

“Love For a Lifetime”

February 5 & 7, 2016

Introduction: In the 10 days following the 1906 San Francisco earthquake which killed 3,000 people, something strange happened... \_\_\_\_\_ surged to four times the normal rate.

Is there someone in your life you are comfortable phoning at 4am to tell your troubles to? If \_\_\_\_\_, you will likely live 1 \_\_\_\_\_!

“L \_\_\_\_\_ is more dangerous than diabetes or obesity.” – W.P.

Harvard psychiatrist, George Vaillant,

“The master strength is the c \_\_\_\_\_ to be loved.”

- Marriage r \_\_\_\_\_ problems, it doesn’t create them.
  - It is more important to \_\_\_\_\_ the right person than to find one.
  - Marital Happiness is reported as a r \_\_\_\_\_ bell curve.
- “Aging is inevitable. M \_\_\_\_\_ is optional.”

- I. Community Wisdom: 1. Make the c \_\_\_\_\_ based on forever.  
2. Change is inevitable. Be willing to a \_\_\_\_\_. 3. Ask for \_\_\_\_\_!  
4. Don’t go to bed \_\_\_\_\_. 5. Laugh, be silly together.  
6. K \_\_\_\_\_, Communication, C \_\_\_\_\_. 7. C \_\_\_\_\_ well!  
8. Pray together depending on God’s grace, power, and outcomes.  
9. Quit keeping \_\_\_\_\_! 10. Lose “should,” “always,” & “never.”

“Don’t expect anything from anyone.” – No.

“Don’t expect everything from anyone.” – Yes. – Cathy Reisenwitz

### II. 25 Years of Experience from Mark & Chantelle

1. C \_\_\_\_\_ can make a wonderful difference. (Preventative/Crisis)
2. Go to sleep at the same time. Rest t \_\_\_\_\_. Set dates and time for difficult conversations that every relationship requires.
3. T \_\_\_\_\_ away together. (Invest – Matthew 6:21)
4. Prioritize your r \_\_\_\_\_, spouse, marriage.
5. Prioritize \_\_\_\_\_. (Matthew 6: 31-34)
6. Three second k \_\_\_\_\_ or longer make a difference every day!

### III. Tips and Tricks for Stronger Relationships

1. Don’t \_\_\_\_\_! (Matthew 7:1-5)
2. Six words required for a relationship to last, grow, and flourish:  
“I am \_\_\_\_\_.” “I \_\_\_\_\_ you.”
3. Kids come \_\_\_\_\_! 4. No s \_\_\_\_\_! (passwords, etc.)

Action Steps: Pray Colossians 3:12-17 together each day this week.

If married, live out Genesis 2:25 this week together.

Intentionally, accept or embrace your partner’s p \_\_\_\_\_/quirks.



Then the LORD God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the LORD God planted a garden in Eden, in the east; and there he put the man whom he had formed...

Then the LORD God said, ‘It is not good that the man should be alone...’

Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh. And the man and his wife were both naked, and were not ashamed.

Genesis 2:7-8, 18a, 24-25

