

# CONNECTING

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*my*  
**LIFEC****UNSEL**  
*Renewing Faith, Hope, and Intentionality*

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# ALIGNMENT

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GOD

MIND

WILL

WORDS

EMOTION

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# ALIGNMENT:GOD

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**You are either aligned with the Lord, our creator or you are aligned with the enemy, the destroyer. There is no in between. You are either in agreement with Christ or you are in agreement with Satan.**

*“So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. But if you are led by the Spirit, you are not under the law.*

*The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.*

*But the fruit of the Spirit is love, joy, peace, long suffering, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” ~ Galatians 5:16-23*

*“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.” - 1 Corinthians 13:4 - 7*

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# ALIGNMENT:MIND

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**Husband and wife must be Christ minded and then likeminded.**

*“Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus” ~ Philippians 2:1 - 5*

- *Must be Christ minded.*
- *In decision making, put Christ first and then your spouse.*
- *Spouses must make a plan and be in agreement. Resentment and bitterness flow out of disagreement.*

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# ALIGNMENT: WILL

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- **Choose to submit your will to Christ.** Follow Paul's example: *"But whatever were gains to me I now consider loss for the sake of Christ. What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ the righteousness that comes from God on the basis of faith. I want to know Christ yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead."* Phil. 3:7-11
- *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight"* Prov. 3:5-6
- Submit your will to your spouse. Live sacrificially. Give up a critical nature or spirit.
- **Many arguments stem from a battle of the WILLS! Division is sure to come when we put our own selfish needs over the needs of their spouse.**

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# ALIGNMENT: WORDS

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- God spoke all that is into existence. The creation story. *Genesis 1:3 God said let there be light and there was light...*
- *"By the word of the Lord the heavens were made, their starry host by the breath of his mouth. He gathers the waters of the sea into jars he puts the deep into storehouses. Let all the earth fear the Lord; let all the people of the world revere him. For he spoke, and it came to be; he commanded, and it stood firm." ~Psalms 33:6 - 9*
- In the same way that the Lord spoke all that is into existence so do your words construct the atmosphere of your home.
- Words are the gateway to intimacy.
- Nonverbal communication acts and deeds affect intimacy.

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# ALIGNMENT: EMOTIONS

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- Everyone has emotions. However, our spouse's emotional experience may feel differently than our own. Therefore you need to understand how your spouse experiences and expresses emotions.
- Some, have outburst of positive and negative emotions. They have an immediate need to outwardly express their emotions.
- Others need to think and process their emotions.

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# THREE STATES OF INTIMACY

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*Marital intimacy is the spiritual, emotional and physical connectedness between husband and wife.*

- Husband and wife should be aligned in all three states.
- Efforts toward positive connectedness should be consistent, intentional and expressed.
- Most people show love and affection the way they need it. Your needs for love may not be the same as your spouse.
- To feel completely loved, our spouse must be completely intentional about meeting our needs.

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# SPIRITUAL INTIMACY

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*Spiritual intimacy is the intentional connectedness shared between husband and wife through spiritual means.*

- Living a Christ centered life. Putting Christ first in every daily action. Serving Christ in marriage.
- Praying for, over and with one another.
- Worshipping together.
- Serving together.
- Meaningful scripture based discussions. Devotions.

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# EMOTIONAL INTIMACY

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*Emotional intimacy is the intentional connectedness shared between husband and wife through relational and emotional means.*

- Affirming attitude and with a gentle, patient and kind spirit.
- Providing emotional safety and security.
- Verbally expressing love and affection.
- Expressing a genuine interest in your spouse's life.
- Self-sacrificing. Putting your spouse's needs above your own needs.

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# PHYSICAL INTIMACY

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*Physical intimacy is the intentional connectedness shared between husband and wife through their body.*

- Sexual affection. The act of sex and the verbal or nonverbal expressed interest in sexual affection
- Nonsexual affection. The act of physically touching and the verbal and nonverbal expressed interest in touching.
  - Hugging
  - Cuddling
  - Handholding and etc..
- Expressed concern for spouse's physical health.
- Maintaining a healthy lifestyle (exercise, diet, medical checkups).

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# IDENTITY THROUGH TEMPERAMENT

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- The 3 areas of life:
  - Social and Thinking Process
  - Decision Making
  - Love and Affection
- “Task” oriented people
- “Relational” oriented people
- Somewhere in between

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# TEMPERAMENT: TASK ORIENTED PEOPLE

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- Feels loved when whatever their task oriented expectations are being met. Example: provides financial support, help with the family, takes care of the house, and etc..
- Task oriented people need to know that they are important to their spouse.
- Appreciated for task. Doing task is how they show love and could feel unloved if not appreciated.
- Needs to be free from criticism and always treated respectfully.
- Dependability, reliability and loyalty.
- Free from socialization unless its with their close people or small group where they know most everyone

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# TEMPERAMENT: RELATIONAL ORIENTED PEOPLE

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- Feels love when their emotional/relational needs are met.
- Needs emotional love and affection
- Needs to hear "I love you."
- Needs sexual and nonsexual physical affection.
- Likes to socialize. Being around people gives them energy. Can go from one party to another and another.

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# TEMPERAMENT: TASK, RELATIONAL & SENSITIVE

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- Looking for genuine love and affection.
- Needs a personal invitation.
- Responder of love and not an initiate. Won't say "I love you" first because then you are just saying back and you don't really mean it.
- Gentle spirit.

## Q & A

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Please feel free to email, text or call anytime!

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Copies of today's resources:

**mylifecounsel.com/citylight**