

HANDOUT MODULE THREE

Enriching your marriage – expressing your love

The Bible, without ignoring the importance of romance, puts greater emphasis on marriage as companionship. Marriage is being the very best of friends with some unique wonderful extras. ecclesiastes 9:9 can be interpreted as reading 'Enjoy life with the person you married' Below are four ways through which we can actively show love to our husband and wife and enrich our marriage.

The Four Expressions of Love

Loving words

- Paying compliments
- Saying thanks
- Being encouraging
- Appreciate housework done
- Comforting words
- Making requests, not demands
- Saying 'I love you'

Read: Proverbs 16:23–24 and Proverbs 18:21a

Kind actions

- Giving small gifts to each other
- Do something special that delights your spouse
- Examine and change some domestic routines Be
- Creative in surprising your spouse

Read: Galatians 6:9–10

Quality time

it is extraordinary that we find so much time for others but not our spouse.
Make time to talk **and** listen to each other with no interruptions.

- Eat together whenever possible (in our household, we thank God for the food together before we eat).
- Have fun together.
- Show an interest in the interests of your spouse.

Read: Amos 3:3

Physical touch

What is appropriate differs in different cultures but touch is important in all cultures not to be confused with sexual intimacy, physical touch includes:

- Kissing
- Embracing
- Holding hands
- Pat on the back or knee

Note: it is amazing how often Jesus ministered through touch.
see Matthew 8:3 and Mark 7:33