



Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

1 Corinthians 9: 24-27



ACTS2UMC.ORG

“Strength Training”

Relationship Bootcamp Sermon Series

February 19, 2017

Genesis 2:18-25

**John Gottman, *The Seven Principles For Making Marriage Work*
Practice #1 - Enhance Your Love Maps (Genesis 2:18-20)**

How can you get to know your partner better?

Practice #2 - Nurture Your Fondness & Admiration (Genesis 2:23)

How can you celebrate and affirm your partner on a daily basis?

Practice #3 - Turn Towards Each Other (Genesis 2:24)

How can you say "yes, and" to your partner?

Practice #4 - Let Your Partner Influence You (Genesis 2:18)

How can you stand with your partner (decisions, chores, kids, dreams)?

Action Steps – “The Magic Six Hours”

Partings: Before you say good-bye, learn about one thing happening in partner’s day. Time: 2 mins a day x 5 days. Total: 10 mins.

Reunions: Six second hug/kiss and 20 min debrief conversation. Time: 20 mins a day x 5 days. Total: 1 hour 40 mins.

Admiration and Appreciation: Communicate genuine affection and appreciation to spouse. Genuinely say, “I love you.” Time: 5 mins a day x 7 days. Total: 35 mins.

Affection: Show physical affection during day and embrace before going to bed. Time: 5 mins a day x 7 days. Total: 35 mins.

Weekly Date: “Just the two of you,” ask open-ended questions, follow up on each other. Time: 2 hours once a week. Total: 2 hours.

State of the Union meeting: Talk about your relationship *this week* (what went right, give 5 new *specific* appreciations to each other, problem solve, processing “regrettable incidents”, and each person asking and answering “What can I do to make you feel loved this coming week?” Time: 1 hour. **Grand Total: 6 hours.**