

COVENANT MARRIAGE

BUILDING COMMUNICATION & INTIMACY¹

- I. CONTRACT MARRIAGES
 - A. Understanding Contracts
 - B. Contract Characteristics
 - 1. Contracts Are Most Often Made for a Limited Period of Time
 - 2. Contracts Most Often Deal with Specific Actions
 - 3. Contracts Are Based on an “If ..., Then....” Mentality
 - 4. Contracts Are Motivated by the Desire to Get Something We Want
 - 5. Contracts Are Sometimes Unspoken and Implicit
- II. COVENANT MARRIAGES
 - A. Covenants in Scripture
 - B. Covenant Characteristics
 - 1. Covenants Are Initiated for the Benefit of the Other Person
 - 2. In Covenant Relationships, People Make Unconditional Promises
 - 3. Covenant Relationships Are Based on Steadfast Love
 - 4. Covenant Relationships View Commitments as Permanent
 - 5. Covenant Relationships Require Confrontation and Forgiveness
- III. COVENANT MARRIAGES: DREAM OR REALITY?
 - A. Finding the Answer John 13:12-17
 - B. Applying the Principle of Servanthood
 - C. A Personal Covenant with God
- IV. COMMUNICATION: THE ROAD TO INTIMACY
 - A. God’s Divine Example
 - B. The First Step
- V. UNHEALTHY PATTERNS OF COMMUNICATION
 - A. The Four “Fowls”
 - 1. Dove: “I Want Peace at Any Price”
 - 2. Hawk: “It’s Your Fault”
 - 3. Owl: “Let’s Be Reasonable”
 - 4. Ostrich: “Ignore It and It Will Go Away”
 - B. Establishing Healthy Patterns
- VI. FIVE LEVELS OF COMMUNICATION
 - A. Level 1: Hallway Talk—“Fine, how are you?”
 - B. Level 2: Reporter Talk—“Just give me the facts.”
 - C. Level 3: Intellectual Talk—“Do you know what I think?”
 - D. Level 4: Emotional Talk—“Let me tell you how I feel.”
 - E. Level 5: Loving, Genuine Truth Talk—“Let’s be honest.”
- VII. IDENTIFYING OUR DIFFERENCES
 - A. *Opposites Attract*
 - 1. *Morning Persons and Night Persons*

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2. *Dead Seas and Babbling Brooks*
 3. *The Neatnik and the Slob*
 4. *Aggressive Persons and Passive Persons*
 5. *Organized and Spontaneous*
 6. *The Professor and the Dancer*
 7. *The Reader and the TV Addict*
 8. *Coach or First Class*
 9. *Sunday-Morning and Wednesday-Night Christians*
- VIII. MAKING DIFFERENCES AN ASSET
- A. *Unity, Not Uniformity*
 - B. *Turning Differences into Assets*
- IX. EMOTIONAL INTIMACY
- A. *Handling Negative Emotions*
 - B. *Meeting Emotional Needs*
 1. *Love*
 2. *Respect*
 3. *Appreciation*
- X. INTELLECTUAL INTIMACY
- A. *The Art of Listening*
 - B. *Creating a Climate for Intellectual Communication*
- XI. SEXUAL INTIMACY
- A. *Purposes of Sexual Intercourse*
 - B. *Sexual Differences in Marriage*
 1. *Sexual Need*
 2. *Arousal Patterns*
 3. *Sexual Response*
 - B. *Creating Sexual Oneness*
 1. *Commitment*
 2. *Communication*
 3. *Love*
 4. *Privacy*
- XII. SPIRITUAL INTIMACY
- A. *Spiritual Growth*
 - B. *Spiritual Intimacy*
 - C. *Methods of Developing Spiritual intimacy*
 1. *Conversation*
 2. *Praying Together*
 3. *Studying the Scriptures*
 4. *Serving God Together*
 5. *Dreaming Together*