

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*



Marriage Enrichment

Respond to bids for connection...  
distinguish between turning away, against and toward

Bid: any expression that says,  
"I want to be \_\_\_\_\_ to you."



Determine 5 ways \_\_\_\_\_ "bids" for our attention.



List five things a \_\_\_\_\_ might do to bid for connection with  
\_\_\_\_\_.

Three ways we respond to bids

1. Turn \_\_\_\_\_

A. Nearly \_\_\_\_\_

B. Low- \_\_\_\_\_

C. \_\_\_\_\_

D. High- \_\_\_\_\_

2. Turn \_\_\_\_\_

A. \_\_\_\_\_ response

B. \_\_\_\_\_ response

C. \_\_\_\_\_ response

3. Turn \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_



Write a turning \_\_\_\_\_, turning \_\_\_\_\_ and a turning \_\_\_\_\_ response for each bid for emotional connection.

**Examples:**

BID: My spouse pours me a cup of coffee.

Turning-away response: Silence. No acknowledgement.

Turning-against response: "Looks like you made it too weak again."

Turning-toward response: "Thanks. That's so thoughtful."

BID: My spouse reads aloud a joke that he or she thinks is funny.

Turning-away response: "Have you seen my black shoes?"

Turning-against response: "I can't concentrate when you're reading like that."

Turning-toward response: "That's funny." or "I don't get it; tell me why it cracks you up."

1. BID: My spouse tells me some bit of news about a relative.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

2. BID: My spouse mentions something that needs to be done in the yard.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

3. BID: My spouse tells me we're out of laundry detergent.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

4. BID: My spouse admires the neighbor's new car.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

5. BID: My spouse touches me in an affectionate way.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

6. BID: My spouse complains about a chronic health problem.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

7. BID: My spouse says he or she is worried about our child.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

8. BID: My spouse touches me in a way that usually leads to sex.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

9. BID: My spouse tells me he or she is very tired.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

10. BID: My spouse recalls something from childhood that was very hurtful.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

11. BID: My spouse tells me about an incident at work where he or she felt unfairly treated.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_

12. BID: My spouse suggests how to fix something.

Turning-away response: \_\_\_\_\_

Turning-against response: \_\_\_\_\_

Turning-toward response: \_\_\_\_\_



Two of my favorite \_\_\_\_\_ from you are...



## Our Plan

Below are three actions you've practiced today. What action will you commit to doing by next week to...

### 1. **Notice bids** –

What will you do to notice any expression from your spouse that says, "I want to be connected to you"?

### 2. **Respond intentionally** --

What will you do to turn toward your spouse when you notice a bid?

What will you do when you catch yourself turning away?

The Christian response when you turn against your spouse is to repent – be sorry for your sin, trust that Jesus has lived a perfect life for you and ask him to help you turn away from your sin and toward your spouse. What actions might you take to show your spouse you're repentant for turning against him/her?