

AFTER
You Say
“I Do”

The Lord Seeks a Godly Seed

Ephesians 5:22 (Message)

- 22) Wives, understand and **SUPPORT YOUR HUSBANDS** in ways that show your support for Christ.

Ephesians 5:23-24 (Message)

- 23) The husband provides leadership to his wife the way Christ does to his church, **NOT BY DOMINEERING** but by **CHERISHING**.
- 24) So just as the church submits to Christ as he exercises such leadership, wives should likewise submit to their husbands.

Ephesians 5:25 (Message)

- 25) Husbands, go all out in your love for your wives, exactly as Christ did for the church - a love marked by **GIVING, NOT GETTING**.

Ephesians 5:26-28 (Message)

- 26) Christ's love makes the church whole. His words evoke her beauty. **EVERYTHING HE DOES AND SAYS IS DESIGNED TO BRING OUT THE BEST IN HER,**
- 27) dressing her in dazzling white silk, radiant with holiness.
- 28) And **THAT IS HOW HUSBANDS OUGHT TO LOVE THEIR WIVES...**

Ephesians 5:28-30 (Message)

- 28) ... They're really doing themselves a favor - since **THEY'RE ALREADY "ONE" IN MARRIAGE.**
- 29) No one abuses his own body, does he? No, he feeds and pampers it. That's how Christ treats us, the church,
- 30) since we are part of his body.

Ephesians 5:31-32 (Message)

- 31) And this is why a man leaves father and mother and cherishes his wife. No longer two, they become “one flesh.”
- 32) **THIS IS A HUGE MYSTERY**, and I don't pretend to understand it all. What is clearest to me is **THE WAY THAT CHRIST TREATS THE CHURCH.**

Ephesians 5:33 (Message)

33) And this provides a good picture of how each husband is to treat his wife, **LOVING HIMSELF IN LOVING HER**, and how **EACH WIFE IS TO HONOR HER HUSBAND**.

- What Would **JESUS** Do?

7 Essentials to a Healthy Marriage

- 1) A Healthy **EXPECTATION** of Marriage
- 2) A **REALISTIC** Understanding of Love
- 3) A **POSITIVE** Attitude and Outlook
- 4) Ability to **COMMUNICATE** Feelings
- 5) **ACCEPTANCE** of Gender Differences
- 6) Ability to **SETTLE** Arguments
- 7) Common Spiritual **FOUNDATION**

7 Essentials to a Healthy Marriage

1) A Healthy EXPECTATION of Marriage

- Married People Expect the SAME THINGS
- Everything GOOD Gets BETTER
- Everything BAD in Your Life DISAPPEARS
- My Spouse Will Make Me WHOLE

Types of Relationships

- ENMESHED Relationships **A**
- DISENGAGED Relationships **H**
- INTERDEPENDENT Relationships **M**

7 Essentials to a Healthy Marriage

2) A REALISTIC Understanding of Love

EROS - Passion

PHILEO - Intimacy

AGAPE - Commitment



7 Essentials to a Healthy Marriage

3) A POSITIVE Attitude and Outlook

- Happiness has nothing to do with LUCK, and everything to do with WILL
- Happy Couples CHOOSE to be Happy
- Take RESPONSIBILITY for your own feelings

7 Essentials to a Healthy Marriage

4) Ability to COMMUNICATE Feelings

- Use “I” Statements, not “YOU” Statements
- Practice REFLECTIVE LISTENING
- Communicate through TOUCH

7 Essentials to a Healthy Marriage

5) ACCEPTANCE of Gender Differences

What a WOMAN Wants:

To Be **CHERISHED**

To Be **UNDERSTOOD**

To Be **RESPECTED**

What a MAN Wants:

To Be **ADMIRE**D

To Have **AUTONOMY**

To Enjoy **SHARED
ACTIVITY**

7 Essentials to a Healthy Marriage

6) Ability to **SETTLE** Arguments

- **DON' T RUN** From Strife
- **CHOOSE** Your Battles Carefully
- Define the Issue **CLEARLY**
- State Your Feelings **DIRECTLY**
- Give Up on the **PUT DOWNS**

7 Essentials to a Healthy Marriage

7) Common Spiritual FOUNDATION

- WORSHIP Together
- SERVE Together
- PRAY Together

7 Essentials to a Healthy Marriage

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- 7) Common Spiritual **FOUNDATION**

1st Peter 3:1 (Message)

- 1) The same goes for you wives: Be good wives to your husbands, responsive to their needs.

1st Peter 3:2-4 (Message)

- 2) There are husbands who, indifferent as they are to any words about God, will be captivated by your life of holy beauty.
- 3) What matters is not your outer appearance - the styling of your hair, the jewelry you wear, the cut of your clothes -
- 4) but your inner disposition. **Cultivate inner beauty, the gentle, gracious kind that God delights in.**

1st Peter 3:5-6 (Message)

- 5) The holy women of old were beautiful before God that way, and were good, loyal wives to their husbands.
- 6) Sarah, for instance, taking care of Abraham, would address him as “My Dear Husband.” You’ ll be true daughters of Sarah if you do the same, unanxious and unintimidated.

1st Peter 3:7 (Message)

- 7) The same goes for you husbands: Be good husbands to your wives. **Honor them, delight in them.** As women they lack some of your advantages. But in the new life of God's grace, you're equals. **Treat your wives, then, as equals** so your prayers don't run aground.

1st Peter 3:8 (Message)

8) Summing up:

Be **AGREEABLE**,
be **SYMPATHETIC**,
be **LOVING**,
be **COMPASSIONATE**,
be **HUMBLE**.

Amen.