . . .



➤ “An intimate long-term marriage is not the involuntary result of fleeting emotion but the ***creation of time and will.***”

➤ ***Dr. W.H. Auden***

Rx for the BEST marriage

Sharing . . .



➤ ***Intimacy*** begins when two people deliberately share the same world... time, interests, activities, feelings, thoughts, goals, ideals.

Rx for the BEST marriage

Sharing . . .



➤ Both must
*communicate
experiences,
dreams, fears,
and secrets..*
Dr. Ed Wheat

Rx for the BEST marriage

Sharing . . .



- ***Last time you shared a laugh?***
- ***Had fun? Date?***
- ***Prayed together?***
- ***Studied together?***

Rx for the BEST marriage

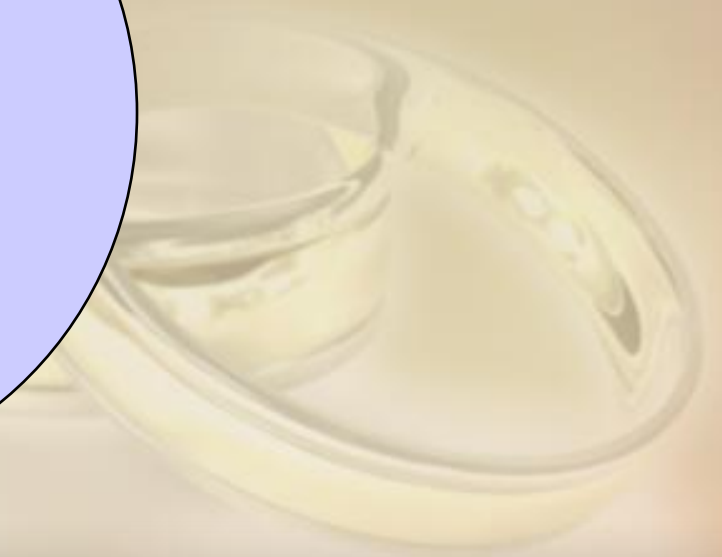
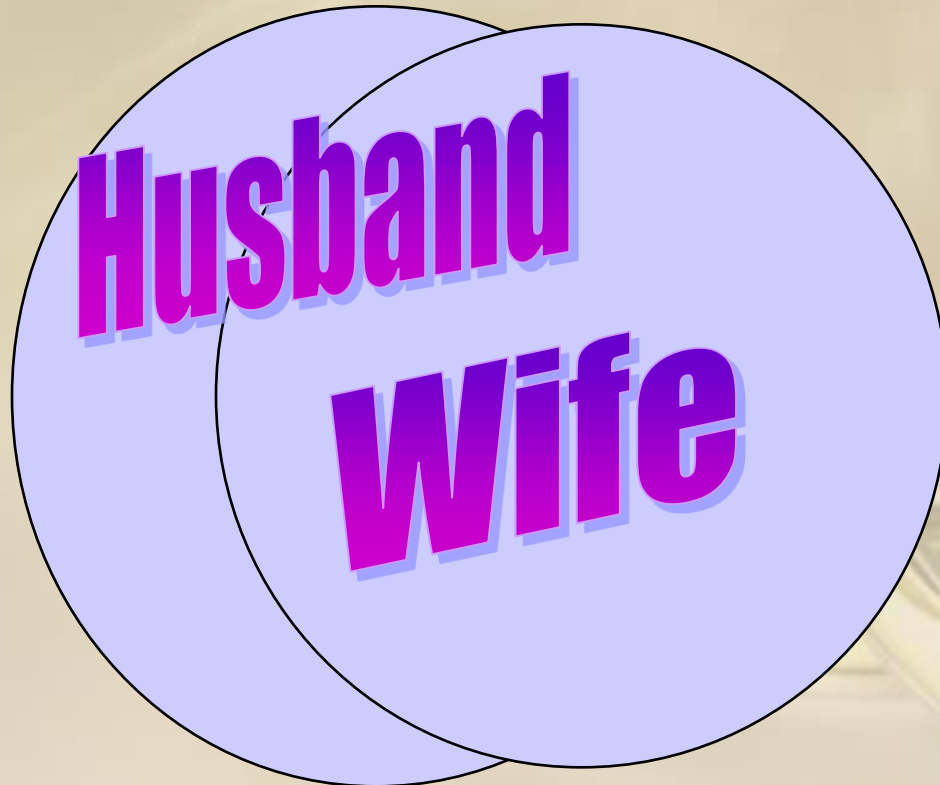
Sharing . . .

Husband

Wife

Rx for the BEST marriage

Sharing . . .



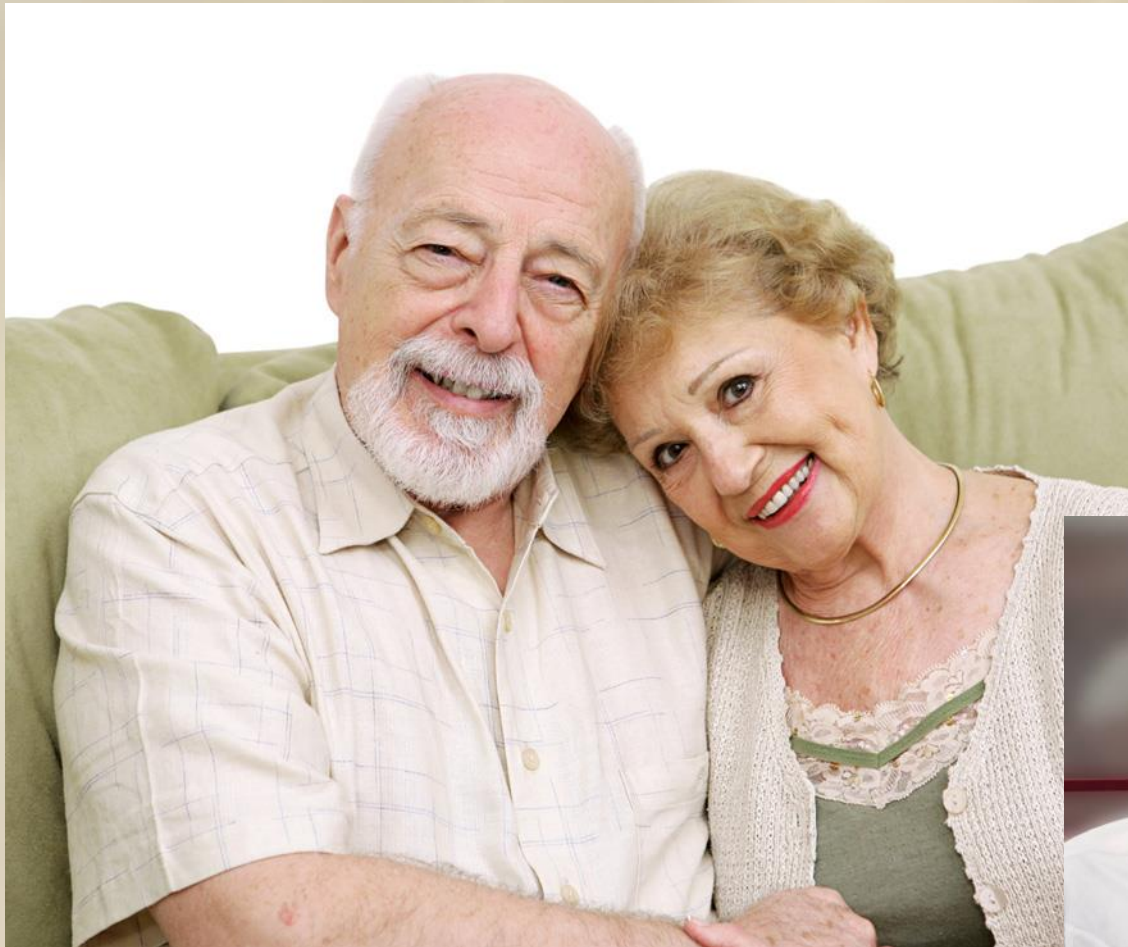
Rx for the BEST marriage

Must be avoided . . .



Rx for a superb marriage

Touching . . .



Rx for the BEST marriage

Touching . . .

➤ **Jesus and the little children...Matt 19:13-15**

➤ 13 Then children were brought to him that he might **lay his hands on them** and pray. The disciples rebuked the people; 15 And he **began blessing them laying his hands on them.**" RSV

Rx for the BEST marriage

Touching . . .

➤ **Jesus and the leper...** Matt 8:2-3

➤ 2 And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean. 3 And Jesus **put forth his hand, and touched him**, saying, I will; be thou clean.

➤ **Brethren:** "Be kindly affectionate.."
Rm 12:10

Rx for the BEST marriage

Benefits of Touching. Dr. Ed Wheat

- "Absolutely essential in building *emotional intimacy*."
- "Establishes a good emotional climate of warmth, love and affection."

Rx for the BEST marriage

Touching



- Tender touch="I care."
- Practice touching in all of its pleasant **non-sexual forms.**
 - Hold hands often
 - Sit close in church and at home.
 - Caress each other
 - Cuddle/"Snuggle"

Rx for the BEST marriage

UCLA study . Touch blesses by..

- Raising the hemoglobin level in our blood, thus increasing the body's ability to heal
- Lowers blood pressure
- Increases our life span
- Increases our energy level
- Makes people more positive about life
- The average man or women needs 8 or 10 meaningful touches a day!

Rx for the BEST marriage

Touching



➔ Three hugs a day keeps the marriage counselor away!

Rx for the BEST marriage

Prescription for the BEST Marriage



B.E.S.T.

Blessing

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Follow the B – E – S – T Rx



It works!

Rx for the BEST marriage