



HOW TO REKINDLE YOUR ROMANCE

I Promise Part 3

Revelation 2:4-5

Reader's Digest reports that the #1 question people ask marriage counselors is, "Why don't we love each other the way we used to?"

Rev. 2:4-5 *"You have forsaken your first love. Remember the height from which you've fallen. Repent and do the things you did at first."*

How a Relationship Deteriorates:

Romance ⇨ Reality ⇨ Rut ⇨ Resentment ⇨ Regret

HOW TO REKINDLE YOUR "FIRST LOVE"

(the Five Ingredients)

1. **ATTENTION** (intellectual intimacy)

"make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. ³Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others." Philippians 2:2-4 (NASB)

Familiarity looses our attention.

Men are goal-oriented: "I've got to get a wife." After marriage it's, "Mission accomplished, on to the next goal in life." and focus shifts to the career.

2. **AFFIRMATION** (emotional intimacy)

"Therefore encourage one another and build up one another, just as you also are doing." I Thessalonians 5:11 (NASB)

"Be devoted to one another in brotherly love; give preference to one another in honor;" Romans 12:10 (NASB)

3. **AFFECTION** (physical intimacy)

How affectionate were you while you were dating your spouse?

"Husbands, love your wives, just as Christ also loved the church and gave Himself up for her," Ephesians 5:25

"So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; ²⁹for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church," Ephesians 5:28-29 (NASB)

"...and behold, Isaac was caressing his wife Rebekah." Genesis 26:8b (NASB)

4. **ADVENTURE** (recreational intimacy)

Most marriages are dull. Predictability can kill a marriage.

Have a date-night. One rule: No Kids.

"Enjoy life with the woman whom you love all the days of your fleeting life..." Ecclesiastes 9:9a

"Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy." 1 Tim. 6:17

5. **ACCORDANCE** (spiritual intimacy)

"but if we walk in the Light as He Himself is in the Light, we have fellowship with one another," 1 John 1:7a

How do you develop spiritual oneness?

- Pray together
- Share your life