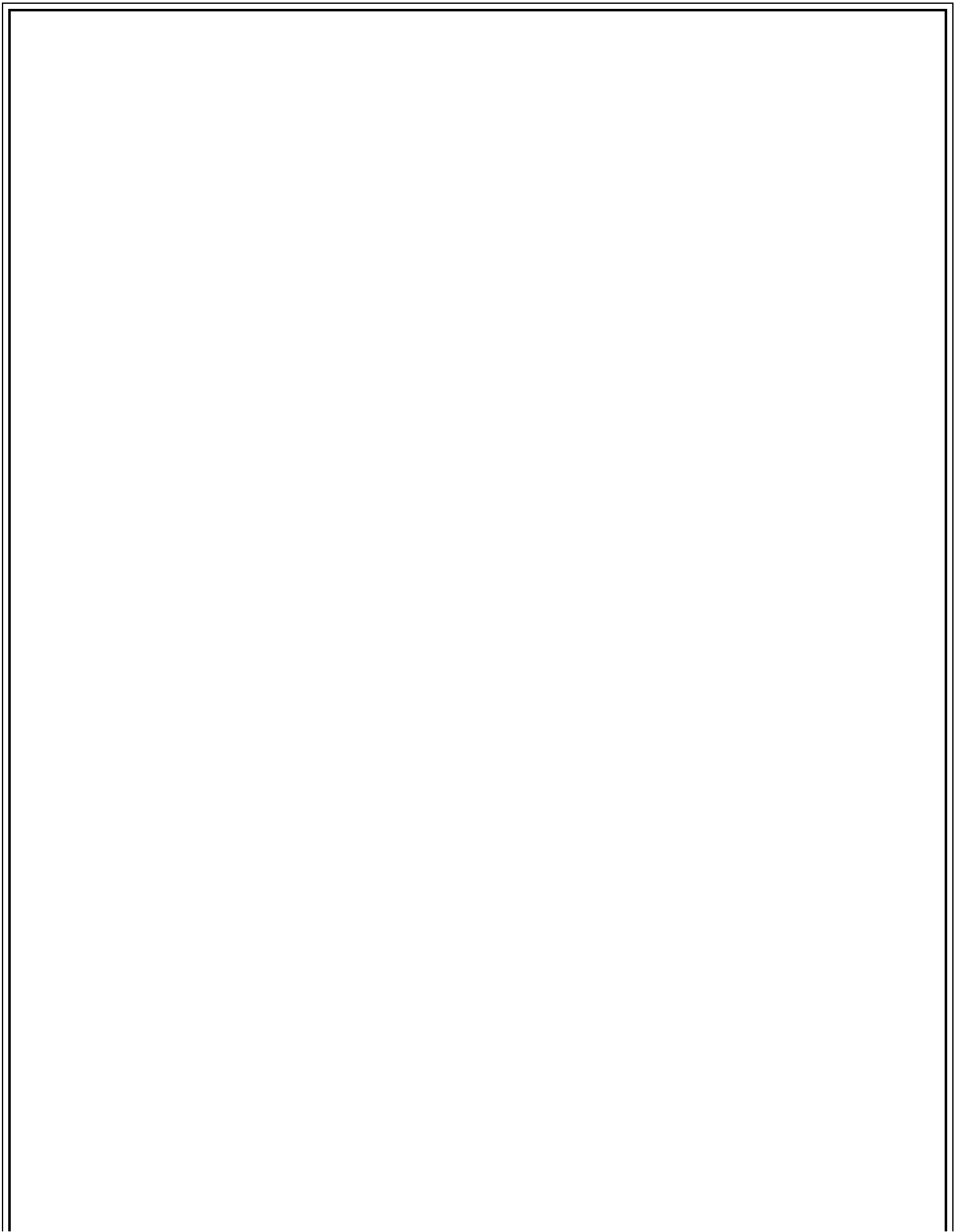




DISTRACTED
marriage



Goals

- *To gain a clearer picture of how we will bring glory to God and joy to each other*
- *To identify distractions from that vision so we can more fully enjoy what we have*
- *To agree to ongoing actions that will help us overcome distractions and feel like we're making progress toward our vision*

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Schedule

To overcome the problems of distraction in your marriage...

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Give your marriage the attention it needs

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Worship

For the eyes of the Lord are on the righteous
and his ears are attentive to their prayer
1 Peter 3:12

Schedule

Friday

Your agenda

8:00 PM

Saturday

-- Breakfast --

Give your marriage the attention it needs – 9 AM

– Break –

Build your connection by taking time

– Lunch –

Tune in to each other – 1 PM

– Break –

Practice struggle-stoppers

DATE NIGHT – 4:00 PM

Sunday

-- Breakfast --

"Special-ize" your marriage – 9 AM

Worship

Checkout – 11 AM

Give your marriage the attention it needs



A distraction is...



Use the Bible story to draw as many conclusions as you can

about _____ to you.

Genesis 3:8–11

⁸ Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden.

⁹ But the LORD God called to the man, “Where are you?”

¹⁰ He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”

¹¹ And he said, “Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?”

Genesis 11:1–9

Now the whole world had one language and a common speech. ² As men moved eastward, they found a plain in Shinar and settled there.

³ They said to each other, “Come, let’s make bricks and bake them thoroughly.” They used brick instead of stone, and tar for mortar. ⁴ Then they said, “Come, let us build ourselves a city, with a tower that reaches to the heavens, so that we may make a name for ourselves and not be scattered over the face of the whole earth.”

⁵ But the LORD came down to see the city and the tower that the men were building. ⁶ The LORD said, “If as one people speaking the same language they have begun to do this, then nothing they plan to do will be impossible for them. ⁷ Come, let us go down and confuse their language so they will not understand each other.”

⁸ So the LORD scattered them from there over all the earth, and they stopped building the city. ⁹ That is why it was called Babel—because there the LORD confused the language of the whole world.

Exodus 24:9–12

⁹ Moses and Aaron, Nadab and Abihu, and the seventy elders of Israel went up ¹⁰ and saw the God of Israel. Under his feet was something like a pavement made of sapphire, clear as the sky itself. ¹¹ But God did not raise his hand against these leaders of the Israelites; they saw God, and they ate and drank.

¹² The LORD said to Moses, “Come up to me on the mountain and stay here, and I will give you the tablets of stone, with the law and commands I have written for their instruction.”

Matthew 8:23–27

²³ Then he got into the boat and his disciples followed him. ²⁴ Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. ²⁵ The disciples went and woke him, saying, “Lord, save us! We’re going to drown!”

²⁶ He replied, “You of little faith, why are you so afraid?” Then he got up and rebuked the winds and the waves, and it was completely calm.

²⁷ The men were amazed and asked, “What kind of man is this? Even the winds and the waves obey him!”

Luke 15:1–7

Now the tax collectors and “sinners” were all gathering around to hear him. ² But the Pharisees and the teachers of the law muttered, “This man welcomes sinners and eats with them.”

³ Then Jesus told them this parable: ⁴ “Suppose one of you has a hundred sheep and loses one of them. Does he not leave the ninety-nine in the open country and go after the lost sheep until he finds it? ⁵ And when he finds it, he joyfully puts it on his shoulders ⁶ and goes home. Then he calls his friends and neighbors together and says, ‘Rejoice with me; I have found my lost sheep.’ ⁷ I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

Luke 22:54–62

⁵⁴ Then seizing him, they led him away and took him into the house of the high priest. Peter followed at a distance. ⁵⁵ But when they had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. ⁵⁶ A servant girl saw him seated there in the firelight. She looked closely at him and said, “This man was with him.”

⁵⁷ But he denied it. “Woman, I don’t know him,” he said.

⁵⁸ A little later someone else saw him and said, “You also are one of them.”

“Man, I am not!” Peter replied.

⁵⁹ About an hour later another asserted, “Certainly this fellow was with him, for he is a Galilean.”

⁶⁰ Peter replied, “Man, I don’t know what you’re talking about!” Just as he was speaking, the rooster crowed. ⁶¹ The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: “Before the rooster crows today, you will disown me three times.” ⁶² And he went outside and wept bitterly.

Communication Strategy 1

The 5 minute _____ plan

1. What did you most enjoy about your _____ today?
2. What do you wish could change about your _____ today?
3. How can things be made _____ for each of us?

**Privately, _____ of this plan
(1=lo...5=hi).**



Determine

- a) your group's average _____ &
- b) and 2 _____

Communication Strategy 2

Self-disclosure - _____

- deeply personal _____ & _____
- innermost _____ and _____
- _____



List four observations about _____.



Determine a "_____" or "_____" that first belonged to one of you and now you've adopted it together.

Communication Strategy 3

Assertiveness and _____ statements

- assertive: clear about my needs, likes, etc.
- "I" statements : communicate feelings and facts without placing blame.



Write a "you" statement that will create _____ and an "I" statement that doesn't communicate _____ for the same situation.

- "**You** are so..."
- "**I** feel _____ when you..."

Communication Strategy 4

Practice active listening through _____

- Helps you get the feeling and the content
- Clarifies
- Helps the other feel understood
- Keeps the conversation on task



Write 2 responses of a spouse practicing active listening:
one responding to your previous _____ statement and one
responding to your _____ statement.

Communication Strategy 5

Daily _____

- One-a-day
- Once a week, unique



List as many _____ as you can that a husband/wife
might say to his/her spouse.

Our plan to give our marriage the attention it needs

What will I do to make it more likely that my spouse might say:

- I am very satisfied with how we talk to each other.
my action:
- My spouse understands how I feel.
my action:
- I find it easy to express my true feelings to my spouse.
my action:
- My spouse is a very good listener.
my action:
- My spouse does not make comments that put me down.
my action:



What will we do to continue what we've practiced?

- Five minute daily dialogue plan--
our plan:
- Assertiveness and "I" statements--
our plan:
- Self-disclosure – revealing--
our plan
- Active listening through paraphrasing--
our plan:
- Daily compliments--
our plan:

Build your connection by taking time



Use the "Time Passages" (Appendix A, p. 27) to draw three conclusions about _____ .



Create two lists:

Time-_____

Time-_____



Write 3 words that describe _____ .

Write 3 words that describe _____ .



Use the "_____ ?" Appendix B

(p. 28) to discuss your daily schedules



1. Become aware of the _____

2. Identify _____ of distraction

Privately, review the "Tips on Fighting _____ and Making Time"
(Appendix C, p. 29). Choose 3 you would like to try.



Compare your choices with your spouse's choices.

3. Rediscover _____

4. Set _____

5. Learn to say "no" to _____

Our plan to build our connection by taking time



What will we do to continue what we've practiced?

- See time from a biblical perspective--
our plan:

- Identify time suckers and time savers--
our plan:

- Find new ways to spend time together--
our plan:

- Identify sources of distraction (see Tips on Fighting Distraction)--
our plan:

- Rediscover conversation--
our plan:

- Set boundaries--
our plan:

- Learn to say no to good ideas--
our plan:

Tune in to each other



Use the “_____” passages, Appendix D, (p. 31) to describe two reactions to being “_____” with God.

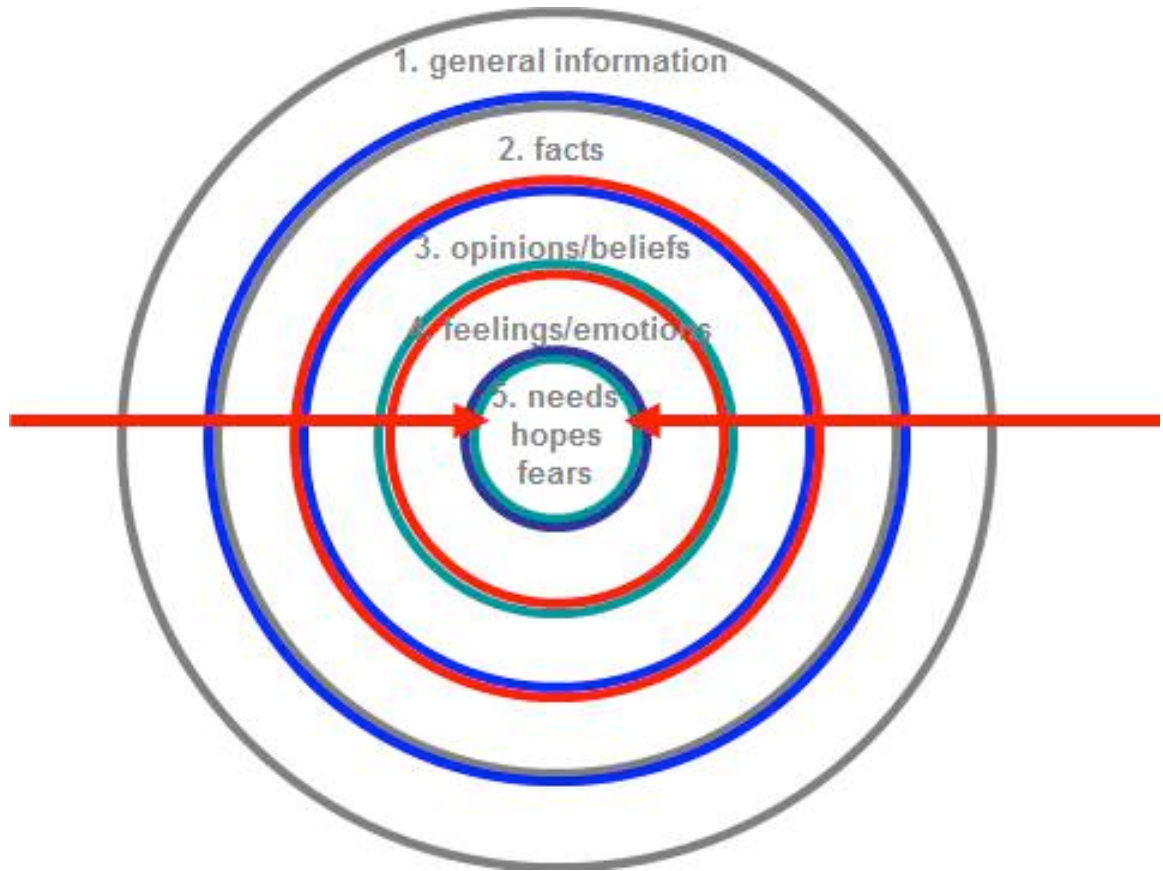


Your spouse’s view from the mountain top

1. As you look out at _____, what do you see?
2. As you look at _____, what do you see?
3. As you look at _____, what do you see?
4. As you look at _____, what do you see?



Identify four obstacles to _____: two internal and two external.



Three things I really like about the way you _____ with me.

-
-
-

One thing I would like you to change about the way you _____
with me.

Our plan to tune in to each other



What will we do to continue what we've practiced?

- Discover how things look to each other "from the mountaintop?"--
our plan:

- Identify obstacles to listening--
our plan:

- Build on our communication strengths--
our plan:

- Make changes about how we communicate--
our plan:

Practice struggle-stoppers

1. Practice _____ maintenance



From what you've learned so far today, identify 3 things a spouse can do as "_____ maintenance."

2. Don't confuse the _____ with the _____ of the struggle.



Identify both the stated reason _____ and the real reason _____ of the struggle in each example, Appendix E. (p. 32)

3. Know when you feel _____; & say so



One or both might feel _____ of something.
Brainstorm as many "_____" as you can.

4. Forgive



For every _____, people seek an equal and opposite _____ . Recall 2 Bible stories that illustrate that truth.



Use Colossians 1:13-14 and 1 John 1:9 to write a definition of _____.

- Col 1:13–14
For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.
- 1 John 1:9
If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.



For us, to “forgive my spouse”

means...

-
-

does not mean...

-
-

Actions of forgiveness

Give _____

Give _____

Give _____



From your experience, record one _____ about each of the 3 actions of forgiveness.

- 5. Ask yourself, "What do I want this _____ to turn into?" and "Is this struggle _____ it?"**



Determine 2 tips to help someone _____ to ask these questions.

Our plan to practice struggle-stoppers



What will we do to continue what we've practiced?

- Practice preventive maintenance--
our plan:

- Distinguish the content from the cause of our disagreements--
our plan:

- Know when I feel deprived and say so--
our plan:

- Forgive and do the actions of forgiveness--
our plan:

- "What do we want this struggle to turn into?" and "Is this struggle worth it?"--
our plan:

“Special-ize” your marriage

- 1. Know what your spouse _____ and _____ & communicate what you _____ and _____.**



Privately, prepare to answer your spouse’s question, “What do you _____ _____?”

- 2. Provide something _____**



Privately, prepare to tell your spouse 4 details you _____ about his/her life, work, talents, looks, actions, etc.

3. Create _____ and _____



A current _____ I like is...

Maybe we could create a _____ about...

4. Set _____



One thing I will do to _____ our time together is...

5. Infuse _____



I liked it when you put _____ into...

Our plan to “special-ize” our marriage



What will we do to continue what we’ve practiced?

- Know what your spouse wants & loves --
our plan:

- Communicate what you want and love--
our plan:

- Provide something extra--
our plan:

- Create rituals and traditions--
our plan:

- Set boundaries--
our plan:

- Infuse energy--
our plan:

Worship

P: In the name of the Father, Son and Holy Spirit.

**All: We leave here today,
bound together by God's love for us,
by our love and respect for each other,
and by a renewed commitment to our marriage.
Come, Lord Jesus, be our guest. Amen.**

Song

**Because You loved us first, O Lord,
In Your holy Son,
We know Your love has brought us here;
You have made us one.**

***Refrain:*
Take our love, O Lord, and make it right;
Shine it in the fearful night.
We believe with all our might:
You have made us one.**

**The joy that shouts from deep within
Cannot be contained.
We know that in this love You sent,
We will now remain. *Refrain***

**Join our hands around the cross;
Fold them close in prayer.
And when we look beyond that cross,
We will see You there. *Refrain***

Text and tune: © 1976 Doris Novak. Setting: Carl Nolte

Meditation

F

R

I

E

N

D

S

Song

Your love, O God, has called us here,
for all love finds its source in You,
The perfect love that drives out fear,
the love that Christ makes ever new.

O gracious God, You consecrate
all that is lovely, good and true,
Bless those who in Your presence wait
and ev'ry day their love renew.

Pastor: Come with us now as we leave this place.

All: Together we commit ourselves to You, Lord.

**Husbands: I reaffirm my vows to you, _____,
I promise to love you
and cherish you all the days of my life.
When the whole world crashes in
and you're sick or afraid or discouraged,
I promise to stay beside you
and pray for you
and remind you of the truth.
I promise to lead you the way God intended.
I will hold you up when you cannot go another step,
and I will remind you what love means
when you're tempted to forget.
Where you are, I will be,
and that place will be our home.
I consider you God's greatest gift.
And so I promise to be faithful to our love
and careful with your heart.
Until I draw my final breath.**

**Wives: I reaffirm my vows to you, _____,
I promise to love you
and cherish you all the days of my life.
When the whole world crashes in
and you're sick or afraid or discouraged,
I promise to stay beside you
and pray for you
and remind you of the truth.
I promise to trust you to lead me the way God intended.
I will hold you up when you cannot go another step,
and I will remind you what love means
when you're tempted to forget.
Where you are, I will be,
and that place will be our home.
I consider you God's greatest gift.
And so I promise to be faithful to our love
and to respect you.
Until I draw my final breath.**

**Both: In the power of Jesus Christ, I commit to you as long as we
both shall live. Amen, it shall be so.**

sing

O God of love, inspire our life;
reveal Your will in all we do.
Join ev'ry husband, ev'ry wife
in mutual love and love for You.

*Text: Schulz-Wildmar
Tune: Kristen Koepsell*

Blessing

Time passages, Appendix A

There was evening and there was morning – **the first day**....There was evening and there was morning – **the second day**. Etc. *Ge 1:5, 8, 13, 19, 23, 31*

Sarah became pregnant and bore a son to Abraham in his old age, at the very **time God had promised** him. *Ge 21:2*

Where were you when I laid the earth's foundation? Do you watch when the doe bears her fawn? Do you count the months till they bear? Do you know the **time** they give birth? *Job 39:1–2*

There is a **time** for everything, and a season for every activity under heaven:

a **time** to be born and a **time** to die,
a **time** to plant and a **time** to uproot,
a **time** to kill and a **time** to heal,
a **time** to tear down and a **time** to build,
a **time** to weep and a **time** to laugh,
a **time** to mourn and a **time** to dance,
a **time** to scatter stones and a **time** to gather them,
a **time** to embrace and a **time** to refrain,
a **time** to search and a **time** to give up,
a **time** to keep and a **time** to throw away,
a **time** to tear and a **time** to mend,
a **time** to be silent and a **time** to speak,
a **time** to love and a **time** to hate,
a **time** for war and a **time** for peace. *Ec 3:1–8*

But when the **time** had fully come, God sent his Son. *Ga 4:4–5*

Jesus said, “My **time** has not yet come.” (before turning water into wine) *Jn 2:4*

As long as it is day, we must do the work of him who sent me. Night is coming, when no one can work. *Jn 9:4*

Now a man named Lazarus was sick...the sisters (Mary and Martha) sent word to Jesus, “Lord, the one you love is sick.” ... Yet when he heard that Lazarus was sick, he stayed where he was **two more days**. *Jn 11:1–6*

[God] determined the **times** set for them and the exact places where they should live. *Ac 17:26*

He has **set a day** when he will judge the world with justice. *Ac 17:30--31*

The city (heaven) **does not need** the sun or the moon to shine on it...there will be no night there. *Re 21:23*

The **time** is near...Behold, I am coming soon. *Re 22:10–12*

Where does the time go?, Appendix B

1. What time do I get up?
2. When do I have breakfast? With whom?
3. When do I leave for work?
4. When do I get home?
5. How often do we go out together in the evening?
6. How much time do we spend together, just the two of us, at home?
7. How often do we make love?
8. How much time do we spend with the kids?
9. How much time do we spend with friends?
10. How much time do I spend on my hobby or special activity I like?
11. How much time do I spend relaxing?
12. How much sleep do I get?
13. How much physical exercise do I get?
14. How much time do I spend with God's Word or in prayer?
15. How much time alone do I have?
16. How much together time do we have?
17. How would I like to see our use of time change?

Tips on Fighting Distraction and Making Time, Appendix C

1. TIO – turn it off. The cell phone, laptop, notebook, television, I-pod...if it has an off switch, use it. Rarely has one invention been so useful as the off switch.
2. Learn to say “no,” or “let me get back to you.” Politely make it your default answer. If your default is “yes” you’re going to be swamped.
3. Cut back on screensucking – mindless time spent online, surfing the net, playing games, checking Facebook, sending and receiving meaningless e-mails. Screensucking leads you to feel overloaded as you don’t have time to get done what you need to get done.
4. Spend time with God’s Word – meditate on it, pray with it. It’s never a waste of time to spend time in that which God promises to make good for you.
5. Close the door. Be alone with your spouse.
6. Have a date night. You’d be amazed at what one night a week can do to keep you connected. Once a month won’t do it; nor once a year.
7. Schedule sex. Sounds unromantic? It’s more romantic than never having time for sex. Plus if you plan to make love at 10 PM on Tuesday, it can make your Tuesday a bit more exciting.
8. Prioritize. Know what you both agree on as most important. It can change every few months, so have that conversation. If you don’t know what matters most, it’s difficult to protect it from distraction.
9. Curtail. Cut back on what you have too much of to do. Imagine your life is a garden; what weeds would you pull and what plants will you prune? You’ll love your garden more after you do it.
10. Delegate. Trade off, hire out, barter, persuade or whatever else you can do to delegate what you don’t like or aren’t good at. It will let you do more of what you like and are good at.
11. Eliminate. Cut out obligations, activities and even time with people that drain you.
12. Don’t feel you have to answer every call and return every message immediately; you may do little else.
13. Ditto for e-mails. Just because someone expects an instant reply doesn’t mean you have to send one. Or send a quick reply with a note that you don’t have time to go into detail.
14. Let people know that if they want to have a meaningful conversation with you, it’s best done in person.
15. Preserve the “human moment,” face to face. Don’t let electronic moments replace it.
16. Resist the temptation to always be doing something: reading, watching, talking, etc. Try doing nothing; just thinking.
17. Get regular exercise. It’s good for your body and your mind – releasing natural anti-depressants, anti-anxiety agents, anti-stressors and mood enhancers.

18. Don't always have the TV or radio on when you're alone. Try silence. Be alone with your thoughts; or you might stop having them.
19. Unsubscribe to magazines, list-serves or rss feeds you don't need.
20. Don't always keep up with the news; it's depressing.
21. Get rid of leeches – people or projects that waste your time and aren't part of God's plan for your life.
22. Spend time with lilies – people or projects that are part of God's plan for your life. (e.g., kids)
23. Have a creative outlet – cooking, painting, devising a business plan, etc.
24. Protect your “morning burst” – that time of day when you're freshest. It usually lasts about an hour. Spend it with your spouse, kids, work on an important project...just don't waste it!
25. Be real. Trying to be someone else wears you out. Be the new person God has created you to be. Relax. Be you. You and everyone around you will benefit.

Face to Face, Appendix D

1. Jacob (after he wrestled with the LORD) called the place Peniel, saying, "It is because I saw God *face to face*, and yet my life was spared." Ge 32:30
2. They (Israel) will forsake me and break the covenant I made with them. ¹⁷ On that day I will become angry with them and forsake them; I will hide *my face* from them. Dt 31:16
3. The LORD would speak to Moses *face to face*, as a man speaks with his friend. Ex 33:11
4. The Lord said to Moses, "You cannot see *my face*, for no one may see me and live." Ex 33:20
5. "O my God, I am too ashamed and disgraced to lift up *my face* to you, my God, because our sins are higher than our heads and our guilt has reached to the heavens. Eze 9:6
6. The Lord bless you and keep you; the Lord make *his face* shine upon you and be gracious to you; the Lord turn his face toward you and give you peace." ' Nu 6:24–26
7. The LORD said, "I dealt with them according to their uncleanness and their offenses, and I hid *my face* from them. Eze 39:24
8. My heart says of you, "Seek *his face!*" *Your face*, Lord, I will seek. Ps 27:8
9. Who may ascend the hill of the LORD?
Who may stand in his holy place?
He who has clean hands and a pure heart,
who does not lift up his soul to an idol or swear by what is false.
He will receive blessing from the LORD and vindication from God his Savior. Such is the generation of those who seek him,
who seek *your face*, O God of Jacob. Ps 24:6
10. Now we see but a poor reflection as in a mirror; then we shall see *face to face*. 1 Co 13:12
11. (Of the saints in heaven) They will see *his face*, and his name will be on their foreheads. Re 22:4

Here, O my Lord, I see you face to face;
Here would I touch and handle things unseen.
Here grasp with firmer hands eternal grace,
And all my weariness upon you lean.

Mine is the sin but yours the righteousness;
Mine is the guilt but yours the cleaning blood.
Here is my robe, my refuge and my peace:
Your blood, your righteousness, O Lord, my God.

Feast after feast thus comes and passes by,
Yet, passing, points to that glad feast above,
Giving sweet foretaste of the festal joy.
The Lamb's great marriage feast of bliss and love.

Horatius Bonar, 1808-1889

Christian Worship, 315

Don't mistake the content for the cause. App. E

EXAMPLE 1

“We’re lost. Why can’t you ever get good directions?”

“Why is it up to me to get directions? You’re driving!”

“Yes, and since I am driving, you take the responsibility of being the navigator.”

“Says who? You always make up the rules as you go along.”

“No, that’s not true. What is true is that you resent anyone but you having any bit of control.”

“I want control? That coming from Mr. Control Freak himself! Are you joking?”

Stated reason for the struggle (content): _____

Real reason for the struggle (cause): _____

EXAMPLE 2

“There’s a stop sign ahead.”

“I can see the stop sign perfectly well.”

“I’m just trying to help.”

“By pointing out every stop sign?”

“What if you didn’t see it? Wouldn’t it be better if I pointed it out?”

“I’m not blind!”

“And I’m not deaf. You don’t have to yell at me.”

“Well, it just ticks me off when you treat me like some kind of imbecile. I know how to drive.”

“And it makes me angry when you act like some macho man who isn’t willing to accept any help.”

“Help I don’t need is insulting.”

“You are way too easily insulted.”

Stated reason for the struggle (content): _____

Real reason for the struggle (cause): _____

EXAMPLE 3

“Julie overdrew her account again. I don’t know what to do with her.”

“She’s only seventeen years old. I’ll put some more money in her account.”

“That’s a bad idea. How is she going to learn to be responsible with money if you always bail her out?”

“I’ll talk to her about being more careful.”

“And you think that will work? She needs consequences.”

“I think I can give her guidance. I think that works better.”

“You really spoil her, you know.”

“I don’t think so. I think you are in a competition with her and that makes you too harsh on her.”

“Wow, that’s a zinger. Where did you come up with that?”

Stated reason for the struggle (content): _____

Real reason for the struggle (cause): _____

EXAMPLE 4

“The Browns want us to come for dinner Saturday.”

“No, I’m tired. Let’s not.”

“You’re tired? But today is Tuesday. Are you saying you’ll be tired Saturday?”

“I’m saying I’m tired of going out. I just want to stay home and relax.”

“How about what I want to do?”

“You always want to go out. And we go out a lot.”

“Your idea of a lot and my idea of a lot are quite different.”

“No kidding! Just look at our sex life.”

Stated reason for the struggle (content): _____

Real reason for the struggle (cause): _____

Schedule time for sex?

Mary: This has been really nice tonight. I'm so glad you came up with this idea. How did you think of it?

Hank: You won't believe me, but I was reading some magazine in the dentist's office and the article was about relationships. The author suggested a date night.

Mary: You were reading a women's magazine?

Hank: It was what was left on the table. But don't sound so surprised. Men like relationships, too.

Mary: Sure, but they don't usually read about them in magazines, At least you don't.

Hank paused and looked down at his cup of coffee. He waited a few seconds before saying these next words.

Hank: You know, I still think you're a knockout.

Mary: Why, Hank, that's the nicest thing you've said to me in, I dunno, ten minutes.

Hank: Seriously, Mare, you're beautiful. I love your eyes. And, might I add, your butt is still phenomenal.

Mary: Why, Henry Thomas, I do believe you want something to happen tonight.

Hank: Every night, hon. Every night.

Mary: Really? That's sexy. You want me every night. How about every day?

Hank: Yes, yes, day and night. How about me? How often do you want me?

Mary: You're making me blush.

Hank: You're my wife and we've been married seventeen years. We have four kids. I can't make you blush.

Mary: Well, you just did. The fact is, Mr. Thomas, that I find you as attractive and sexy as the day we got married. In fact, more so. And I might add, you have one great butt yourself.

Hank: Then why don't we have sex more often?

Mary: Oh, Hank, we do it as much as anybody else does in our shoes.

Hank: Do we really? I was asking Alex—

Mary: You didn't!

Hank: Sure I did? Why not? Anyway, he said he and Nancy do it two or three times a week.

Mary: Sure I bet he was lying. Anyway, that's not much more often than us.

Hank: Sweetheart, are you kidding? Do you have any idea how often we make love?

Mary: Well, I haven't been keeping a record, if that's what you mean.

Hank paused again, formulating his thought.

Hank: When I saw you come out of the shower this morning, I watched you

stand there. You took a little glance at yourself in the mirror, the started drying off, and I felt a pang inside. I thought you were so beautiful and graceful and I wanted you so much right then, but I knew if I said anything, you'd feel pressured and not really into it and you'd say you really had to get the kids up and get them to school and you to work. So, I didn't say anything. I just lay there a few minutes and ached inside. Then I got up, gave you a pat on the butt, and got into the shower.

Mary: I remember the pat on the butt. That was nice.

Hank: But wouldn't more have been even nicer?

Mary: Don't I satisfy you?

Hank: This isn't about you or anything you don't do right. I know you're so sensitive to that, like you always think you've failed in some way. This isn't about you. It's about us. But while I'm on it, not only have you not failed, you are the most awesome, satisfying, perfect woman in the world. Please don't take what I'm saying personally. That's why I almost didn't bring it up, because I knew you'd feel like I was blaming you or you'd just feel inadequate. This is a two-way street, babe. It's us. You and me. We just don't make sex the priority it ought to be. Look, we're really lucky. We still turn each other on.

We still want to do it. We still love each other.

Mary: How'd you know I'd take it personally?

Hank: How'd I know? Mary, I know you, remember? And I love you. I just want to make love to you more.

Mary: It's my fault. I'm too busy, too tired, too this, too that.

Hank: No, I won't let you do that. This is nobody's fault. And we can fix it. It's a dirty job, but somebody's gotta do it.

Mary, who was about to cry, started to laugh.

Mary: You mean it? You're not mad at me?

Hank: Mary, how could I possibly be mad at you? You married a boring old stiff like me and give me more fun every day than I ever thought I'd ever know.

Mary: You're not a boring old stiff.

Hank: Yes, I am...And I know it. But because of you, I don't mind being who I am. Because of you, I'm a happy man.

Mary: Who just wants to make love more often.

Hank: Bingo.

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