

Flint Hills Bible Church: Session 2 To Be Married Is To Be F.R.I.E.N.D.S.

Dr. Jay Adams: "_____ designed marriage as a _____
of all _____."

God designed marriage.

- So when our marriage(s) are out of sync & struggling, we've marred a reflection of God's design.

- God calls this _____.

- Sin is what we need _____ from.

- o 1 John 1:9

Let us not *just* think biblically; let's think socioeconomically.

- Marriage was the very first _____ God put in place for humanity.

- It is important to remember that for everything in life there is _____.

- Theology is "_____."

- _____ marriage is a reflection of _____ theology. It is a word...a reflection...of what I think about God!"

What type of relationship does God call us to in marriage?

- John 15:4 - "Abide in me, and I in you."

- The word '*abide*' means: "_____."
This is the type of relationship that Jesus Himself said He wants with us.

In Genesis 2:24, God calls us to "*cleave*." - which means:

"_____."

- Deuteronomy 13:4: "You shall walk after the LORD your God and fear Him and keep His commandments and obey His voice, and you shall serve Him and hold fast (*cleave*) to Him."

We are to **abide** in (_____) **God**,

and **cleave** to (_____) our **spouse**.

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That is intimacy.

- Utter closeness only resembling a relationship with God, with our spouse.
- This requires trust and confidence. Part of what we hope to accomplish as a part of this workshop.

How do we practice a theology of marriage in everyday life?

How do we practically apply theology to our real life marriage?

How do we cultivate this close intimacy?

- Genesis 2:18: “The LORD God said, ‘It is not good for the man to be alone. I will make a helper suitable for him.’ ”

Dr. Jay Adams refers to what is described in this verse as "_____."

Proverbs 2:16a-17:

“So you will be delivered from the forbidden woman...who forsakes the **companion** of her youth and forgets the covenant of her God...”

Companion defined: “One who is in a _____, _____, relationship with another.”

Malachi 2:14b-15a:

“Because the LORD was witness between **you and the wife of your youth**, to whom you have been faithless, though she is your **companion** and your **wife by covenant**. Did he not make them one, with a portion of the Spirit in their union?”

Ladies and gentlemen – there is _____ in the world that you should have a closer, more intimate connection with.

- There is no one else – not a child, not an accountability partner, not a girlfriend or a “bro” that should be this type of companion for you.

My _____ – my _____ – is the one you must be united with in thought, goals, plans, and efforts.

Now – we have spent a lot of time unpacking these big ideas. Our relationship with our spouse must be abiding, right? Like we talked about – our marriages need to pattern that which Jesus has patterned for us.

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QUESTION:

What do you need to be in order to have a cleaving, abiding relationship, with a close intimate companion? What do you need to be in order for that type of relationship to form?

ANSWER: _____.

I need to be _____ with my spouse.

Exercise #1

INSTRUCTIONS: Answer the following questions.

Who are your 2 or 3 closest friends?

What makes them a close friend?

- What are their qualities?
- What makes this relationship desirable?

How much time do you invest in these close-friendships every week?

How many of the above friendship qualities do you find in your spouse?

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Exercise #2

Instructions: We will do this as a group.

- Read the entirety of the **FRIENDS** acronym below. Read each of the descriptions in its entirety and use the scale to do a self-evaluation; rank “how YOU are doing at being a friend and companion to your mate.”
- When prompted – spend 5-10 minutes sharing with your spouse, discussing the results.

F*R*I*E*N*D*S

F **Friends:** *Friendship with one's spouse, like everything else, exists to glorify God, serve the Kingdom, witness to the world, and preservation of society. God is Love and Friendship is one of our expressions of Love. Are you a good friend to your spouse?*

Ranking 1 2 3 4 5 6 7 8 9 10 (high)

R **Reliance:** *When we become reliant on one another, our focus becomes less about serving and protecting ourselves, and more about loving and caring for another – in this case, our spouse. Friends rely on each other! God patterns this beginning in Genesis 1:26. Marriage-friendship should exhibit unconditional love (agape) for their spouse, to cultivate this reliance. Do you cultivate an environment in your marriage where your spouse can rely on you?*

Ranking 1 2 3 4 5 6 7 8 9 10 (high)

I **Intentional:** *Working at creating a deep friendship with one another is an intentional investment. Friends need to be transparent and vulnerable with each other. Spouses must be brave and strong enough to pursue one another with a great level on intentionality. Are you intentional at pursuing this depth in relationship & transparency with your spouse?*

Ranking 1 2 3 4 5 6 7 8 9 10 (high)

E **Engaged:** *True friendship is marked by the fruit that the two parties stay engaged and invested in the relationship. No matter the problem they will continue to work with one another, respect the differences, and pursue God-honoring and spouse-honoring sacrifice without judgment. Thus, staying engaged requires intimate communication. Are you actively engaged in true friendship with your spouse?*

Ranking 1 2 3 4 5 6 7 8 9 10 (high)

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N **Nurturing:** *We need to pursue the growth and betterment of our spouse. As we put our energy into investing in and growing our spouses (towards the Lord) we are putting our treasure / heart into the other person. This helps us become less self-focused and more servant-focused. Matthew 22:37-39 reminds us of the greatest commandments according to Jesus: “And He [Jesus] said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.’ ” Are you actively seeking to nurture and pursue the growth of your spouse?*

Ranking 1 2 3 4 5 6 7 8 9 10 (high)

D **Delighting:** *Delighting in a friendship with our spouse is a key to intimacy, and having a growing marriage. When thinking about your mate - learn to choose to think about the things that delight you. Concentrate on the good things. Pursue that which is enjoyable. Invest! Remember Philippians 4:8 “Finally, brothers, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” Do you actively seek to delight in your spouse?*

Ranking 1 2 3 4 5 6 7 8 9 10 (high)

S **Spiritual:** *Knowing that with mankind, it is impossible to be perfect in a relationship, because we are all affected by sin (Romans 3:23) — we need to look to the perfect God to help us to be better friends toward one another. Let our understanding of our own condition (sinful), as well as our mate's condition (sinful), provoke us to remember to exercise mercy and loving-kindness towards one another. Keeping God first! Spend time investing in a personal relationship with God & a marital relationship with God. He will not fail us; rely on Him to be perfect. Allow our friends / spouses to make mistakes, be loving and forgiving, and recognize we are all in the same process of needing to be more like Jesus (progressive sanctification). How are you leading spiritually and participating spiritually in your home?*

Ranking 1 2 3 4 5 6 7 8 9 10 (high)

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Exercise #3

Take the next few minutes, and discuss your answers with your spouse. When prompted, do the following: What can **you** do to be a better friend to your mate? List 3 things that you are going to concentrate on for the next three months. Be specific. They should reflect needed areas of growth from the ***F*R*I*E*N*D*S*** exercise. Expect accountability for these items.

- 1.
- 2.
- 3.

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TEACHING: Getting to Know my Spouse Better

In order to get to know our spouse better, we need to learn more about them. To do this, we will be learning about the concept of *love languages*. *Love languages* are “Biblical Tools for Real Life.”

According to Gary Chapman, there are 5 Love Languages. They are:

- Words of Affirmation
- Quality Time
- Receiving Gifts
- Acts of Service
- Physical Touch

Exercise #4

INSTRUCTION: Without any context for explanation, answer the following questions. Take your time. Be considerate to your answers. Think of your home-life and relationship.

What do you think your personal *love language* is? Meaning: what do you think the *love language* you prefer to receive is?

What makes you think this about yourself? What “speaks love” to you?

What do you think your spouse’s personal *love language* is? Meaning: what do you think the *love language* they prefer to receive is?

What makes you think this about them? What do you think “speaks love” to them?

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Exercise #5

INSTRUCTION: Take the 5 Love Languages test. Turn the page, and read the directions, as your workshop instructor reads them aloud.

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Exercise #6

Instructions: Answer the following questions below, and then discuss the results with your spouse when prompted by the workshop facilitator.

Per the test, what is the ranked order of **your** *love languages* and what were the associated numbers?

- _____
- _____
- _____
- _____
- _____

Circle your answer: were you surprised by **your** *love language* designation(s)?

YES or NO

Why or why not?

Per the test, what is the ranked order of **your spouse's** *love languages* and what were the associated numbers?

- _____
- _____
- _____
- _____
- _____

Circle your answer: were you surprised by **your spouse's** *love language* designation(s)?

YES or NO

Why or why not?

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Understanding Love Languages

Instructions: The purpose of this time is to begin to learn new things about our spouse. Take good notes about each one, as we unpack them. Note ways to *love* your spouse.

NOTE: Credit to Gary Chapman, author of “The 5 Love Languages.” The quoted explanations come directly from his book.

Words of Affirmation

“Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important – hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten. Kind, encouraging, and positive words are truly life-giving.”

Consider Proverbs 18:21: “The tongue can bring death or life; those who love to talk will reap the consequences.”

- You need to focus on words of _____.

Gary Chapman wrote: “_____ requires empathy and seeing the world from your spouse’s perspective. We must first learn what is important to our spouse.”

To learn what is important to your spouse, ask good _____.

- You need to focus on being _____ with your words of affirmation. Don’t just complement to complement.

- Be _____. Look for areas to where you can affirm your spouse.

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Quality Time

“In the vernacular of Quality Time, nothing says, “I love you,” like full, undivided attention. Being there for this type of person is critical, but really being there – with the TV off, fork and knife down, and all chores and tasks on standby – makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful. Quality Time also means sharing quality conversation and quality activities.”

James 1:19a&b – “Know this, my beloved brothers: let every person be **quick to hear**, slow to speak...”

- Quality time is a _____ in one’s spouse.
- Depending on your *love language*, this may involve _____ on the part of the spouse whose *language* is different.
- The main point of Quality Time is being _____ with your spouse.
- I do not define what quality time means, _____.

Gary Chapman recommends a few thoughts for Quality Time.

- Maintain eye contact
- Do not multi-task
- Listen for your spouse’s thoughts & feelings
- Observe their body language
- Don’t interrupt **or** make unnecessary conversation.

Receiving Gifts

“Don’t mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous – so would the absence of everyday gestures. Gifts are visual representations of love and are treasured greatly.”

2 Corinthians 9:7 – “Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.”

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- If your spouse's *love language* is Receiving Gifts, than you must be a gift-giver from the _____.

- This *love language* is characterized by _____.

- Ask _____ of your mate. Let them tell you what types of thoughtful gifts will speak love to them.

Acts of Service

“Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter. Finding ways to serve speaks volumes to the recipient of these acts.”

Jesus says of Himself in Matthew 20:28: “even as the Son of Man [Jesus] came not to be served but to **serve**, and to give his life as a ransom for many.”

- This *love language* is often an investment of _____.

- The best, most specific question you should ask a spouse, whose *language* is Acts of Service, is this: **How can I serve you?**

If your Acts of Service do not resonate with your spouse,

_____?

Do not **assume the motivations** of your spouse. Ask good questions. This goes for both the serving spouse and the receiving spouse.

- Acts of Service should be _____ to the relationship,
and not simply a matter of _____.

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Physical Touch

“This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face – they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive. Physical touch fosters a sense of security and belonging in any relationship.”

Song of Solomon 2:6: “His left hand is under my head, and his right hand embraces me!”

- This love language is not (and should not be) exclusively characterized by

_____.

- Not all _____ is equal. Learn from your spouse, both verbally and non-verbally, what type of touch is appropriate and when.

Ask good questions when necessary!

- Physical Touch is an investment in _____.

This must be _____.

- This love language is a physical, not vocal, request for _____ in your marriage relationship.

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Space For Closing Notes: