



2020



refreshing your
marriage
conference

HOME  WORD
HELPING FAMILIES SUCCEED

CARING FOR THE SOUL OF YOUR MARRIAGE

JIM BURNS @DRJIMBURNS

... “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 flesh. Therefore, what God has joined together, let no one separate.”

Matthew 19:5-6

United...

One Flesh...

How is the condition of your “Marriage Soul?”

THE STORY OF THE “KEEPER OF THE STREAM”



“Our soul is like a stream of water, which gives strength, direction, and harmony to every other area of our life. When the stream is as it should be, we are constantly refreshed and exuberant in all we do, because our soul itself is then profusely rooted on the vastness of God...”

Dallas Willard

“What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”

Matthew 16:26

Principle one:

Tiny changes create remarkable results

- You don't deepen your marriage soul by chance- it's by choice
- You get what you repeat
- Practice makes perfect. Growth takes patience
- Goals...Yes! But more importantly, develop a "system" that reaches your goals

Principle two:

Every great love story is a never-ending conversation

- Create dedicated, non-negotiable time to TALK and LISTEN
- Closeness comes in the magic of dialogue
- Small words, small gestures, small acts
- Good communication and conversation is a "learned trait"

Four Skills of Intimate Conversation*

1. Put into words what you are feeling.
2. Ask your spouse open-ended questions.
3. Make exploratory statements to help your spouse open up about feelings, dreams and needs.
4. Express tolerance, empathy and understanding.

Principle Three:

You Are the Keeper of Your Soul



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WRITING YOUR OWN LOVE STORY

JIM BURNS @DRJIMBURNS

Words Shape and Influence

Nominative Determinism

the belief that people tend to gravitate toward things associated with their names.

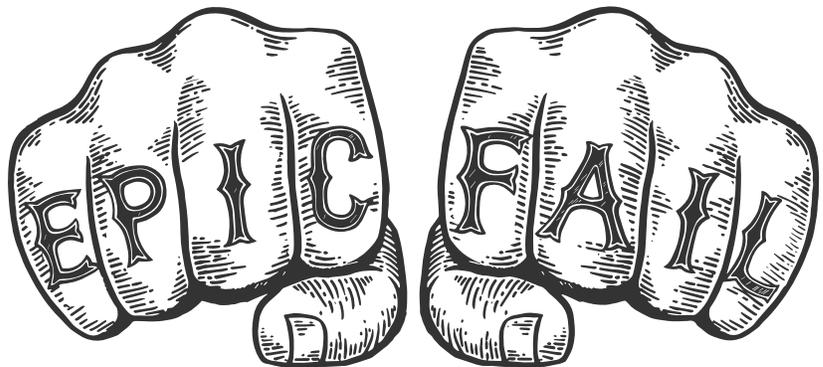
The words you direct toward one another form the chapters in your marriage story.

We can make a large horse go wherever we want by means of a small bit in its mouth. And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. In the same way, the tongue is a small thing that makes grand speeches.

But a tiny spark can set a great forest on fire. And among all the parts of the body, the tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.

James 3: 3-6

Hurtful words become tattoos.



Death and Life are in the power of the tongue.

Proverbs 18:21

MARRIAGE DISASTERS

COACHING

Here's how you
can be better... or
essentially, more
like me.

CONTROL

Here's what I want
you to do...

Here's how you might recognize criticism...

- When it starts with the word "you"
- When you use absolutes like "always" and "never"
- When it's about them... and not the situation

CRITICISM

Here's what you're
doing wrong and
what I don't like
about you.

CONTEMPT

This is tone,
non-verbal, eye-roll,
smirk, sneering,
a disapproving
shaking of the head,
exaggeration, insult,
name calling, and
general disdain.

**To write these types
of negative words
in a marriage story
requires**

MARRIAGE MASTERS

It requires a shift in your thinking.

ANTICIPATION

Excitement for something that is going to happen.

APPRECIATION

An expression of thankfulness for the way he/she enhances your life.

AFFIRMATION

Verbal compliments, encouragement, or praise

A couple who appreciates each other on a daily basis (for little or big things) will eventually develop a culture of gratitude within their marriage.

TIPS:

Be _____

Be _____

Be _____

The _____ behind the _____

**To write these types of positive words
in your marriage story requires a**



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PRACTICAL TOOLS FOR WRITING AN “A” LEVEL LOVE STORY

My Daily Check-in

Today I will...

- └ Remember I am BOTH incredible and messy
- └ Recall the kindness of God
- └ Fill my heart with good words from God’s word
- └ Practice using good words

Good Words/Phrases Suggestions

- | | |
|--|---|
| <ul style="list-style-type: none"> • I’ve learned so much from you. • You make me a better person. • I love spending time with you. • You’re so much fun to be with! • That meal was so great! • Thank you for everything you do around the house. • Our kids are so fortunate to have you as their dad/mom. • I’m thankful that.... • You were my missing puzzle piece. • I will miss you while I’m gone this week. • I trust you. • You look so nice! • If anyone can figure this out, it’s you. • You’re such a hard worker. • I think you’re sexy! • I’m so excited to spend time with you after this week. • You’re so smart. • I admire your... • You’re a wonderful dad/mom • I don’t know what I’d do if you weren’t my best friend. • You’ve done so much. • I have such a thoughtful husband/wife. • Thank you for always believing in me. It helps me... | <ul style="list-style-type: none"> • I’m proud of you. • I love you even more than I did on our wedding day. • How can I help you this week? • I am so glad I picked you to be my life mate forever. • When you look at me and see me, I feel really loved and important. • It makes me really proud of you when I see you put your heart into _____. • No matter what we face, I’m so glad we get to face it together. • I am so thankful I can trust you! • God couldn’t have given me a better husband/wife. • You always have the best ideas. • I can do anything with you by my side. • You’re the best person I know. • Thank you for supporting me. • You’re so creative! • I appreciate that you... • You handled that so well! • I feel safe with you. • You can do this! • I couldn’t have done that without you. • I love how you really listen to me. • I’m blessed to have you in my life. • I will always love you. |
|--|---|

Adjectives to describe my spouse and/or my love story (marriage)

From A to almost Z!

- | | |
|--|--|
| <p>A</p> <ul style="list-style-type: none"> affable affectionate agreeable ambitious amiable amicable amusing <p>B</p> <ul style="list-style-type: none"> brave bright broad-minded <p>C</p> <ul style="list-style-type: none"> calm careful charming communicative compassionate conscientious considerate convivial courageous courteous creative <p>D</p> <ul style="list-style-type: none"> decisive determined diligent diplomatic discreet dynamic <p>E</p> <ul style="list-style-type: none"> easygoing emotional energetic enthusiastic exuberant <p>F</p> <ul style="list-style-type: none"> fair-minded faithful fearless forceful frank friendly funny <p>G</p> <ul style="list-style-type: none"> generous gentle good gregarious <p>H</p> <ul style="list-style-type: none"> hard-working helpful honest humorous <p>I</p> <ul style="list-style-type: none"> imaginative impartial independent intellectual intelligent | <ul style="list-style-type: none"> intuitive inventive <p>K</p> <ul style="list-style-type: none"> kind <p>L</p> <ul style="list-style-type: none"> loving loyal <p>M</p> <ul style="list-style-type: none"> modest <p>N</p> <ul style="list-style-type: none"> neat nice <p>O</p> <ul style="list-style-type: none"> optimistic <p>P</p> <ul style="list-style-type: none"> passionate patient persistent pioneering philosophical placid plucky polite powerful practical pro-active <p>Q</p> <ul style="list-style-type: none"> quick-witted quiet <p>R</p> <ul style="list-style-type: none"> rational reliable reserved resourceful romantic <p>S</p> <ul style="list-style-type: none"> self-confident self-disciplined sensible sensitive shy sincere sociable straightforward sympathetic <p>T</p> <ul style="list-style-type: none"> thoughtful tidy tough <p>U</p> <ul style="list-style-type: none"> unassuming understanding <p>V</p> <ul style="list-style-type: none"> versatile <p>W</p> <ul style="list-style-type: none"> warmhearted willing witty |
|--|--|

PART A- Enjoy the film!

Grab your favorite movie snacks, and then find a comfortable spot to watch the short film listed below (available on Disney + or at the provided YouTube link).

SHORT FILM

“Paperman”

(Approximately 6 minutes total running time)

https://www.youtube.com/watch?v=jo_pJkWuUyQ

**DATE
NIGHT -
AT THE
MOVIES**

PART B- What do you think?

Use the questions below to talk about the film

1. Think about the first time you ever looked at your spouse and realized s/he was special or that s/he might be “the one.” Take a few minutes to talk about this memory and how you felt about one another when you first connected.
2. In the film, a sense of fate draws the couple together. Did you ever feel that way during your courtship? Did you ever sense God moving you toward each other, perhaps even despite difficult circumstances? List a few ways you knew from the beginning that you were better together.
3. The man in the film ultimately prioritizes finding his mystery woman over the responsibilities of his job, sacrificing much so that they can find one another. What sacrifices have you both made to be together, to be a family, and how has God blessed this?

PART C- Now let's have some fun!

Supplies needed: 2 sheets of paper

Activity: Fold paper airplanes. Instructions available here- <https://www.youtube.com/watch?v=veyZNyurwU>

Find an open space and see whose airplane can fly the farthest! Get as creative as you'd like with the challenge of this. Create obstacles to fly through, rules, time limits- whatever you'd like to amp up the fun! Shoot some video to laugh about later!

PART D- Share the love...

Using your own lips with some bright lipstick, place a lips imprint somewhere creative/fun/ memorable and take a photo of you and your spouse to help remember the fun you shared tonight. The lips imprint can be on the airplane, on your spouse, or anywhere you choose! Share the photo with us on Instagram or Facebook [#RYM2020](#) [@RefreshingYourMarriage](#) or via email RYMinfo@homeword.com.

MAKING MOMENTS MATTER IN YOUR MARRIAGE

JIM BURNS @DRJIMBURNS

If I had my life to live over again...

THE BIG IDEA:

Healthy *emotional* intimacy energizes healthy *physical* intimacy.

Principle one:

Your relationship with your spouse is measured in moments and defining moments shape your life and your marriage relationship

Live one day at a time...

“So, don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.”

Matthew 6:34

Make your top priorities your top priorities

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one.[a] Mary has chosen what is better, and it will not be taken away from her.”

Luke 10:41-42

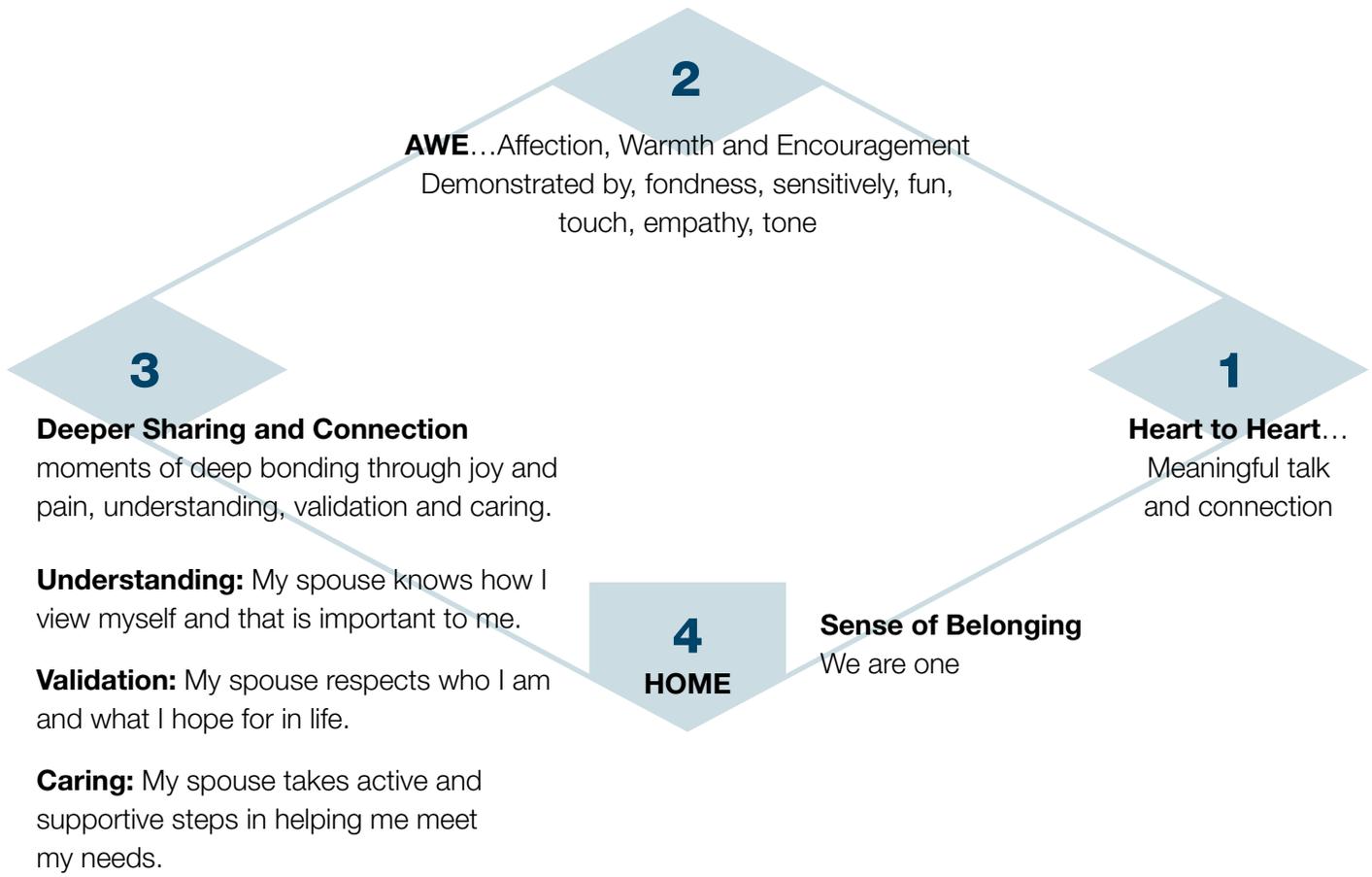
- Defining moments are meaningful experiences that stand out in your memory.
- You create defining moments you don’t wait for them to happen.
- Defining moments tend to rewire our understanding of each other.
- Defining moments break the script of your marriage.

Principle Two:

Nothing fuels physical intimacy like emotional intimacy

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 flesh. Therefore, what God has joined together, let no one separate.”

Matthew 19:5-6



“The sexual relationship between a husband and wife is the beating heart of marriage. Sexual intimacy bonds this God ordained union and sets it apart from every other earthly relationship. A happy, healthy sex life and marital bond secures a family.”

Lucille Williams

“If you think sex isn’t important you are badly mistaken.”

Kevin Lehman

HELPFUL THOUGHTS ABOUT YOUR PHYSICAL RELATIONSHIP

- 1. Sex is fun! Pleasure**
- 2. Just say yes! Initiate**
- 3. We have different sex drives! Libido**
- 4. Not tonight, I have a hangnail! Hinderances**
The top sex and passion killers:
 - Exhaustion and stress
 - Lack of physical affection, flirting, intimate conversation
 - Too much to-do things left undone
 - Emotional distance and intense conflict
 - Lack of safety either emotional or physical
 - Feeling unappreciated
 - Negative and constantly criticized
 - Plumbing isn’t working
- 5. I’m not your mother! Be his/her lover, not the parent.**

HOW TO IMPROVE YOUR SEX LIFE

Couples who have a great sex life:

- Say “I love you” to their spouse every day and mean it
- Buy one another surprise romantic gifts
- Compliment their spouse often
- Have romantic vacations
- Give one another back rubs
- Kiss one another passionately and for no reason at all
- Show affection in public (hold hands, kiss, caress)
- Cuddle with one another every day (only 6 percent of the non-cuddlers had a great sex life)
- Have romantic dates once a week that may include lovemaking
- Make sex a priority and talk to one another about sex comfortably

The Sexiest Chapter in the Bible

Song of Songs 7:1-13

*1 How beautiful are your sandaled feet,
O queenly maiden.*

*Your rounded thighs are like jewels,
the work of a skilled craftsman.*

*2 Your navel is perfectly formed
like a goblet filled with mixed wine.*

*Between your thighs lies a mound of wheat
bordered with lilies.*

*3 Your breasts are like two fawns,
twin fawns of a gazelle.*

*4 Your neck is as beautiful as an ivory tower.
Your eyes are like the sparkling pools in Heshbon
by the gate of Bath-rabbim.*

*Your nose is as fine as the tower of Lebanon
overlooking Damascus.*

*5 Your head is as majestic as Mount Carmel,
and the sheen of your hair radiates royalty.
The king is held captive by its tresses.*

*6 Oh, how beautiful you are!
How pleasing, my love, how full of delights!*

*7 You are slender like a palm tree,
and your breasts are like its clusters of fruit.*

*8 I said, “I will climb the palm tree
and take hold of its fruit.”*

*May your breasts be like grape clusters,
and the fragrance of your breath like apples.*

9 May your kisses be as exciting as the best wine—

Young Woman

*Yes, wine that goes down smoothly for my lover,
flowing gently over lips and teeth.*

*10 I am my lover’s,
and he claims me as his own.*

*11 Come, my love, let us go out to the fields
and spend the night among the wildflowers.*

*12 Let us get up early and go to the vineyards
to see if the grapevines have budded,
if the blossoms have opened,
and if the pomegranates have bloomed.*

There I will give you my love.

*13 There the mandrakes give off their fragrance,
and the finest fruits are at our door,
new delights as well as old,
which I have saved for you, my lover.*

WEDLOCK VS. GRIDLOCK:

REASONS, REACTIONS, & GAME-CHANGING RESOLUTIONS

MEGAN HUTCHINSON @MEGANHUTCH111

Conflict isn't a _____ !

Conflict is an _____ if...

Resolved _____ %

Perpetual _____ %

“Although you may feel your situation is unique, we have found that all marital conflicts fall into two categories: Either they can be resolved, or they are perpetual, which means they will be part of your lives forever, in some form or another.”

The Seven Principles for Making Marriage Work, Dr. John Gottman

Gridlock reasons, reactions, & resolutions

Career	Raising Kids	Sex	Lack of connection
Communication	Extended Family	Friends	Health
Spirituality	Recreation	Roles	Other _____
Screen time/phone	Schedules	Chores	*None
Driving	Money		*this is called denial!!

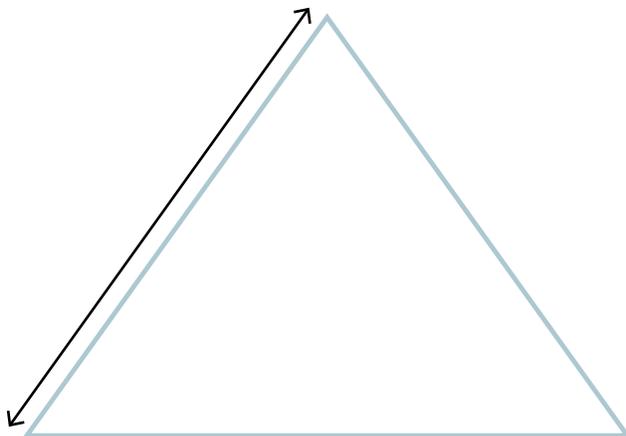
“For everyone has sinned; we all fall short of God’s glorious standard. Yet God, in his grace, freely makes us right in his sight.”

Romans 3:23

REACTIONS: The 4 Pathways of Gridlock	RESOLUTIONS: The Road Back to Wedlock (Opportunity!)
1.	1.
2.	2.
3.	3.
4.	4.

Principle: H.A.L.T.

H
A
L
T



The Signs of Gridlock

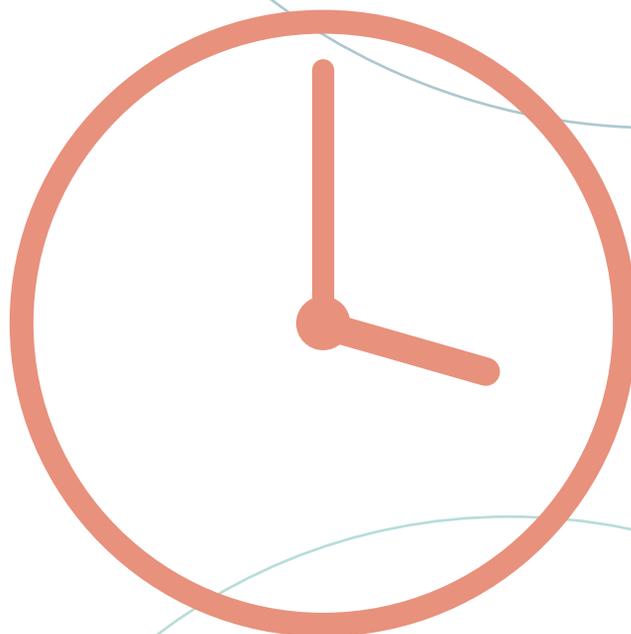
- The conflict makes you feel rejected by your partner.
- You keep talking about it but make no headway.
- You become entrenched in your positions and are unwilling to budge.
- When you discuss the subject, you end up feeling more frustrated and hurt.
- Your conversations about the problem are devoid of humor, amusement or affection.
- You become even more “unbudgeable” over time, which leads you to vilify each other during these conversations.
- This vilification make you all the more rooted in your positions and polarized, more extreme in your views, and all the less willing to compromise.
- Eventually you disengage from each other emotionally.

“... and the two shall become ONE.” Genesis 2:25

WHAT BUSY HAS IN COMMON IN YOUR MARRIAGE

DOUG FIELDS @DOUGFIELDS

**WE ARE DIFFERENT IN MANY WAYS...
OUR ONE COMMON DENOMINATOR IS...**



**TIME + COMMITMENTS + PERSONALITY +
LIFE-STAGE + INNER SCRIPT = _____**

Walk out

Give up

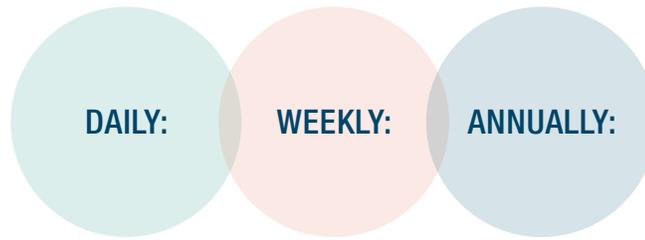
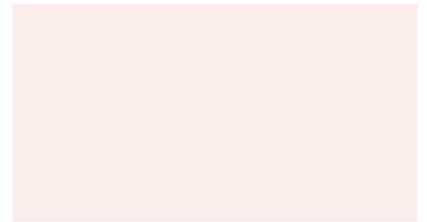
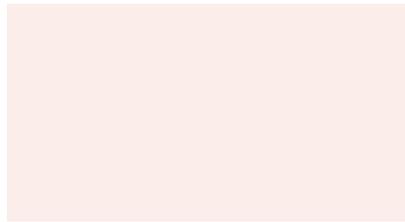
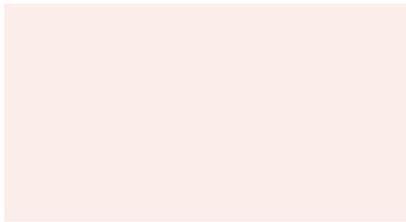
Let it be

Prioritize it



PRIORITIZE

refresh
strengthen
heal
oxygenate



What might we like to do?

What are our primary excuses?

What's our plan to attack these excuses?

What 3 day period might work?

So I tell you, don't worry about everyday life--whether you have enough food, drink, and clothes. Doesn't life consist of more than food and clothing? Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. Can all your worries add a single moment to your life? Of course not.

Matthew 6:25-27

MY MARRIAGE PRIORITIES PLANNER

DAILY:
15 MINUTES
A DAY

Activities and/or Conversation Starters

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: *Date Day*

WEEKLY:
100 MINUTES
(PAGE 41)

Choose 1 creative date idea per month

Jan	Feb	Mar	Apr
May	June	July	Aug
Sept	Oct	Nov	Dec

ANNUALLY:
3 DAYS

DESTINATION: _____

\$ To Save (Budget): _____

Resolved (✓)

BARRIERS TO OVERCOME: _____

(Ex. Childcare) _____

THE PROMISE

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