

sticky marriage

- sticking
- stuck
- stopped

Marriage Enrichment

**To make our marriage stick we...**

1. **Cultivate our commitment.**  
*value constraint commitment in our marriage*
2. **Cultivate our commitment.**  
*make choices that build our dedication commitment*
3. **Determine our family's rallying cry.**  
*clarify what makes our family unique*
4. **Respond to bids for connection.**  
*distinguish between turning away, against and toward*
5. **Find the power to keep loving.**  
*the gospel keeps us connected to Christ and each other*



**Cultivate commitment --**  
value constraint commitment in our marriage



Find 3 ways Jesus \_\_\_\_\_ Moses' words.

Moses:  
"For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. The man and his wife were both naked, and they felt no shame. *Ge 2:24-25*

Jesus:  
"Some Pharisees came to [Jesus] to test him. They asked, "Is it lawful for a man to divorce his wife for any and every reason?" "Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'? So they are no longer two, but one. Therefore what God has joined together, let man not separate. "*Mt 19:3-6*

- 1.
- 2.
- 3.

Two sources of commitment

\_\_\_\_\_

*Lynn sure is committed to that project.*

\_\_\_\_\_

*Bob is committed to that project; he can't back out now.*

Differences:



Factors that increase \_\_\_\_\_ commitment

1. Social pressure
2. Moral pressure
3. Concern for kids
4. Concern for spouse
5. Financial consideration\$
6. Difficulty in termination steps
7. Alternative quality

Factor: \_\_\_\_\_  
*reason*

Factor: \_\_\_\_\_  
*reason*



List reasons \_\_\_\_\_ commitment

\_\_\_\_\_ the longer you're married.

Strength  
of  
constraint  
commitment

<b>Dating</b> <b>Engaged</b> <b>Married</b> <b>Kids</b> >>>>>>>>



Commitment that comes from \_\_\_\_\_

From each passage, identify a choice a spouse can make to show his/her \_\_\_\_\_ to the other.

1. Better one handful with tranquility than two handfuls with toil and chasing after the wind. Ecclesiastes 4:6

*Choice that shows I'm dedicated to you:*

2. There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless— a miserable business! Ecclesiastes 4:8

*Choice that shows I'm dedicated to you:*

3. Two are better than one, because they have a good return for their work: <sup>10</sup> If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! <sup>11</sup> Also, if two lie down together, they will keep warm. But how can one keep warm alone? <sup>12</sup> Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. Ecclesiastes 4:9-12

*Choice that shows I'm dedicated to you:*

4. Teach us to number our days aright, that we may gain a heart of wisdom. Psalm 90:12

*Choice that shows I'm dedicated to you:*

5. Guard yourself in your spirit. Malachi 2:15

*Choice that shows I'm dedicated to you:*

6. You shall not commit adultery....<sup>17</sup> You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor." Exodus 20:14, 17

*Choice that shows I'm dedicated to you:*

7. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Romans 6:12

*Choice that shows I'm dedicated to you:*

8. Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. Proverbs 13:12

*Choice that shows I'm dedicated to you:*

9. If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18

*Choice that shows I'm dedicated to you:*

10. LORD, who may dwell in your sanctuary? Who may live on your holy hill? <sup>2</sup> He whose walk is blameless and who does what is righteous, who speaks the truth from his heart. Psalm 15:1-2

*Choice that shows I'm dedicated to you:*

11. The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18

*Choice that shows I'm dedicated to you:*



***To make our marriage stick we cultivate our commitment.***

*Value constraint commitment in our marriage*

*Understand the difference between constraint and dedication commitment. To summarize the difference, we might say:*

*Be aware of factors that increase constraint commitment. Such factors in our marriage are:*

*Make choices that show I'm dedicated to you, such as... (from the examples we heard and others we think of)*