

“HOW TO MEET YOUR MATE’S NEEDS”

Building A Marriage That Sizzles #1

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‘the shoreline’ Church of San Clemente

1 Peter 4:7&8 (NKJV) “But the end of all things is at hand; therefore be serious and watchful in your prayers. And above all things have fervent love for one another, for love will cover a multitude of sins.”

BY FILLING EACH OTHER’S LOVE BANK.

Proverbs 24:3 (NKJV) “Through wisdom a house is built, and by understanding it is established; By knowledge the rooms are filled with all precious and pleasant riches.”

DEPOSITS

WITHDRAWALS

POSITIVE Interactions

NEGATIVE Interactions

Acts of Service
Words of Praise
Positive Physical Touch
Focused Attention
Doing Life Together
Transparent Communication
Emotional Affirmations

Verbal Downgrading
Angry Outbursts
Disrespectful Judgments
Comparing/Teasing
Independent Behavior
Silent Treatment
Blaming/Selfish Demands

List three Love Enhancers for your mate:

List three Love Destroyers for your mate:

This week I purpose to give my spouse five overt demonstrations of love that meets his/her needs!

BY LIVING LIFE INTERDEPENDENTLY

Philippians 2:2-4 "...fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem the other better than himself. Let each of you look out not only for his own interests, but also for the interests of others."

All the rationalizations in the world cannot overcome the fact that independent decisions ruin marriages. Agree? Disagree? Why?

For two weeks agree to this covenant: *We will never do anything without a wholehearted agreement between you and your spouse.*

Pray together and then look each other in the eyes and say, *"I agree to make all decisions with our mutual agreement."*

BY MEETING MY MATES MOST ESSENTIAL NEEDS.

According to Willard F. Harley, Jr., in his book, "His Needs Her Needs" there are five basic needs of men and five for women. Below are listed the ten needs. Circle your top five and place an X next to what you perceive to be your mate's top five.

Needs KEEP SCORE with relentless PRECISION.

Admiration
Affection
Sexual Fulfillment
Domestic Support
An Attractive Spouse

Family Commitment
Financial Support
Conversation
Honesty and Openness
Recreational Companionship

The tendency is for a mate to try to FULFILL his or her mate's needs by fulfilling his or her OWN needs.

A Story Of A Marriage Enriched: Kenny and Lori Moe

List two actions that you will take this week to meet the needs of your mate.

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BY WORKING TO RESOLVE CONFLICTS.

James 4:1&2 (NLT) “What is causing the quarrels and fights among you? Isn’t it the whole army of evil desires at war within you? You want what you don’t have, so you scheme and kill to get it...”

Ephesians 4:32 (NJV) “And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

Five Styles For Resolving Conflict

Yield

Resolve

Compromise

Withdraw

Win

Which style is most indicative of you?

Which style does your mate display?

What two steps can you take to RESOLVE your conflicts?

Steps To Conflict Resolution

1. Speak directly and personally to the other person (Prov. 28:23, NLT).
2. Be honest in your statements and questions (Eph. 4:15&23).

3.

3. When you feel unloved initiate loving behavior toward your spouse.
4. When sharing what you want, make your request in a statement of preference rather than a statement of necessity.
5. Make "I" statements rather than "you" statements and share your present feelings rather than you past thoughts and feelings.
6. Each of you define the problem from each of your perspectives.
7. Identify the areas of agreement and disagreement.
8. Identify your contribution to the problem.
9. State positively what behaviors on your part would probably help; be willing to ask for his or her opinion.
10. Focus on desired expectations or positive changes.

A great resource for achieving a healthy marriage is the book by H. Norman Wright, "Communication Key To Your Marriage." I have used portions of the material on conflict from this fine book.

As a Pastor for 37 years in the local church, I have discovered that there is always hope! If your marriage is sizzling it can get better and most likely you can help another couple that is struggling.

If you are about to give in and give up... don't. Like Peter said, "the end of all things is near." You can still leave a righteous legacy by starting today to practice incremental steps of obedience. He gives you His grace so that you may extend His grace through you to your mate!