

Learning The Signals

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I. Commitments.

- A. Daily quiet time with the Lord.
- B. Pray with your mate each night.
- C. Go on a date weekly with your mate.

II. Verbal Communication.

- A. Encourage one another to talk and share.
- B. Die to self and consider mate better than self.
- C. Better together than apart.
- D. Have a heart to communicate.
- E. Did you understand what I said?
- F. Want to understand and listen.
- G. Commitment is the basis of marriage.
- H. Favorite question.

- 1. How are we doing?
- 2. Helps to keep short accounts.

I. Undivided attention.

J. Never leave the house without a kiss and "I love you."

K. Give affection to both spouse and kids.

L. Acknowledge feelings.

- 1. Whether you understand or not.
- 2. Get facts and feelings.

M. Ask for forgiveness sincerely.

N. Do you feel like I have really listened to what you have said?

III. Date Night.

- A. Go over calendar for the week together.
 - 1. Set time together each week.
- B. Take turns planning dates.
- C. Go over questions.
 - 1. What is going on in your life lately?
 - 2. What is a joy?
 - 3. What is a struggle?
 - 4. How are we doing?
 - 5. What are some things that you would like me to change?
- D. Main reason to date is to communicate; fun is OK, too.

VI. Physical communication.

- A. Spontaneity.
- B. Song of Solomon.
 - 1. Open communication.
 - 2. Relationship growth and maturity.
 - 3. Multi-faceted relationship.
- C. Physical relationship in marriage.
 - 1. Don't deprive one another (1 Corinthians 7:3-5).
 - 2. Pitcher of water analogy.
 - 3. Talk about it like a third person.
 - 4. Be considerate and respond.

V. Goals in Marriage.

- A. Spirit filled life where God is in control.
- B. Treat each other as heirs together with the grace of life.
- C. Intimacy comes about in sharing your heart verbally and physically.