

# LOve

*Married People: Week Three*



# Create Safety to Connect

- Pursue personal health and fullness
- Stop unsafe speech and behaviors
- Commit to safe speech and behaviors

**S A F E T Y**



**O P E N N E S S**



**I N T I M A C Y**

# Devote Yourself to Being Safe

Demonstrating through word and deed that you recognize and respect the infinite worth and the vulnerability of the person that you are interacting with.

# What do I do that makes my spouse feel less safe in our marriage?

Had angry outbursts

Threatened (leaving, divorce, violence)

Ignored issues

Avoided (not addressing issues now or later)

Used sarcastic humor

Judged their feelings

Criticized

Processed thoughts internally without sharing with them

Nagged

Left them out of conversations

Fixed or solved rather than listening

Emotionally shut down (silent treatment)

Talked negatively about them to others

Forced or demanded conversation

Looked for negative traits

Used information against them later

Tried to be right or win

Lost control of emotions

*“The name of the LORD is a strong tower; the righteous run to it and are safe.”* PROVERBS 18:10

*“Keep me safe, O God, for in you I take refuge.”*

PSALM 16:1

# Communicate Clearly to Connect

- Listen to Understand
- Show Care and Compassion
- Speak to Encourage

# Share Vision to Connect

- Commit to being a Team
- Identify your Core Values
- Vision fuels passion, discipline, and change