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Connecting with your Spouse

Trevor O'Reggio

Andrews University, toreggio@andrews.edu

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Recommended Citation

O'Reggio, Trevor, "Connecting with your Spouse" (2016). *Faculty Publications*. 2398.
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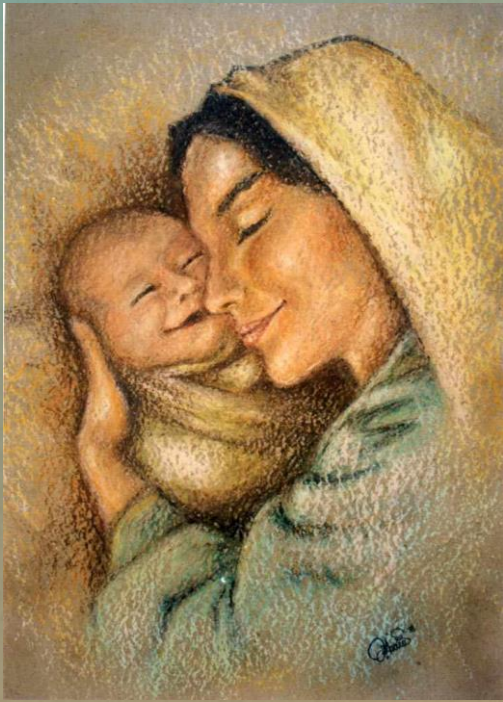
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CONNECTING WITH YOUR SPOUSE

By Trevor O'Reggio

WORDS and Deeds of Love

- Love cannot long exist without expression. Let not the heart of one connected with you starve for the want of kindness and sympathy
- “Let each give love rather than exact it. Cultivate that which is noblest in yourselves, and be quick to recognize the good qualities in each other. The consciousness of been appreciated is a wonderful stimulus and satisfaction. Sympathy and respect encourage the striving after excellence and love itself increases as it is stimulates to nobler aims” Happiness Homemade, p.25



Rueben

Behold- a son

Here is my son, God has noticed my troubles

- Pay attention to your loved ones or you will lose them
- Attention grabber. How do you get the attention of your spouse?
- Bad behavior of teenager; they want to be noticed

PAY ATTENTION

- People who commit suicide are desperately crying out for help
- Sometimes father and mother are too busy to attend to their children.
- Husbands are too busy with their work and pay little attention to needs of their spouse.

Simeon—hearing

God has heard that I am unloved

- Listen with your whole body; orientate body towards the person
 - Make eye contact
- Ask for clarification for something you don't understand
- Reflective listening
 - Hearing the other person's meanings and feelings
 - Show your understanding
 - Can correct you if you are misunderstood



- Pay attention to nonverbal cues
- Open response
- Allow the other person to resolve the issue

Improving your communication

- Conversation a Day- at least five minutes of meaningful dialogue. Focus on feelings and your life together.
- Self-Disclosure-revelation of deeply personal information about yourself. Creates an atmosphere of mutual trust beneficial to both. When we confide in others they confide in us.
- Assertiveness and I statements- ability to express feelings and ask for what you want. Avoid “you statements” take person responsibility
- Active Listening: We hear only half of what is said to us, understand only half of that, believe only half of that, and remember only half of that
- Ability to listen accurately and repeat back to the speaker the message you heard. Active listening ensures that both the sender and receiver of the message are clearly understood and there is little room for misinterpretation
- Daily Compliments- give your partner at least one compliments each day

Levi— Joined in harmony/attachment. My husband will be attached to me

- Need to express feelings openly-healthy-if bottled up leads to sickness
- Express love to affirm person we love
 - Marasmus – disease – wasting away of body; lack of affect
- Two-way communication; reciprocity
- Nonverbal expression of love
 - Body language; physical actions, symbolic gestures; poem, song



Levi—attachment. My husband will be attached to me



- Love-finely cut diamond; can be appreciated if seen from different angles
- Know and understand you and your spouse's language of love
Obstacles to expressing love
 - Fear; vulnerability
 - Low self-esteem
 - Time consuming
 - Not in tune with feelings
- Cultural socialization of boys- difficulty in expressing feelings

Praise^{the}
LORD
oh my
soul.
Praise
LORD^{the}

Judah—Praise

I will praise the Lord

- Affirm! Affirm! For every criticism five praises needed to counteract
 - Appreciate; do not put down
 - Thank you and please
 - What I like about you is
 - A touch of love that can heal strengthen and build
 - Jacob blessed his sons
 - When you express confidence in people or praise them it releases special energy in their lives
- Learning to see life through the eyes of your spouse





Issachar— reward/Gifts

God has given me
my reward

- Women love them—flowers, vacation
- Romantic weekend, surprise gifts; but don't give to get
- Reward positive behavior with gifts; not expensive; little tokens of love and appreciation to show how much we care for each other
- MEN; never forget your wife's birthday, anniversary or your children's birthday



Zebulun— exalt/honor My husband will honor me



- Let her feel as if she is the most beautiful and desirable person in the world
- Pay special regard for a person; do not disrespect or talk down to your family
- Build up with your words; we are all God's children and worthy

Honor and respect her

Love Needs of men and women

▪ Men

- Unconditional love and acceptance
- Intimacy-spelled sex
- Companionship
- Encouragement
- Spiritual connection

▪ Women

- Unconditional love and acceptance
- Intimacy-spelled talk
- Spiritual intimacy
- Encouragement
- Friendship