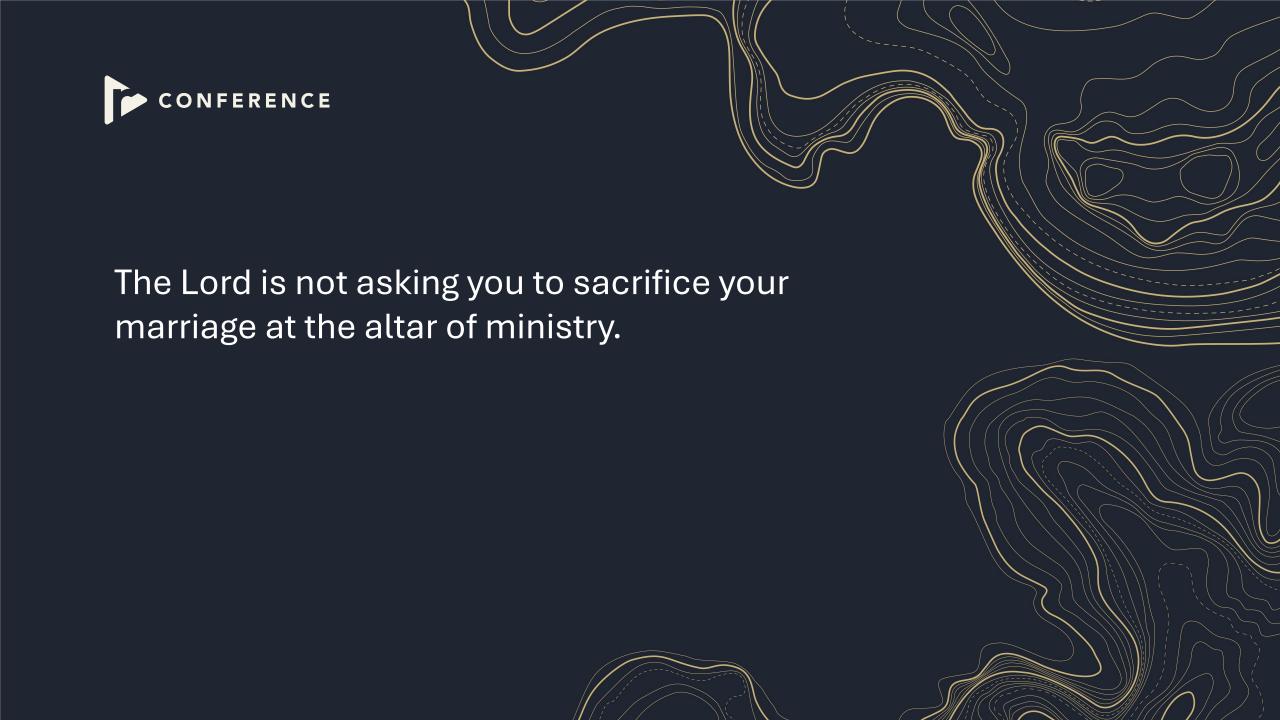


THRIVING TOGETHER:

Nurturing a healthy marriage while serving the church

WARREN & SONYA JACOBS





CHALLENGES

- Constant availability expectations:

Ministry often demands long hours, frequent evening and weekend commitments, and being "on call" for crises.

- Neglect of the marriage:

The spouse can feel neglected or resentful when the church receives more attention than the family.

- **Difficulty setting boundaries:** Many ministers struggle to say "no," leading to burnout and emotional distance at home.





CONNECTION IS KEY



FOUR PILLARS OF CONNECTION

- Emotional
- Mental
- Physical
- Spiritual



EMOTIONAL

We were built for connection

"Let us make them in our image"

"It is not good for you to be alone, I will make a partner for you"

"They were both naked and they felt no shame"

GENESIS 1 & 2



EMOTIONAL

True emotional intimacy requires vulnerability, safety, attunement, and emotional presence. When couples consciously work through fear, communicate authentically, and create a space where both can be seen and accepted, emotional closeness deepens naturally.



FIVE ROADBLOCKS TO EMOTIONAL INTIMACY FOR COUPLES

- 1. Fear of vulnerability
- 2. Unresolved past wounds
- 3. Poor communication habits
- 4. Emotional unavailability or burnout
- 5. Power struggles and lack of emotional safety



MENTAL

- Hobbies, politics
- Plans and projects
- Work
- Goals, strategizing together, planning for the future



MENTAL

PILLARS OF CONNNECTION

Weekly working date

Weekly/Monthly Working Date Living life intentionally

Gentle Reminder this is not a time to resolve conflict
<u>Calendar notes for our family</u> : (travel, doctor's apts, games, events, holiday, birthday, etc.)
Husband
Wife:
Children:
<u>Deadlines that need attention:</u> (Vehicle needs, taxes, bill payments, forms, registrations, etc.)
Any financial concerns?
Any major events happening at work or home?
Meals we will sit down at the table as a family and eat together:
Date plan for couple (dinner, lunch, coffee, etc):
Hopeful Intimacy Schedule :)
Intentional one on one time with the kids:
Family Fun:
How can I be helpful to you?
How can I pray for you?

ENJOYYOUR MARRIAGE.ORG



MENTAL

PILLARS OF CONNNECTION

Casting a vision for your marriage



To have a successful marriage, it's critical to know what you and your spouse are collectively working toward. When you create a specific vision for your marriage, then it drives your choices and reactions individually and as a couple. Put simply, what do you want your marriage to look like in the next 5-10 years, and what will it take to get there? We'll walk you through answering these questions with the following four steps.

Imagine your ideal future.

- Individually, take a few moments to think about the question, "What do I want our marriage to look like one year from today?" Keep your answer to yourself for now.
- Then, use the boxes on the following two pages (one for you, one for your spouse) to draw a visual representation of your ideal future. This could be a picture, symbols, or a diagram. Remember to focus on the ideas you're expressing, not the artistic quality of your drawing.



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ENJOY YOUR MARRIAGE





PILLARS OF CONNNECTION

Sexual and nonsexual touch



- Sexual and nonsexual touch
- Body language and tone



- Sexual and nonsexual touch
- Body language and tone
- Unique seasons for physical connection



- Sexual and nonsexual touch
- Body language and tone
- Unique seasons for physical connection
- A gift for procreation and pleasure



- Sexual and nonsexual touch
- Body language and tone
- Unique seasons for physical connection
- A gift for procreation and pleasure



WE NEED TO COMMUNICATE OUR NEEDS TO BE ABLE TO MEET EACH OTHERS NEEDS



SPIRITUAL

- Shared book or study, Podcasts
- Bible reading plan
- Serve together
- Worship together
- Fasting together



SPIRITUAL

- Prayer
 - "Help" prayer (at the point of need)
 - "Blessing" prayer (early in the morning)
 - "Comfort" prayer (before sleep)



BOUNDARIES

- Leave your work at work. Transition and bring your best at home.
- If it is your day off, it is your day off. You are modeling for those you lead. Make it clear that unless there is a valid emergency (which you will need to define), the situation can wait until the next working day.
- Don't make your spouse compete for your attention to ministry
- Gary chapman story: schedule...



BOUNDARIES

Foster Healthy boundaries:

Connect your spouse to your ministry

- ask them to pray for your ministry & give them specific things to pray about
- Tell them about what goes on in your daily routine
- Ask their opinion when you're trying to make decisions in your ministry.



BOUNDARIES

Fight unhealthy boundaries:

- Never be <u>alone with the opposite sex.</u> Never. That means lunch, dinner, etc.
- Privacy creates intimacy



HOW AND WHEN TO GET HELP

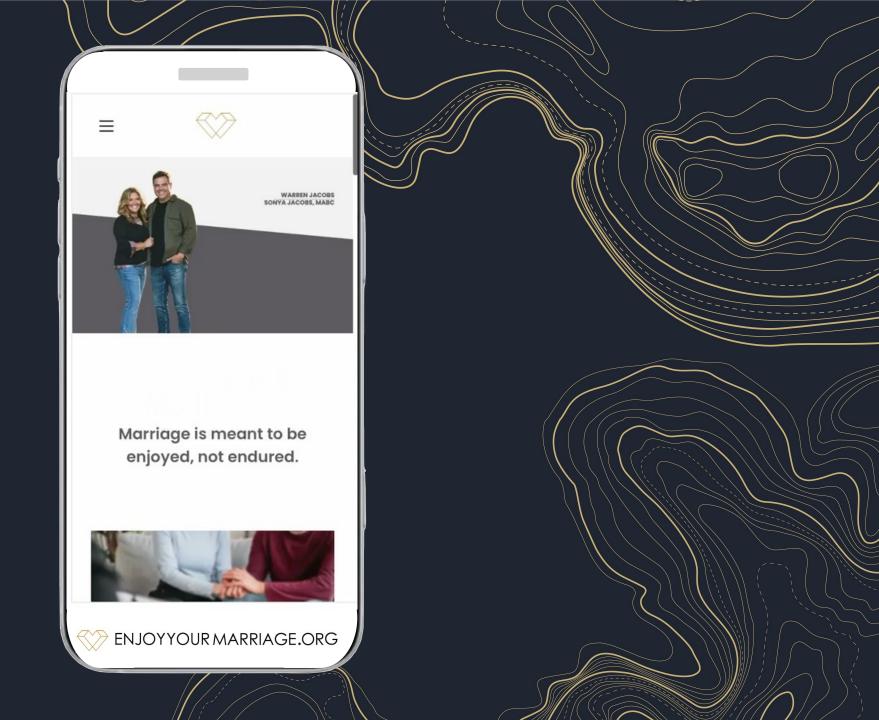
Conversation



HOW AND WHEN TO GET HELP

Among those in *unhealthy marriage* relationships, only 14% sought a moderate amount of help or more, while among those in a marriage crisis state, **only** 17% sought a moderate amount of help or more.









WARREN & SONYA JACOBS

