

The Art of Loving & Laughing
Andy Deane · 4/23/2023 · Marriage, Part 2

Genesis 2:24, *That is why a man leaves his father and mother & is united to his wife, & they become one flesh.*
1 Thessalonians 5:23, *...May your whole spirit, soul & body be kept blameless at the coming of our Lord Jesus...*

Because humans are body, soul, & spirit, married couples must cultivate each of those aspects of intimacy.

Love Your Spouse: by focusing on your FRIENDSHIP (soul)

- John 15:15, *I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.*
- Similarly, our communing through sharing one's life, thoughts, fears, and concerns cultivates friendship.
 1. Set aside time daily for sharing and listening well.
 2. Be careful of intimacy killers.
 3. Enjoy activities & hobbies together.
 4. Establish a weekly date night.
- Deuteronomy 24:5, *If a man has recently married, he must not be sent to war or have any other duty laid on him. For one year he is to be free to stay at home and bring happiness to the wife he has married.* _____

Love Your Spouse: by focusing on your SEXUALITY (body)

1. With your spouse exclusively: Proverbs 5:15-17, *Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers.*
 - Eyes = exclusive: Job 31:1, *I made a covenant with my eyes not to look lustfully at a young woman.*
 - Thoughts = exclusive: Matthew 5:28, *But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*
 - Actions = exclusive: 1 Corinthians 6:18, *Flee from sexual immorality...*
2. Think about the blessings sex brings: Proverbs 5:18, *May your fountain be blessed, and may you rejoice in the wife of your youth.*
 - Children (sometimes), a more stable family life, etc.
 - Pleasure, strength over temptation, intimacy (oneness).
3. Improve your satisfaction in sex: Proverbs 5:19, *A loving doe, a graceful deer—may her breasts satisfy you always, may you ever be intoxicated with her love.*
 - By aiming to serve your spouse's needs & through loving communication of your desires.
 - Hebrews 13:4, *...the marriage bed kept pure...*
 - Song of Solomon 7:10-13, *I belong to my beloved, and his desire is for me. Come, my beloved, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom— there I will give you my love. The mandrakes send out their fragrance, and at our door is every delicacy, both new and old, that I have stored up for you, my beloved.*

Love Your Spouse: by focusing your SPIRITUALITY (spirit)

- Hebrews 11:6, *...whoever draws near to God must believe that he exists & that he rewards those who seek him*
1. Schedule daily prayer
 - Colossians 4:2, *Devote yourselves to prayer...*
 - RINGS Prayer Model: Real, Intentions, Needs, Grateful, Someday
 2. Attend church together
 3. Invest in your marriage spiritually
 - Text "MARRIAGE" to (951)425-4425 to view the Cornerstone Marriage Resource Page.
 - Text "COMEDY" to (951)425-4425 to register for our Funny How Marriage Works Comedy event at Cornerstone on June 24th and use the discount code "LAUGH" to receive an exclusive 20% discount for our Cornerstone family.