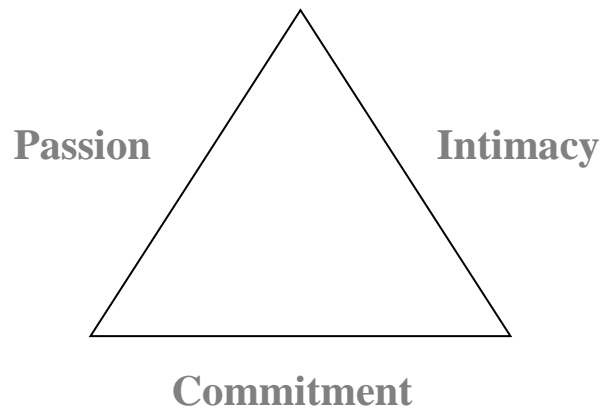


Notes on Building Relationships That Age Well

1. Love is wanting God's Best for someone.
2. In any romantic relationship, the physical, emotional, financial, and spiritual commitment levels should be balanced.

3. At the same time, the shape of the triangle will change at different seasons of life.



4. Relationship Style

A-frame relationships are ENMESHED -
no ME or YOU, only US.

H-frame relationships are DISENGAGED –
no US, only ME and YOU.

M-frame relationships are INTERDEPENDANT –
There is a ME, a YOU and a US.

5. The primary outlook every couple has to have:

We are on the same team !

6. Everyone has a different Love Language

7. Are you trying to love this person with their love language or with yours?

“I feel most loved when you...”

1.

2.

8. How can we bring Romance back into our relationship ?

There is nothing more romantic than a spouse of Noble Character

The only way you can impact that is to Support them in their dreams – encourage them and give them the freedom to take risks and to grow as a person.

9. The closer you both draw to God, the closer you will draw to each other.

When Seeking Jesus is the ballast below the waterline of your relationship, you gain the balance and stability needed when the storms of life strike.

10. Imagine a happy couple in their 70's. What characteristics would they exhibit? Are you practicing the habits of thought, speech and deeds now that would make you that kind of spouse then ?