



## Marriage Weekend Session 3: Commitment

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"But at the beginning of creation God 'made them male and female.' 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.' So they are no longer two, but one. Therefore what God has joined together, let man not separate."

Mark 10:6-9 NIV

THE RELATIONSHIP TRIANGLE is the interrelated and essential basics of a healthy marriage relationship.

Each side of the relationship triangle is a certain kind of love.

Intimacy in marriage is friendship love.

Passion in marriage is affectionate love.

Commitment in marriage is covenant love.

The Greek word for covenant love is *agape*.

The goal of covenant love is trust.

The Bible does not use the word "commitment," but "covenant."

- Hebrew word for covenant is *berith*, meaning "to cut," implying: 1) loyalty for life, 2) provision unto the exhaustion of personal resources, 3) protection to death
- Hebrew word: *hesed* meaning "covenant love," implying strength, steadfastness, and mercy (Hosea 1:2-3; 3:1)
- Greek word: *agape* meaning "unconditional love," implying love without restriction (John 17:23)
- Power of covenant: security, peace, stability, trust

## THE TEN COMMANDMENTS OF COVENANT LOVE

**#1 Thou shalt have no other human relationships before your spouse.**

*Are kids more important than the marriage?* The best thing you can do for your kids is show them a loving marriage.

**#2 Thou shalt not make plans to travel with or eat alone with a member of the opposite sex.**

Make it a general rule of thumb not to ever put yourself in a place where you can be tempted or accused. (Romans 13:14)

**#3 Thou shalt not take the covenant of marriage in vain by apathy.**

The definition of *ignorance* and *apathy* is "I don't know and I don't care!"

The fires of intimacy, passion, and romance have to be stoked, like the fire in your fire place.

**#4 Remember quality time with your spouse and keep it holy.**

Develop a plan to connect with your spouse regularly:

- Coffee in the morning
- The dinner table
- After the kids go to bed
- Date nights / Date lunches
- Weekend getaways
- Keep short accounts during the day

#### **#5 Honor the money God has given you and your spouse.**

Look at your money not as “his money” and “her money,” but as God’s money.

Helpful Tips:

- Debt is bad. Budgeting is good.
- Impulse spending is bad. Saving is good.
- Greed is bad. Giving is good.

“Make all you can, save all you can, give all you can.”

John Wesley

#### **#6 Thou shalt not kill your spouse's hopes and dreams.**

You have the power to be a dream builder or a dream killer; be a dream builder! Sharing your hopes and dreams is a part of the intimacy you share in your marriage.

#### **#7 Thou shalt not commit adultery in your heart by lust or fantasy.**

Looking at a woman lustfully is not merely catching a glance at a beautiful woman as she passes by. (Matthew 5:27-28)

Lust occurs when the fantasy begins.

Save your eyes, your thoughts, your imagination, your heart, and your body for your spouse. (Proverbs 5:15). Allow your sexual relationship to be a private getaway for you and your spouse.

*Let it be private*--don't share it in word, thought, or deed with other people. *Let it be a getaway* and get away there often!

#### **#8 Thou shalt not steal from your spouse's emotional bank account.**

You and your spouse have an emotional bank account.

The currency is the languages of love—*Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and/or Physical Touch.*

When you have to make withdrawals, talk about it in advance and be ready to follow it up with deposits.

#### **#9 Thou shalt not bear false witness against your spouse by lies, half truths, or secrets.**

Live out your marriage as if there is no such thing as a secret.

Lies and deception undermine intimacy, passion, & commitment

#### **#10 Thou shalt not covet attributes you see in others and wish them for your spouse.**

*Why can't you be more like him?*

*Why can't you look more like her?*

Husbands, celebrate, cherish, and complement the wife God has given you. Wives, honor, praise, and follow the husband God has given you.

