

# “The Marriage That Goes the Distance”

## What Makes An Effective Marriage?

### 1. A High Commitment to Make the Marriage Work.

- Even marriages made in heaven need down-to-earth maintenance work.

How do...	Great	Good	Average	Poor	Awful
I do...	1	2	3	4	5
We do...	1	2	3	4	5

### 2. Effective, Mutually Satisfying Communication.

- When communication breaks down, so do marriages.
- When marriages begin to fail, so does communication.

#### Levels of Communication

1. Clichés
2. Reporting the Facts
3. Ideas and Opinions
4. Feelings and Emotions
5. Complete trust and truth

How do...	Great	Good	Average	Poor	Awful
I do...	1	2	3	4	5
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### 3. Spiritual Vitality.

- 4 out of 10 marriages end in divorce. (up 36% from 1998 to 2008)
- 1 out of 105 marriages end in divorce if the couple attends church every Sunday.
- 1 out of 1156 marriages end in divorce if the couple attends church weekly and have daily family devotions.

- from *Faithful Attraction*, by Andrew Greeley, citing Gallup polls

How do...	Great	Good	Average	Poor	Awful
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## 4. Effective Conflict Resolution.

#### Solving Problems Successfully

1. Don't underestimate your problems
2. Don't underestimate your potential to recover
3. Don't exaggerate your problems
4. List possible solutions and pick one
5. Seek help when necessary

How do...	Great	Good	Average	Poor	Awful
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We do...	1	2	3	4	5

### 5. Sexual Intimacy.

How do...	Great	Good	Average	Poor	Awful
I do...	1	2	3	4	5
We do...	1	2	3	4	5

### 6. A Servant's Heart for Each Other.

How do...	Great	Good	Average	Poor	Awful
I do...	1	2	3	4	5
We do...	1	2	3	4	5

### 7. Continued Growth and Development by Both Mates.

#### How to Grow Together

1. Have a personal desire for growth
2. Become best friends
3. Discover what you enjoy together
4. Develop what you enjoy together

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2. Don't underestimate your \_\_\_\_\_ to recover
3. Don't \_\_\_\_\_ your problems
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4. \_\_\_\_\_ what you enjoy together

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