

the TRUTH.

"Open thou mine eyes, that I may behold wondrous things out of thy law." Psalm 119:18 (KJV)

Number 1: Being in love is not an adequate foundation for building a successful marriage

- *You cannot build a marriage on the idea of being in love
- *This phase, this obsessive, euphoric, "aghappy-it-is" phase, has a life-span
- *It becomes a problem when people build a relationship on this phase while it may not be very stable.

Symptoms of the "in-love" phase:

- Chills around the person
- Butterflies in your stomach
- First touch causes a pounding heartbeat
- Willing to go great lengths to be with the person
- Get along *very* well with his/her parents
- Sees nothing wrong with the other

- *The problem is not the "in-love" phase, but what happens afterwards.
- *The "in-love" phase is like being on Novocain after a visit to the dentist. When it wears off, you feel pain that you were probably not expecting.
- *Take the advice of the dentist so that the pain is not as severe; otherwise, you will be in worse pain or will resort to living off of the medication.
- *Misery will or could set in once the "medication" wears off.
- *This situation is similar to a deep moment with God during prayer. Going in great depths in your prayer doesn't happen as often as we wish. This, very well, may happen in marriage.
- *Living off of and expecting this euphoria in everyday life will lead to disappointment.

Why do people get married?

- We are in love! But why do you love each other (a very disliked question)?
- Some get married based on a feeling, but feelings come and go
- *People refuse pre-marriage counseling for the sake of "love." They think they don't need it because "we love each other."
- *Falling in love is like catching a big, dumb animal. The hunter observes the animal's tendencies, makes a trap, and then boom! The animal falls in the trap just like we "fall in love."
- *Our "love" can be flipped to hate easily; then what will happen to the relationship? It will be destroyed.
- *Michael Vick, a well-known football player, had decided to join dog-fighting. He went from the most-loved athlete to the most hated in the U.S. in one year, according to a ranking. The people can't control themselves, they hate and then they love so quickly and vice versa. A problem arises when we allow ourselves to be controlled by our emotions.

Things I Wish I'd Known Before We Got Married

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*We cannot base our relationships, with God or with a spouse, solely on "love."

*Research shows that the "in-love" phase only lasts about 2 years, which alone cannot stand to be a foundation for a life-long marriage.

What are some of the important things that a marriage should be based on?

1. Common Desires

- a. Emotional stage - the couple should have an understanding of one another's emotional desires
- b. Emotional control is present within the relationship

2. Spiritual Unity and Common Goals

- a. Spirituality should be similar and directed towards the same direction
- b. Walking with a similar speed towards Christ

3. Common Social Interests

- a. Outlook on family - number of kids, etc.
- b. Culture - traditions
- c. Social activities

4. Common Values

- a. How does each deal with hard times?

5. Common Intellectual Level

- a. Similar level of education

*The season of courtship is the time to allow for the couple to explore these five areas, which begins the foundation of the marriage.

Number 2: Romantic love has two stages

1. Initial Euphoric Phase

- a. "Brain damage" stage: you don't know what hit you
- b. Takes "no work": you don't mind serving the other in any way
- c. Takes a lot of energy

2. Hard Work in the Relationship

- a. Requires you to work hard to maintain the relationship
- b. You need to be more intentional in your relationship with God and then comparatively, with your spouse (or soon-to-be spouse)
- c. Sometimes you don't want to pray, but you force it in order to maintain your relationship with God → similar situation with your spouse

*If the euphoric stage never ended, you would get nothing done in your life since in this phase, all you're thinking about is about him/her.

* Just because the euphoric stage comes to an end, it doesn't mean the romantic stage has to.

Five Love Languages by Gary Chapman - each one of us have a different dialect of love that we need to understand about our significant other

The Five Languages:

1. Words of Affirmation: affirming your gratitude or appreciation for the other

- a. The words are like rain on dry soil

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2. Acts of Service: need to see the love, not hear about it
 - a. Little actions are what show love
 - b. "If you love me then you'll show it"
3. Receiving Gifts
 - a. Any little gift will show him/her that you were thinking about him/her, which is what matters
 - b. He/she needs to know that you're thinking about him/her
4. Quality Time
 - a. Require undivided attention for a period of time
 - b. Shared time with give and take, not about just being in the same space
5. Physical Touch
 - a. Often really "hot" in the beginning, but then becomes "stale"
 - b. Shows the person love
 - c. Not only sex, but a hug, a handshake - whatever is personal to the relationship

*Each person has primary and secondary languages; you may have more than one or a mixture of all. Every one of them has a place, but there is one that is the most used.

How to figure out your love language:

1. Observe your own behavior. How do you express your love for someone?
2. What do you usually complain about in a relationship? (We don't talk anymore, what I do is not enough for you, etc.)
3. What do you request most?

Number 3: A toilet is not self-cleaning

*Marriage is work; having a house and building a family takes a lot of work. There are things to take care of: cleaning, laundry, tidying up, etc. These are things to discuss and set a basis for with the person you are planning to build a marriage with.

1. Sit down and have each make a list of all the things that need to be done to run a home.
2. Bring the lists together; merge them and make two copies.
3. Initial next to the things you think you can take care of, and initial for your partner what you think he/she should take care of.
4. Compare choices and talk through the differences. Take into consideration each other's strengths and weaknesses.

*When you first have a baby, everything he/she does is cute, even when it poops. However, after a month or two, it gets old; you can smell the poop. When someone has to take care of it, it becomes a burden.

*Remember you must speak to the other in a language that he/she will understand, not only what you understand.

*An important thing to remember and emphasize is communication; you are not able to read each other's minds, so speak out to each other.

*Marriage can be the worst thing in the world, but with preparation and blessing, it can be the most beautiful experience.