

# **Marathon Marriage, Part 1**

*Jack and Carole Mayhall*

I. Introduction.

II. Essentials for marriage.

A. You have to work at it.

B. You have to give your relationship with God a priority.

III. Marriage requires a willingness to grow and be open to each other. (Proverbs 27:17)

IV. God arranged two people who are different in marriage according to his purposes. Husbands and wives need each other. There is to be great diversity but no division in marriage. (1 Corinthians 12:18)

V. Principles of good interpersonal relationships.

A. We need to avoid asking accusatory why questions.

B. We need to avoid superlatives.

C. We need to be aware of differences between use.

VI. In order to be one flesh (best friends)...

A. We need to know we need God's help.

B. We need to know ourselves. (James 1:5)

C. We need to study our spouses. (Proverbs 23:3-4, Ephesians 4:32)

1. Be kind to one another.

2. Be understanding.

3. Forgive one another. (Proverbs 17:9)

VII. General differences between men and women.

A. Men tend to be more objective. Women tend to be more subjective.

B. Men tend to be more essential minded. Women tend to be more detail minded.

C. Men tend to be logical. Women tend to be emotional.

D. Men use speech to communicate facts while women use speech more to communicate feelings.

VIII. Know your spouse's love language: words, touch, gifts, deeds or time.

IX. Conclusion: accept your spouse as God has accepted him or her. (Romans 15)

**Application questions:**

1. How have you seen differences in your mate add strength?

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2. What differences do you tend to struggle with the most?

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3. How can you turn those differences into something positive?

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