



Title: Falling in love, staying in love
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Falling in love

1. Delight yourself in the Lord, don't become desperate

1 Cor 7:32-34 (NLT)

I want you to be free from the concerns of this life. An unmarried man can spend his time doing the Lord's work and thinking how to please Him. But a married man has to think about his earthly responsibilities and how to please his wife. His interests are divided. In the same way, a woman who is no longer married or has never been married can be devoted to the Lord and holy in body and in spirit. But a married woman has to think about her earthly responsibilities and how to please her husband.

2. Be proactive, not passive

3. Look for peace, not for perfection

Col 3:15 (AMP)

And let the peace (soul harmony which comes) from Christ rule (act as umpire continually) in your hearts [*deciding and settling with finality all questions that arise in your minds*]

Staying in love

Why is it so easy to fall in love, but so difficult to stay in love?

Falling in love needs a pulse, staying in love needs a PLAN!

What is love?

1 Cor 13:4-7 (NLT)

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

How do we stay in love?

1. Grow closer to the Lord

The closer you move to the Lord, the closer you will move to one another. The best investment you can make in your marriage is to spend time with God.

Ecclesiastes 4:12 (NLT)

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

- Worship together, pray together, have communion together

2. Prioritise

- How important is your marriage to you?
- How many marriage courses have you attended after your wedding day?
- How many books have you read after your wedding day?

3. Don't compare, celebrate

Don't compare your spouse's weaknesses to other people's strengths. The perfect person does not exist.

- Focus on what your spouse does right, not what he/she does wrong.
- Pray about things that bothers you; celebrate the things you appreciate/enjoy!

4. Be quick to forgive

Practise the following: “I am sorry..., please forgive me”

1 Cor 13:4&5 (NLT)

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5. Don't neglect your physical intimacy

- Sex is a beautiful gift within marriage, unfortunately abused and misused outside of marriage and neglected within marriage.
- Ladies, make an effort to bless your husband in this area.
- Men, don't neglect the romance around this area. Sex starts in the kitchen.