



## Secrets to A Satisfying Marriage

Adapted from "Home Improvement" series by Rod Loy

Couples often enter into marriage with an ideal, but the ideal quickly becomes an ordeal. Now, years later they are both looking for a new deal. Good marriages are the result of planning, energy, and effort. You cannot have a great marriage and a strong family by accident. You have to work at relationships. In relationships, struggle is not uncommon. If you are in the midst of a struggle you are not alone. Consider the following story:

... a couple has been married 12 years. They have 2 children ages 7 and 10. They started out like any ordinary couple, fell in love, got married and had kids. She immersed herself in the role of mother and wife. He worked full-time and saw his role as provider. He was involved in his kids lives, but not to the full extent that his wife was. She became a stay-at-home mom and was devoted to the kids. During the 10 years of parenthood, these two didn't take a whole lot of time to be alone with one another. Everything they did was with or for the kids. Being a full-time mom, she rarely took time for herself and when she did she felt guilty. She wanted more help from her husband but never asked for this because 1. she shouldn't need help, she should be able to manage on her own like a good mother should and 2. he should know he needs to help out more, she shouldn't have to tell him. Slowly over the years, resentment built up inside of her that she never communicated to her husband. Well, she would communicate subtly, but not in any way that he was able to register and respond to. After 10 years of this, she hit burnout. She began going out and disregarding how her actions impacted her family. She went into an emotional crisis and began acting opposite of her normal self and began taking time for herself, away from her family in large doses. She then met a man that showed interest in her and she engaged in an emotional affair. (It was caught before it got physical).<sup>1</sup>

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<sup>1</sup> Dana Vince, "A Marriage Counseling Success Story," MentalHelp, January 17, 2011, <https://www.mentalhelp.net/blogs/a-marriage-counseling-success-story/> (accessed July 6, 2017).

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## COURAGE

**C1:** Describe your parents' marriage.

**C2:** Describe what a satisfying marriage is to you.

**C3:** Read and answer the following.

**Philippians 2:2 (ESV)** Complete my joy by being of the same mind, having the same love, being in full accord and of one mind.

**Ephesians 4:3 (ESV)** Eager to maintain the unity of the Spirit in the bond of peace.

- From these verses, what two things do you glean that are needed in order for a marriage to be satisfying?
- If you are married, on a scale of 1-4, with 1 being very well and 4 being not very well, rate how eager you are to maintain the unity in your marriage. Write out a plan to improve.

## STRENGTH

**S1:** Read and answer the following.

### **Proverbs 13:17 (ESV)**

- From this verse, what is needed in order for a marriage to be satisfying?
- If you are married, on a scale of 1-4, with 1 being very well and 4 being not very well, rate how well your communication is with your spouse. Write out a plan to improve. If you are not married, listen carefully to responses from the other men in your group.

**S2:** Read and answer the following.

### **Ephesians 4:2 (ESV)**

- From this verse, what is needed in order for a marriage to be satisfying?
- If you are married, on a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on how considerate you are to your spouse. Write out a plan to improve. If you are not married, listen carefully to responses from the other men in your group.

**S3:** Read and answer the following.

**1 Corinthians 13:5 (ESV)**

- From this verse, what is needed in order for a marriage to be satisfying?
- On a scale of 1-4 with 1 being not at all and 4 being all the time, how well do you compromise with the needs of others? Write out a plan to improve.
- Why do you think people struggle with demanding their own way in a relationship?

## ENDURANCE

**E1:** Read and answer the following.

### **Ecclesiastes 9:9 (ESV)**

- From this verse, what is needed in order for a marriage to be satisfying?
- If you are married, on a scale of 1-4, with 1 being very much and 4 being not very much, rate how well you enjoy life with your wife. Write out a plan to romance her this next year. If you are not married, learn from the responses of the married men in your group.

**E2:** Read and answer the following.

### **Malachi 2:16 (ESV)**

### **Ephesians 5:25 (ESV)**

- From these verses, what is needed in order for a marriage to be satisfying?
- On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on your commitment to your wife. Write out a plan to improve. If you are not married, learn from the responses of the married men in your group.

**E3:** Read and answer the following.

**Philippians 2:5 (ESV)**

- From this verse, what is needed in order for a marriage to be satisfying?
  
- On a scale of 1-4, with 1 being very much and 4 being not very much, rate how well Christ is in the center of your marriage. Write out a plan to improve. If you are not married, learn from the responses of the married men in your group.

**E4:** Take thirty days to pray and ask the Holy Spirit how you can demonstrate love to your wife. Then, if you are married, for thirty days commit to demonstrating love to your wife. Describe what happened.