

Rekindling Romance In Marriage



How To Reignite The Fire Of Romance In Marriage

"How To Build Strong & Healthy Relationships" "How To Rekindle Romance In Marriage"

The Bible teaches our marriage is either growing together or drifting apart. It does not stand still. So what do we do when the thrill is gone - the romance has fizzled - how do we rekindle/reignite our first love?

"You have forsaken your first love. Remember the height from which you have fallen? Repent and do (return to doing) the things you did at first." Revelation 2:4-5 (NIV)

How Relationships Deteriorate
Romance ↔ Reality ↔ Rut ↔ Resentment ↔ Regrets

How To Reignite The Fire Of Romance In Marriage

1. _____ ... Intellectual Intimacy

*"... Live together in love, as though you had only one mind and one spirit between you ... Look to each other's interests, not merely your own."
Philippians 2:2+4 (Ph/NEB)*

2. _____ ... Emotional Intimacy

*"Give encouragement to each other and keep strengthening each other."
I Thessalonians 5:11 (JB)*

*"...take delight in honoring each other."
Romans 12:1 (LB)*

3. _____ ... **Physical Intimacy**

"Husbands... be affectionate!" Ephesians 5:19 (Amp)

"Isaac was sporting with Rebekkah his wife." Genesis 26:8 (KJV)

4. _____ ... **Recreational Intimacy**

"Enjoy life with your wife whom you love... "
Ecclesiastes 9:9 (NIV)

"... God richly provides us with everything for our enjoyment."
1 Timothy 6:17 (NIV)

"Jesus came enjoying life..." Matthew 11:19 (Ph)

5. _____ ... **Spiritual Intimacy**

"If we are living in the light of God's presence...then we have
wonderful fellowship and joy with each other..." 1 John 1:7 (LB)

Personal Study

September 3, 2006

Getting Started

When it comes to building a fire how good are you? If you had an endless supply of wood and your life depended on your ability to light a fire and keep it going, how long would you stay alive?

This weekend we talked about five active ingredients we need to do to reignite the fire of romance in our marriage. First score this from your perspective, as you see it, and then have your spouse score it from their perspective of you as they see it. And then reverse it. They score themselves and you score them. For example you're your perspective how much positive attention do you give your spouse? Now how your spouse answer the same question about you from their perspective. From your spouse's perspective how much positive attention do you give them? Repeat this for all the questions and discuss the differences you have. Remember, when we fear our faults we get defensive.

Attention		
Little Positive Attention	1 2 3 4 5 6 7 8 9 10	A Lot Of Positive Attention
Affirmation		
Little Positive Affirmation	1 2 3 4 5 6 7 8 9 10	A Lot Of Positive Affirmation
Affection		
Little Positive Affection	1 2 3 4 5 6 7 8 9 10	A Lot Of Positive Affection
Adventure		
Little To No Fun & Adventure	1 2 3 4 5 6 7 8 9 10	A Lot Of Fun & Adventure
Accordance		
Little To No Spiritual Closeness	1 2 3 4 5 6 7 8 9 10	A Lot Of Spiritual Closeness

Going Deeper... From the previous exercise:

When it comes to Attention ... what do you as a couple need to stop doing and what do you need to start doing to build this area of your marriage to feed the fire of romance? List some practical things you can stop doing and start doing ...

When it comes to Affirmation ... what do you as a couple need to stop doing and what do you need to start doing to build this area of your marriage to feed the fire of romance? List some practical things you can stop doing and start doing ...

When it comes to Affection ... what do you as a couple need to stop doing and what do you need to start doing to build this area of your marriage to feed the fire of romance? List some practical things you can stop doing and start doing ...

When it comes to Adventure ... what do you as a couple need to stop doing and what do you need to start doing to build this area of your marriage to feed the fire of romance? List some practical things you can stop doing and start doing ...

When it comes to Accordance ... what do you as a couple need to stop doing and what do you need to start doing to build this area of your marriage to feed the fire of romance? List some practical things you can stop doing and start doing ...

Pick one action from each area above and purpose to do it this week.