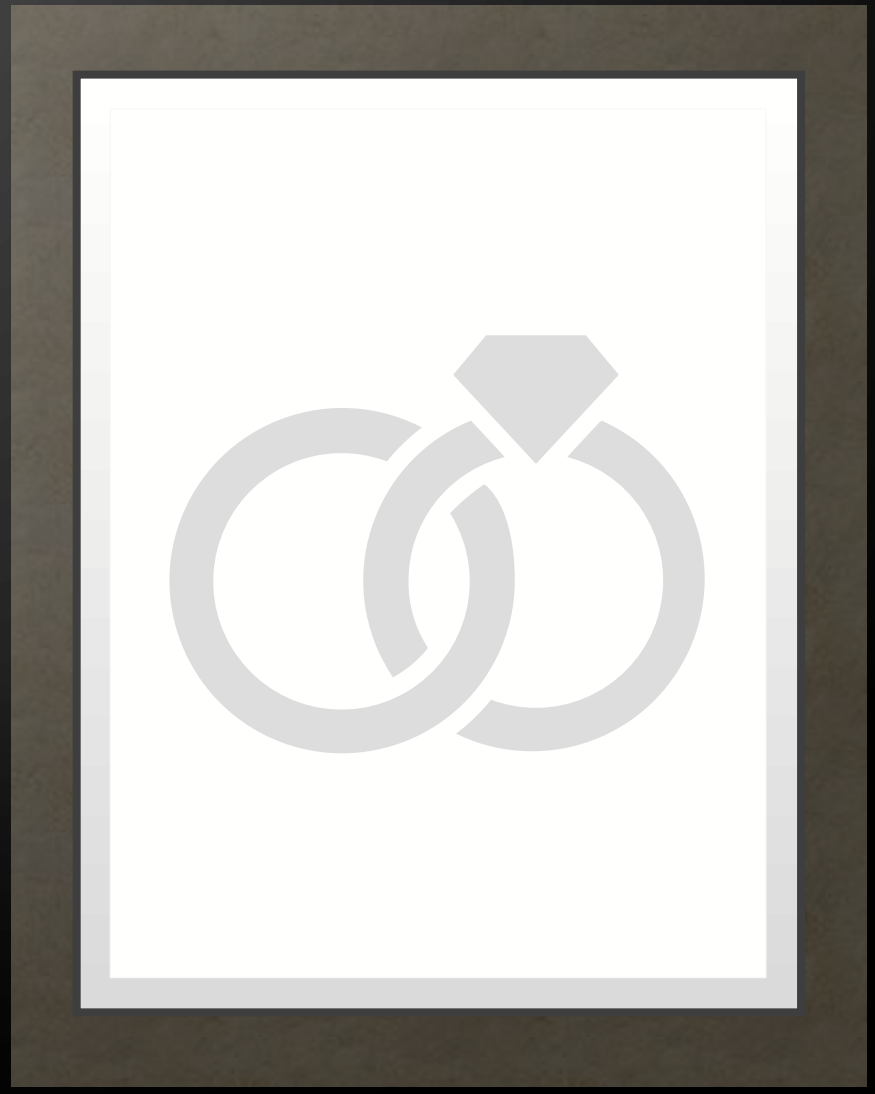
GUARDING YOUR MARRIAGE IN MINISTRY

-Jennifer Gonzalez, MA, LPC-S



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MARRIAGE IDENTITY

Us-ness

The Essential Humility of Marriage

Terry D. Hargrave Ph.D

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US-NESS

- Us-ness is the relationship. It transcends each person in the relationship but depends on the individuals to keep it alive.
- Hargrave states “the real heart of what makes a marriage satisfying and happy is a strong and vital “us”. Learning to sacrifice for the good of the relationship benefits the relationship and each person individually.

- Hargrave states “Most couples are totally unaware of how their marriages slowly fell apart to be eventually destroyed by irresponsible and destructive actions.” People do not obviously start out this way but often end up in a trap in which they cannot free themselves. They find themselves in the counseling office well past the most opportune time to seek help.

- Reaching out for help, counsel, guidance, connection is not a weakness, it is a strength.

MARRIAGE TYPES

- **Vitalized Marriages**

✓ high level of satisfaction, are able to share feelings and resolve conflict. Relate well sexually. Agree mostly on parenting and financial issues. A strong couple identity. Us-ness!

- **Harmonious Marriages**

✓ moderate degree of satisfaction. Able to reasonably communicate and resolve conflicts. Strong sexual feelings and can agree on financial issues but not always on parenting issues. These couples will seek therapy for a variety of reasons. The "us-ness" factor is not going to be as evident.

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MARRIAGE TYPES

- **Traditional Marriages**

✓ less comfortable with sharing feelings and have difficulty with conflict. Emotional dynamics are less satisfying. Less connectedness both in communication and emotions but consistent in the activities of marriage.

- **Conflicted Marriages**

✓ Not able to easily express feelings, cannot resolve conflict and finances and parenting decisions are difficult. Sexual satisfaction is low.

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MARRIAGE TYPES

- **Devitalized Marriages**

✓ are highly dysfunctional in every area – feelings, finances, parenting, communication and sex.

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CULTIVATING US-NESS

It is never too late to cultivate refreshment in a marriage – to grow us-ness!

FACTORS AFFECTING MARRIAGE

- Communication
- Conflict Resolution
- Partner Style and Habits
- Financial Management
- Leisure Activities
- Personal Stress and Health
- Sexual Experience
- Family and Friends
- Relationship beliefs
- Spiritual Beliefs
- Relationship dynamics
- Marriage and Parenting Expectations

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RIPPLE EFFECT

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What you focus on matters!

- Choose your thoughts wisely.
- Focus on Truth!
- Evaluate your priorities
- Practice Gratitude (morning and night)
- Be quick to forgive
- Choose Kingdom eyes!

GOOD MARRIAGES TAKES WORK!

- Choose your hard

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Philippians 4:8

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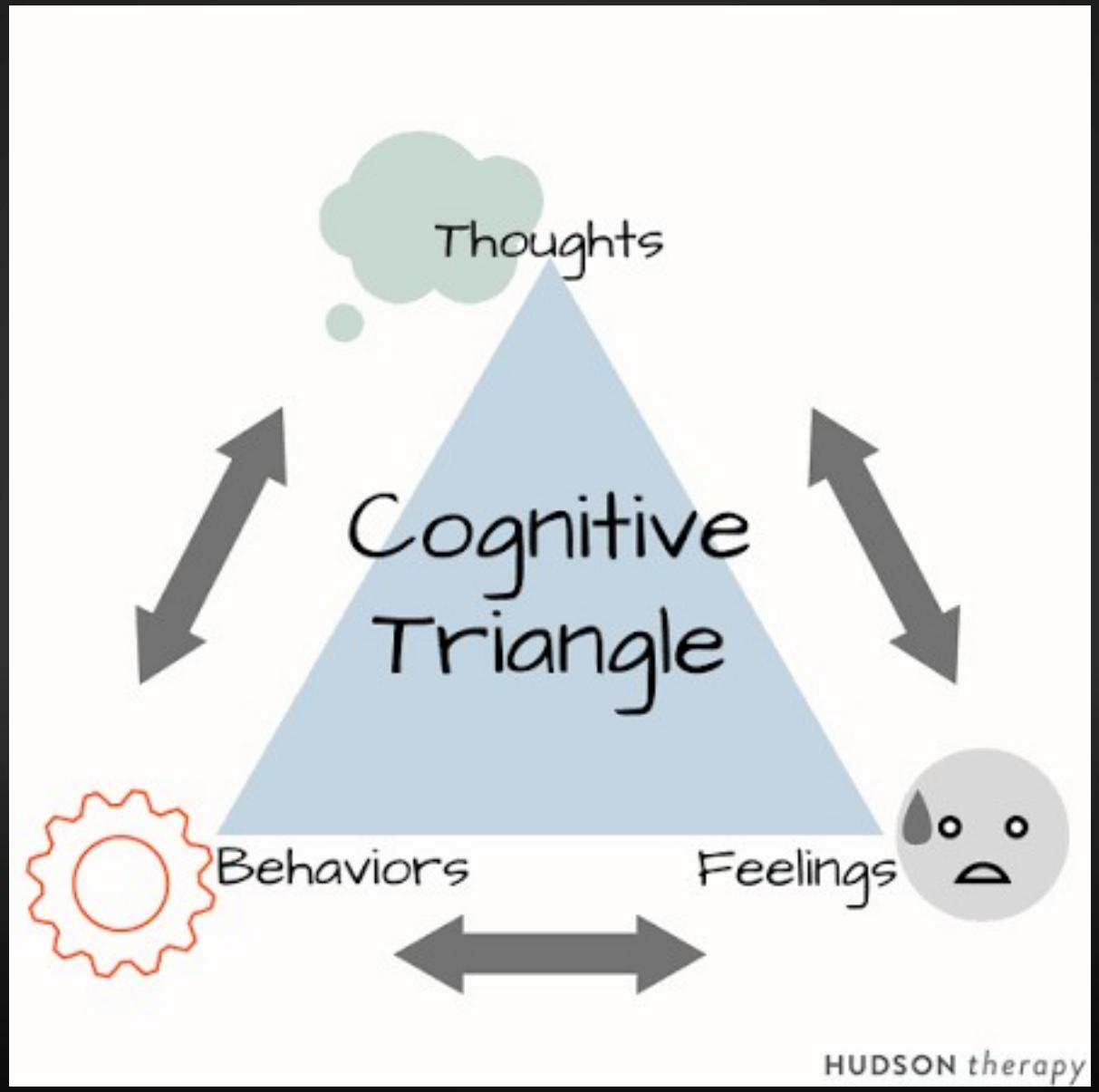

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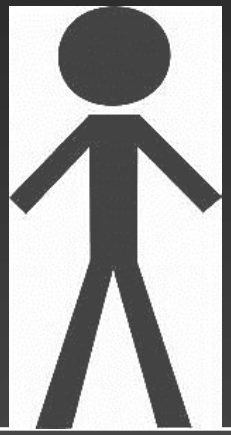
Take care of you own health.

- Mentally
- Physically
- Emotionally
- Spiritually
- Relationally

5 LIFE PILLARS



Your Foundation

SPIRITUAL

PHYSICAL

PSYCHOLOGICAL

EMOTIONAL

RELATIONAL

Jesus!

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- Self Care Assessment

Text SELF to 77007

to receive link to the

assessment or capture

the QR code.

PDF available at

LifeRecovered.com

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Rebar adds the necessary strength to the pillar.

Be intentional!

- Make time for them every day. (what can I do for you today? How can I pray for you today? Check in)
- Communicate intentionally. (I statements, active listening)
- Continue to date each other. (Get Creative!)
- Choose them. (This relationship is forever.)
- Define expectations. (marriage, ministry, parenting)

- You must be intentional.
- You will not FIND time, you must MAKE it.
- Change takes a plan.

- One chooses to change when the pain of staying the same outweighs the pain of change.

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YOU ARE NOT ALONE!

Psalm 46:1

God is our refuge and strength;
a very present help in times of
trouble.

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TEXT TO 77007

- Self – self care assessment/tips
- Cope – 100 Healthy Coping Skills
- Jennifer Gonzalez-(806)416-9526

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