

Having The **BEST** Marriages



Having The **BEST** Marriages

In a Recent Survey:

Happily Married after 10+ Years?



28% = **Yes**. 21% = **No**.

41% = **Depends on**
which day you ask me!

Ques. Is your marriage in a rut?

Startling 71% said **Yes!**

How to have *The BEST* Marriages

Formula that Works:

Blessings

Encouragement

Sharing

Touch

This works
In **Marriages**
In **Friendships**
Raising **Kids**
In **Medicine**
In **Academics**
In **Spirituality**

How to have *The BEST* Marriages

Blessings

To *praise* or speak *positively* of someone.
To ask God to *prosper* or give *blessings* to.

1 Pet 3:9 “Not returning evil for evil, or insult for insult, but *giving a blessing instead.*”

It's Not alright to *yell* back (Eph 4:31) or use *profanity* (Eph 4:29) even if another does.

1 Cor 4:12 “Being reviled, we *bless.*”

How to have *The BEST* Marriages

Encourage

“To call to one’s side to give comfort.”

Col 4:8 Sent Tychicus to *encourage* your 

1 Thes 5:11 *Encourage* one another, just as...

1 Thes 5:14 *Encourage* the fainthearted...

Titus 2:4 *Encourage* young women to love...

**Be each *others cheerleaders* (Ephesians 5)
Wives hunger for love & cherishing (v.25, 29)
Husbands wants respect & appreciation (v.33)**

How to have *The BEST* Marriages

S haring

Phil 2:18 “*Share* your *joy* with me (cf v 17)

Phil 4:3 “*Shared* my *struggle* in the cause”

Phil 4:15 “*Shared* with me *giving* [finances]”

1 Tim 4:3 “*Foods* gratefully *shared* in..”

You honestly share your fears, your dreams
your hopes and your secrets that you may
not share with the public.



How to have *The BEST* Marriages

**Marriage is like strings of a guitar
vibrating to the same song...**

**But let there be spaces in
your togetherness..**

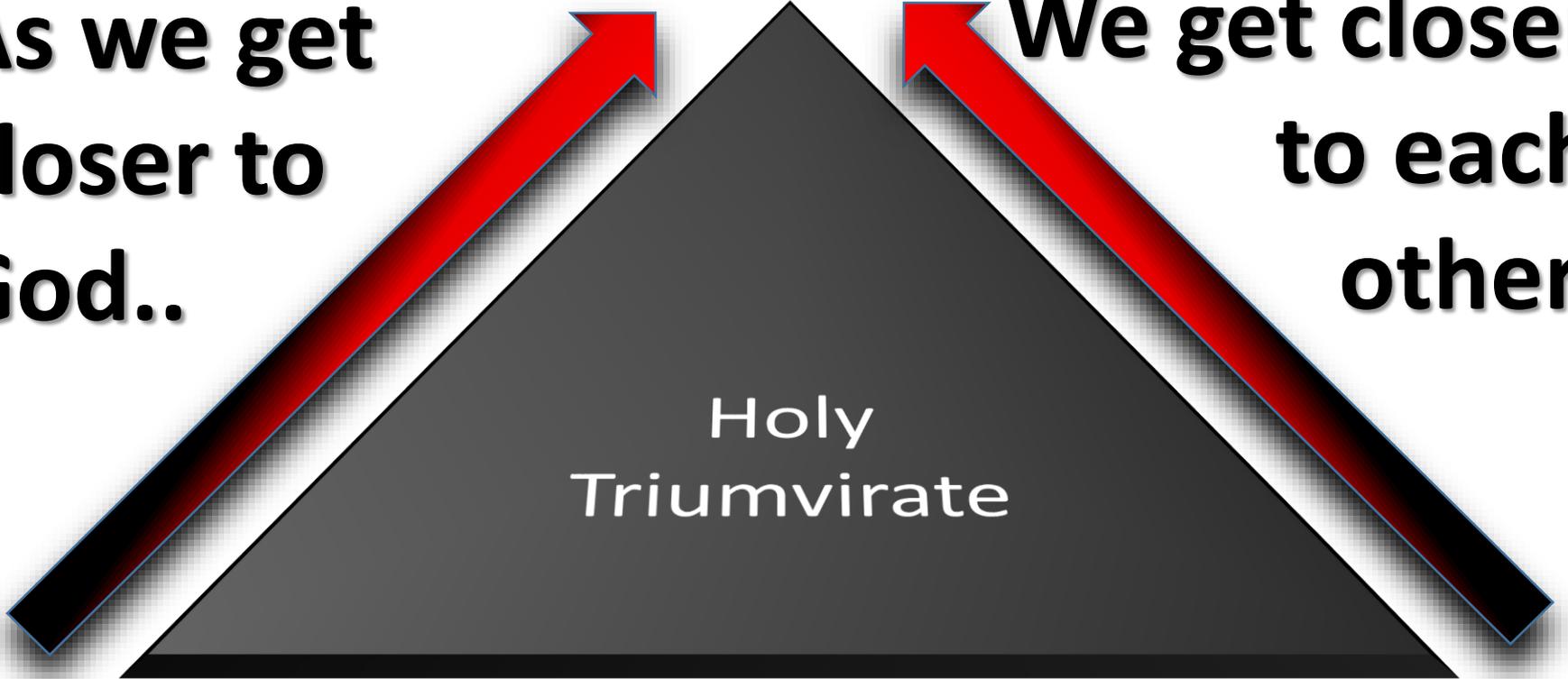
**And let the winds of the heavens
dance between.**

Adapted from Kahil Gibran

GOD

As we get closer to God..

We get closer to each other.



Husband

Wife

Repeated *Damage* Causes Failure

Skagit River Bridge **May** 23, 2013



People don't maintain their marital bridges
and they collapse.

But they *CAN be rebuilt better* than ever !

How to have **The BEST** Marriages

Touch

The Power of “Meaningful Touch”

Lowers our
blood pressure.

Strengthens our
immune system

A natural
tranquilizer

Increases
closeness

Makes us *more*
positive about life

Increases our
energy level

Increases our
life span

How to have *The BEST* Marriages

Meaningful

T**ouch**

Children Mat 19:13

The Fearful Mt 17:7

Bind men Mat 9:29

Family Lk 15:20

Friends Acts 20:37

Sweetheart SS 2:6

The tender touch says “I care, I know the person behind the eyes.” Sit close, hold hands in the car, snuggle.

Type of *Meaningful* Touch



Guy hug



Friendly high five



Awkward hug



Romantic touch

How to have *The BEST* Marriages

Blessing

Encouraging

Sharing

Touching

