

FORTIFIED MARRIAGES

Fortifying Marriages to Strengthen Families, Churches and the Community



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MA-MFT

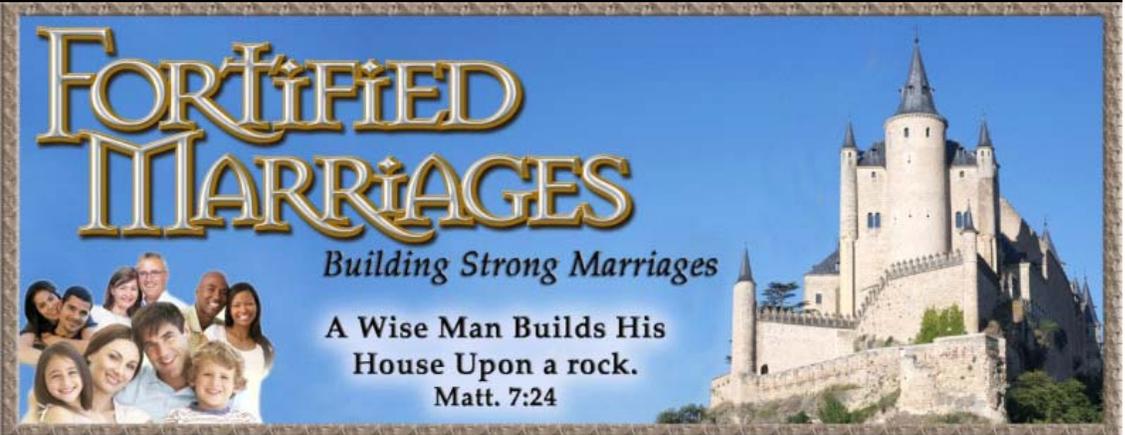
Visit our website

www.fortifiedmarriages.com

to find out more about the ministry and how you can get involved.

The website also has a great deal of marriage resources and links to other marriage organizations available.

Donations are tax-deductible and make the ministry to couples locally and internationally possible.



Needs and the Marriage Relationship

God created mankind with needs; first for Him and then for each other. He said that it was not good for Adam to be alone and He created a helper *suitable* for him. God's plan was for husbands and wives to depend on Him and to be used by Him to meet each other's needs; the *lack of something necessary*, as the dictionary puts it. People often don't understand needs and the role they play in their lives and marriages. The Lord created mankind with needs, which are meant to keep us in relationship; with God, each other, and others.



In the Lord, however, woman is not independent of man, nor is man independent of woman. For as woman came from man, so also man is born of woman. But everything comes from God. ~ 1 Cor. 11:11-12

Many marital problems stem from unmet needs. Men and women are not created to be independent, but many people - even many Christians, listen to the lie that it is all about *them*, that they must take care of themselves and not be dependent on others *or* they may be overly dependent on others for their needs. People often strive to get their needs met and turn to unhealthy ways in the attempt to meet their needs. It may be through external avenues; alcohol, drugs, sex, spending or seeking approval or it may be through manipulation, demanding or withdrawal. This can lead to a vicious cycle of husbands and wives fighting and hurting one another and eventually lead to emotional distance and relationship breakdown. Healthy people trust God for one's needs and make their needs known in love.

We are to trust God for meeting our needs and to be used of Him to meet our spouse's needs. 1 Corinthians 7 tells us that husbands and wives are necessarily concerned about the things of the world, how to please his or her spouse. We must take the time to discover what



our spouse's needs are and then seek to meet those needs. It is living as Christ lived, giving without expectations. It cannot be assumed that our spouse's needs are the same as our needs - in fact, they *will* be different! Discovering each other's needs builds intimacy and helps a couple grow in their marriage relationship. With some listening, watching and experimenting, you can discover your spouse's needs and improve your marriage.

"If you are looking for someone to meet your needs, make you happy, and make your life worthwhile, you will be greatly disappointed, quickly discouraged, and basically unhappy the rest of your life. But, if you will just be the person God has made you to be, and find out how you can give your life to someone else by meeting their needs and making them happy, you will discover fulfillment, joy, and peace in ways you can't even imagine." ~ Kenn Kington



Love & Respect

Dr. Emerson Eggerich wrote that based on Ephesians 5:33, the most basic need of men is respect, while the most basic need for women is love. A husband or wife, or both, must make the decision to step out of the vicious circle of reacting based on what one does not receive and act out of God's command for the husband to love (give of himself) his wife and the wife to respect (treat with dignity, courtesy and honor) her husband. It will enhance their relationship and help them grow in oneness.

The 5 Love Languages

According to Dr. Gary Chapman, there are 5 ways to give and receive love - love languages as he calls them. He wrote that although all 5 might speak love to a person, each person usually has a primary and a secondary way of receiving love. The 5 love languages are: *Physical Touch*, *Quality Time*, *Acts of Service*, *Gifts* and *Words of Affirmation*. People usually give love according the way they receive love. For example, my primary love language is Physical Touch. I tend to demonstrate love by touching my wife; holding hands, leaning against her - anything that connects us physically. Physical Touch is not her primary love language and she does not necessarily feel loved by my touch. Her primary love language is Acts of Service; she feels loved when I do things for her. Understanding this, we make a daily effort to speak each other's love language and in the process, meet each other's need for love and connection. It is not difficult to do! It may take a little effort to discover your spouse's love language, but once you do, and you begin to speak it, it can change your relationship very quickly!



Caution! We are discussing legitimate needs in this newsletter; not desires or wants. It is wrong to use needs to get what we want or to manipulate our spouse or another in to doing what we want. Live for Christ, giving of yourself.

Action Point: What are *you* going to do?

Husbands, do you demonstrate love to your wives? Wives, do you show respect for your husbands? Begin today! Do you know what your spouse's emotional needs are? Invest some time in learning what your spouse needs from you. Ask him or her, observe, and experiment. Pur-

sue the balance of focusing on the Lord for your needs, while making your needs known in love and seeking to be used by God to meet your spouse's needs. Find out more about needs from the resources below and see how God will improve your marriage as you apply what you learn.



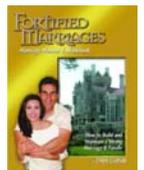
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- The Fortified Marriages website has many great resources.
- The Fortified Marriages manual and workbook is a great resource to help build strong marriages.
- Love & Respect: loveandrespect.com
- 5 Love Languages: 5lovelanguages.com
- His Needs Her Needs: marriagebuilders.com
- An Emotional Needs Inventory is available on our website.



Chris & Carmen present a variety of seminars and workshops to help couples grow in their marriage and work together as a team. Contact us for more information about sponsoring seminars at your church.

Fortified Marriages Ministry is a 501(c)3, non-profit organization seeking to build strong marriages to withstand the storms that will come. Please consider partnering with us to affect marriages and help couples leave a Godly legacy. Ministry partners may donate to the cause of building strong marriages, become monthly contributors, pray regularly for the ministry, or let others know about the ministry. More information is available at <http://www.fortifiedmarriages.com>.