

OVERVIEW

FRIDAY EVENING

⇒ Talk One – “What Is Missing In Our Marriages?”

SATURDAY MORNING

⇒ Talk Two – “Getting On A Different Page Together”

SATURDAY AFTERNOON

⇒ Sidebar – “A Few Minutes About Time” or
“Thin Margins In A Busy-Is-Better World”

⇒ Talk Three – “Growing Together Together”

⇒ Talk One – “What Is Missing In Our Marriages?”

What is missing?

Love, listening, connection, peace, respect, submission, God, spirit, safety, focus, time, trust, comfort, sex, communication, faithfulness, etc.?

Remember culture—

Enlightenment – fragmented truth, thinking, persons, and lives

Remember God’s Grace based message—

God made you to reflect Him

God made you a person, and persons cannot function outside of relationships

Adam’s sin shattered relationships: with God, others, and ourselves.

Christ’s work transforms relationships and the persons in them.

Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. Ephesians 5:1-2

The Problematic patterns of a typical marriage

HMT pages 30-31, and pages 66-67

Appendix D1 and D2 Worksheets

What is missing?

Understanding that we understand each other

“Feeling felt.”

Curiosity about the other

Risking honesty (with ourselves first, then our spouse)

Priority on with and together, rather than winning and defending

First step toward safe and trusting connection?

Seeing our disconnecting dance

Hearing the music we dance to

Altering the dance toward connection

HMT pages 124-129

⇒ Talk Two – “Getting On A Different Page Together”

Scott and Missy

- Focus on the other

- Benevolent Pressure

- Hug until Relaxed

- Move the relationship toward trust and safety

- Good behavior (success) is not the goal: trying to give what the other needs is the goal.

- Serving the other through the relationship is the goal (not getting what you deserve).

HMT: Sharing the softer emotions, pages 42-49

HMT: A. R. E., pages 49-50;

A.R.E. questionnaire and exercises, pages 57-60

(HMT: Seven Conversations Overview, pages 50-61)

⇒ Sidebar – “A Few Minutes About Time”

or

“Thin Margins In A Busy-Is-Better World”

- Our world forces us to focus on activity and performance
- Most often this reduces the white space in our lives; reduces the moments we can choose to do what we are moved to do.
- It becomes VERY difficult to live our lives wholeheartedly, rather we live mostly by strategic plan which is often hollow and enemic due to its primarily cognitive foundation.
- Make time to do nothing together. Make time say nothing to each other to enjoy being together. Make time to look into each other's eyes.
- Determine to establish a relationship centered life-style in all you do: your work, marriage, family, friendships, church life, discipleship, everything.
- Take your life back, each of you, and as a couple

⇒ Talk Three – “Growing Together Together”

HMT: Conversation Four, Hold me tight, pages 141-143; 152-153; 162-163

HMT: Conversation five, Forgiving Injuries, pages 165-183

Some thoughts about Touch

HMT: Page 185

Find your own heart, including the quieted parts

Start speaking more of your heart

Start looking for your spouse's quiet parts

Grow curiosity

Ask questions

Ask more questions

Sit together in your togetherness

Find comfort in each other

Pursue A.R.E.

Check up on Accessibility, Responsiveness, and Engagement.

Does your spouse see and feel it?

Disempower relapse, let go of defense, open your heart, and

TAKE CARE OF EACH OTHER

BIBLIOGRAPHY

Johnson, Sue. *Hold Me Tight: Seven Conversations for a Lifetime of Love*. New York, NY: Little Brown and Company, 2008.

<http://smile.amazon.com/Hold-Me-Tight-Conversations-Lifetime/dp/031611300X>