

Maintaining Friendship & Connection (Love Mapping)

WHAT YOU WILL LEARN

- ☐ Why it's important to be intentional about spending time with your spouse
- ☐ How building & maintaining "Love Maps" can help you have a healthy relationship
- ☐ How to make active friendship a priority and create rituals to maintain the friendship
- ☐ How to create rituals with your spouse on a daily, weekly, monthly, quarterly and annual basis

BUILDING ON GOD'S WORD (Scripture Study)

Psalms 139

1 You have searched me, Lord, and you know me.

2 You know when I sit and when I rise;
you perceive my thoughts from afar.

3 You discern my going out and my lying down;
you are familiar with all my ways.

4 Before a word is on my tongue
you, Lord, know it completely.

5 You hem me in behind and before,
and you lay your hand upon me.

6 Such knowledge is too wonderful for me,
too lofty for me to attain.

7 Where can I go from your Spirit?

Where can I flee from your presence?*

8If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

9If I rise on the wings of the dawn,
if I settle on the far side of the sea,
10even there your hand will guide me,
your right hand will hold me fast.

11If I say, "Surely the darkness will hide me
and the light become night around me,"
12even the darkness will not be dark to you;
the night will shine like the day, for darkness is as light to you.

13For you created my inmost being;
you knit me together in my mother's womb.

14I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

15My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

16Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

17How precious to me are your thoughts, a God!
How vast is the sum of them!

18Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

19If only you, God, would slay the wicked!

Away from me, you who are bloodthirsty!

20 They speak of you with evil intent;
your adversaries misuse your name.

21 Do I not hate those who hate you, Lord,
and abhor those who are in rebellion against you?

22 I have nothing but hatred for them;
I count them my enemies.

23 Search me, God, and know my heart;
test me and know my anxious thoughts.

24 See if there is any offensive way in me,
and lead me in the way everlasting.

Proverbs 18:24

A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.

Proverbs 27:9

Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel.

Matthew 6:31-32

31 "Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' 32 "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. 33 "But seek first His kingdom and His righteousness, and all these things will be added to you. 34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.

Matthew 10:30

And the very hairs on your head are all numbered.

John 13:34

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.

Romans 5:8

But God shows his love for us in that while we were still sinners, Christ died for us.

Romans 12:10

Love one another with brotherly affection. Outdo one another in showing honor.

Romans 13:8

Owe no one anything, except to love each other, for the one who loves another has fulfilled the law.

Ephesians 4:2

With all humility and gentleness, with patience, bearing with one another in love.

Ephesians 4:32

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

1 Thessalonians 5:11

Therefore encourage one another and build one another up, just as you are doing.

1 Peter 3:8

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.

1 John 4:7

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.

1 John 4:11

Beloved, if God so loved us, we also ought to love one another.

DO THE WORK

The following assignments are designed to help you to make friendship a priority with your spouse. You will learn ways to create rituals with your spouse on a daily, weekly, monthly, quarterly and annual basis.

1. Schedule a daily ritual of doing an activity or talking alone for at least 15 minutes a day.
2. Schedule a weekly to bi-monthly ritual of a planned date without children, work, etc.

- NOTES:**

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