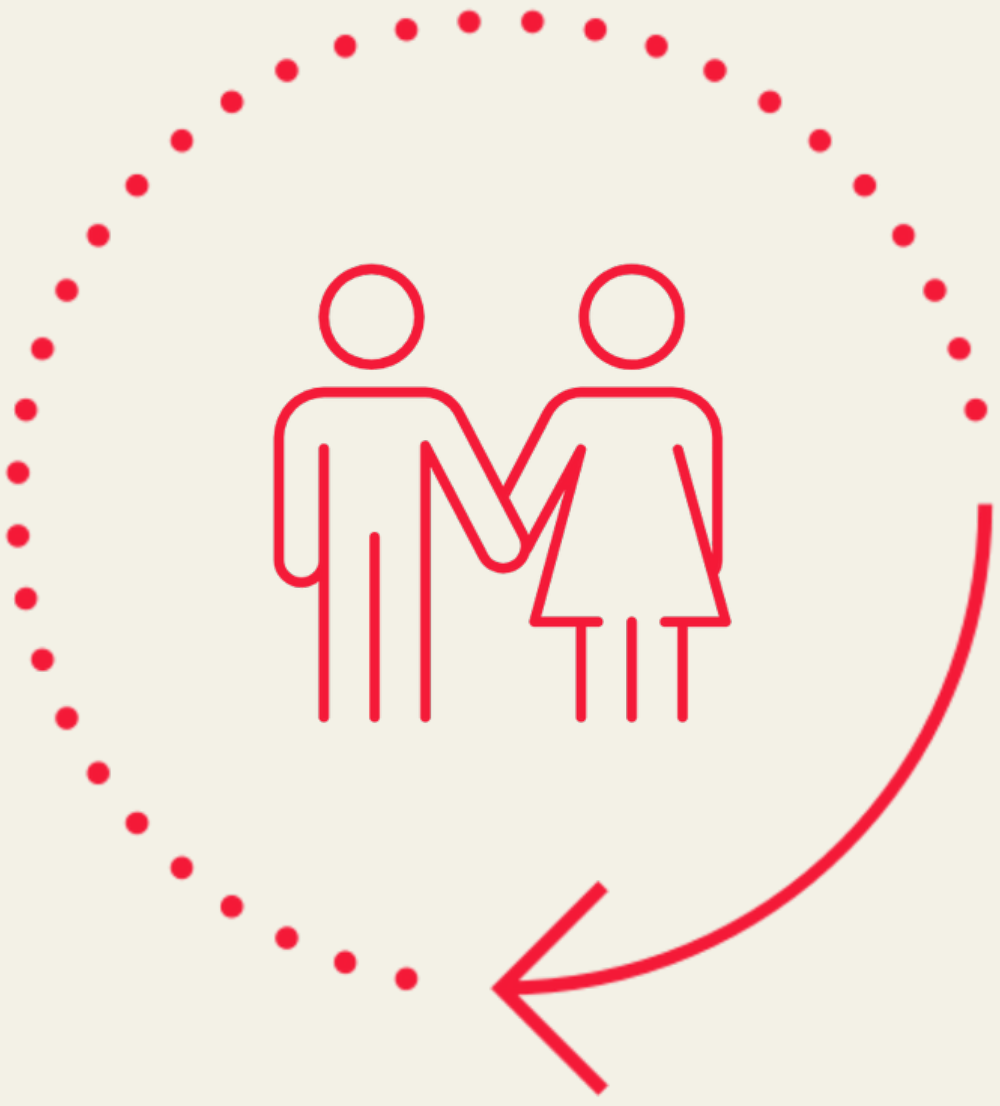


MARRIAGE BREAKTHROUGH

A 21-Day Relationship Journey

KEY POINTS PDF





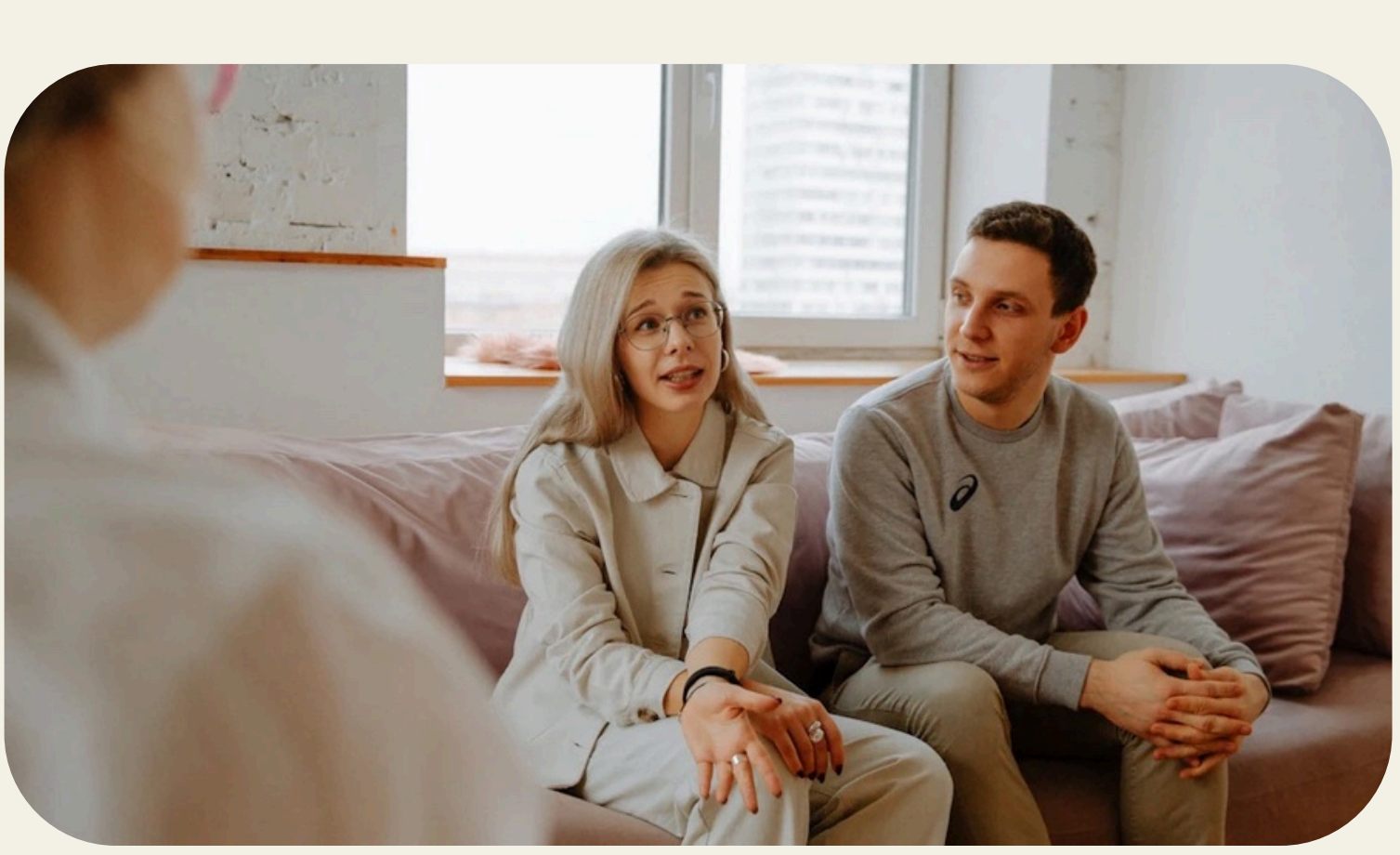
SECTION 1
communication



Ted Cunningham

EPISODE 1

What can I do to be a better listener?



KEY POINTS

- Lean forward when your spouse is talking to you. Tilt your head.
- Don’t cross your arms or lean backward. It communicates disinterest.
- “Incline the ear”

SECTION 1
communication



EPISODE 2

How do I give my spouse feedback so they hear it?



KEY POINTS

- **Remember the 4 T's:**
  - Timing
  - Tone
  - Trust
  - Turf

- **Humility**: It's not about who's right, it's about what's right.

- **Be a Team**: Fight for each other, not against each other.

SECTION 1
communication



Dr, John Trent

EPISODE 3

How do I get my partner to listen, not just hear?



KEY POINTS

- **Emotional Word Pictures**: Use vivid images to communicate.
- **Contextualization**: Tailor the message or what you are feeling to something the other person can easily visualize.

SECTION 2
conflict



Drs. Les & Leslie Parrott

EPISODE 1 | How do I fight well?



KEY POINTS

- **CORE Framework**:
  - Cooperation
  - Ownership
  - Respect
  - Empathy

- **Single Focus:** Concentrating on <u>one</u> CORE element can lead to the others following.

- **Mutual Influence:** Demonstrating one element encourages your partner to reciprocate.

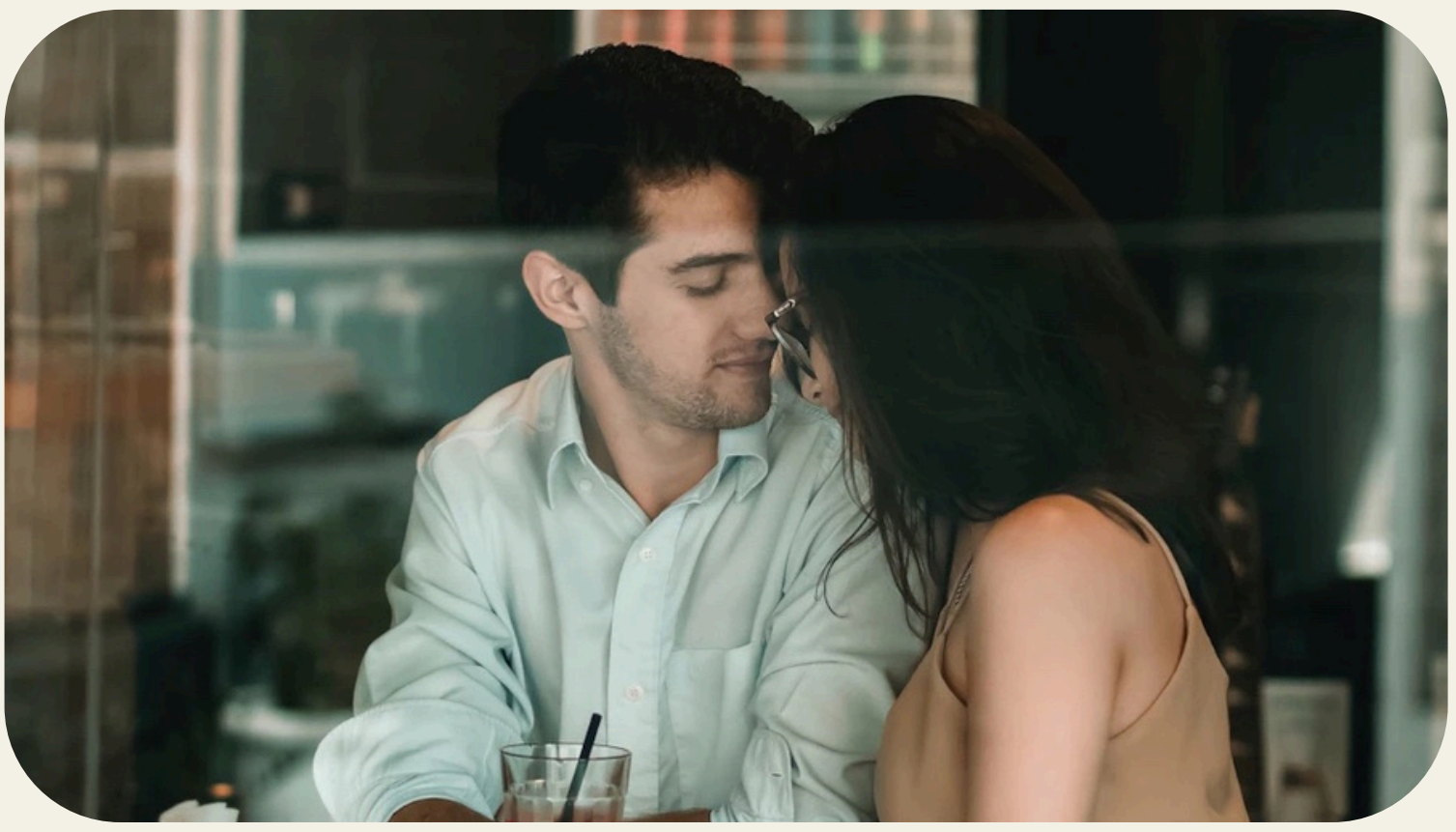
SECTION 2
conflict



Dr. Jonathan Hoover

EPISODE 2

How do I deal with criticism from my spouse?



KEY POINTS

- Instead of getting defensive, ask questions to understand the underlying concerns.
- “Suppose you're right. What is it about that that bothers you so much?”
- Foster empathy to strengthen the relationship.

SECTION 2
conflict



Dr. Gary Rosberg

EPISODE 3

How do you go about resolving conflict in a marriage?



KEY POINTS

- Four parts of forgiveness:
  - Admitting fault (**"I am wrong"**),
  - Expressing remorse (**"I'm sorry"**)
  - Committing to change (**"Repentance"**)
  - Seeking forgiveness (**"Will you forgive me?"**)

- Completing the cycle of forgiveness make take time.

SECTION 3
Emotional Intimacy



Ted Cunningham



EPISODE 1

How do we find more quality time together?

KEY POINTS

- **Daily Delaying**: Spend 15 min. distraction-free and face-to-face daily.

- **Timing Matters:** Choose optimal times for effective daily connection.

- **Your Time:** Technology and kid free.

SECTION 3
Emotional Intimacy



Debra Fileta



EPISODE 2

Do date nights really make a difference?

KEY POINTS

- **Redefined Date Nights**: Focus on home activities for quality time without outings or babysitters.
- **Weekly Check-ins:** Sunday night sessions for emotional and relational updates.
- **Shifting Perspective**: It's more about going in than going out.

SECTION 3
Emotional Intimacy



Todd and Erin Stevens



EPISODE 3

What can we do to grow closer in our marriage?

KEY POINTS

- **Serve Together**: Strengthen your bond by volunteering as a couple.

- **Sacrificial Love**: Serving together fosters sacrificial love and strengthens your relationship.

- **Acts of Kindness:** Begin with small gestures like business blessing blasts.

SECTION 4
Physical Intimacy



Dr. Jonathan Hoover



EPISODE 1

How can I naturally initiate sex with my spouse?

KEY POINTS

- **Initiation Dynamics**: Ask your spouse <u>how</u> they would like you to initiate sexual encounters.

- **Emotional vs. Physical Connection:** For men, sex can deepen emotional bonds, while women often need emotional connection to enhance intimacy.

- **Fact**: Non-sexual acts lead to better sex.

SECTION 4
Physical Intimacy





EPISODE 2

What does "sex begins in the kitchen" mean?

KEY POINTS

- **Sex Begins in the Kitchen**: Acts like tidying up or leaving notes can enhance intimacy.
- **Meeting Emotional Needs:** Fulfilling each other's emotional needs strengthens the relationship in all aspects, including sex.

SECTION 4
Physical Intimacy





EPISODE 3

How do we balance our sex drives?

KEY POINTS

- **Three Ds of Sex Drive:**
  - Desire (reciprocity)
  - Duty (negative due to pressure),
  - Decision (open and non-committal)

- **Benefit of Decision Space:** Couples benefit from creating a pressure-free space for deciding on intimacy, enhancing their sexual connection.

SECTION 5
Spiritual Intimacy



Montell Jordan



EPISODE 1

What's the value of shared spiritual intimacy?

KEY POINTS

- **Spiritual Alignment**: Aligning personal relationship with God strengthens relational bonds between couples.

- **Accountability:** Embracing spiritual accountability enhances marital intimacy and fosters mutual understanding.

- **Communication:** Open communication with God mirrors healthy communication between spouses.

SECTION 5
Spiritual Intimacy



Drs. Les & Leslie Parrott



EPISODE 2

How do we grow our faith in dark seasons?

KEY POINTS

- **Micro Moments:** Find brief, intentional times for spiritual connection amidst busyness.

- **Gratitude Practice:** Share simple prayers of gratitude together, fostering spiritual closeness.

- **Daily Reflections:** Discuss daily highs and lows, and pray for each other, nurturing spiritual intimacy.

SECTION 5
Spiritual Intimacy



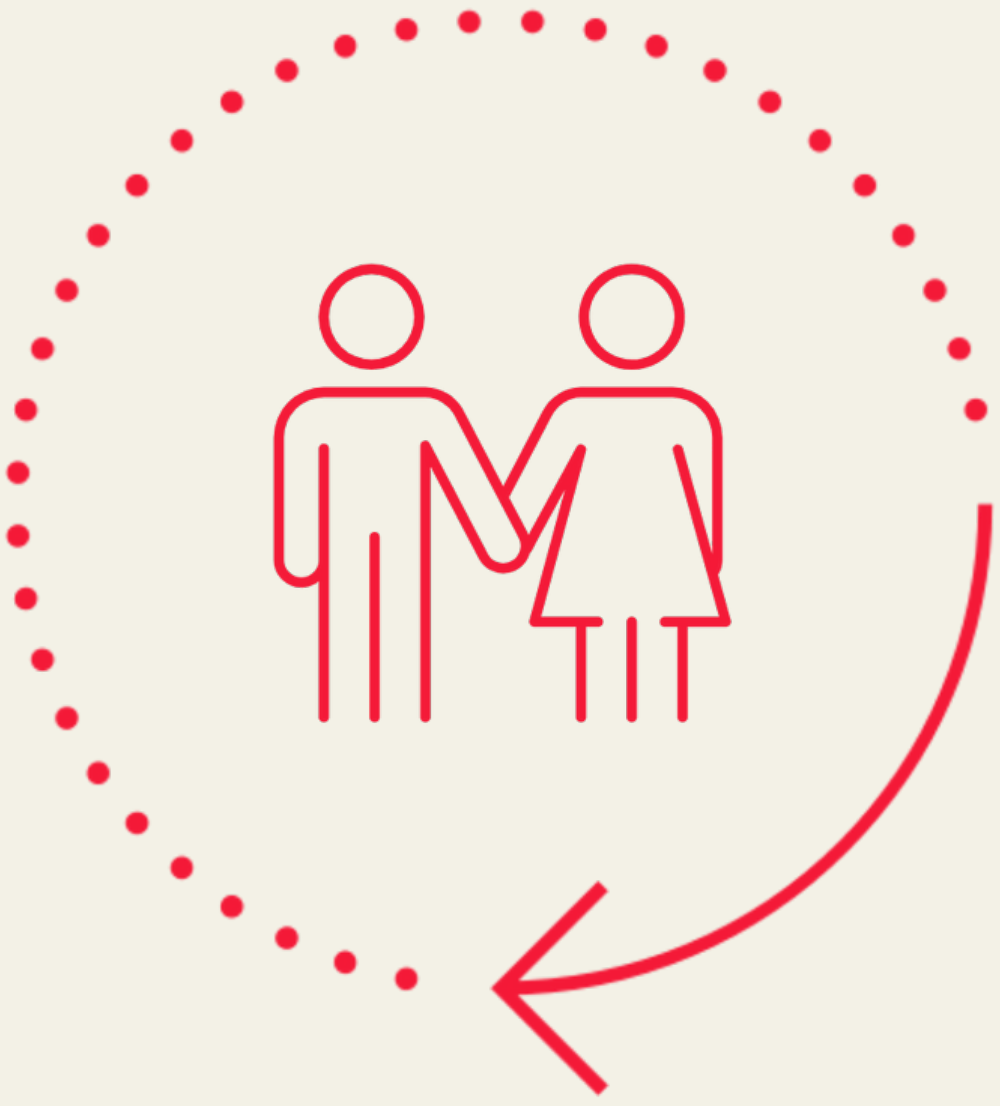


EPISODE 3

How do we develop grace in our marriage?

KEY POINTS

- **Grace Defined:** Grace involves giving someone what they need but may not deserve, unlike transactional love.
- **Transformation in Relationships:** Embracing grace can profoundly transform relationships.
- **Ask & Pray:** Ask God for grace. Pray for your spouse even when it's challenging.



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