



Can Love Last a Lifetime?

Matthew 19:4-5: (NASB77) *⁴And he answered and said, Have you not read, that He who created them from the beginning made them male and female, ⁵and said, for this cause a man shall leave his father and mother, and shall cleave to his wife; and the two shall become one flesh?*



“The best things in life are free.” That certainly can be true, but as always there is more to the story. Take the love that is between a husband and a wife, for instance. While this love certainly should be free - freely given and freely received - it does have a “maintenance schedule” attached to it. Funny thing is, we never hear much about love’s maintenance schedule as it can be difficult, demanding and even daunting. The good news is that if we stick with the schedule, the results will literally last a lifetime and the love that we were freely given will have become a most valuable, admired and cherished part of our lives! How do we get there? How do we learn what to do and how to do it so our love will last a lifetime?



“I Wanna Grow Old with You,” (First chorus) Westlife

I want to grow old with you
I want to die lying in your arms
I want to grow old with you
I want to be looking in your eyes
I want to be there for you, sharing everything you do
I want to grow old with you

We will base today’s podcast on some advice from eHarmony.com, forwarded to us by a CQ staff member. It clearly passes our test of its principles soundly supported by Scripture.

(Source: eHarmony.com. *Seven Things Madly-in-Love Couples Do to Stay That Way*, by eHarmony Staff)



1. LISTEN: Listening to your partner reaps benefits in every area of your life together. When you listen, you’ll learn things that will help you love the other person more deeply. You’ll catch a glimpse of your partner’s hopes and dreams, hurts and fears. You’ll hear about things you do that make your partner want to withdraw. You’ll discover ideas and thoughts previously unknown to you. If you’re not in the habit of listening - really listening - you’ll miss all these things and more.



I’m generally a good listener and try to focus on whoever is speaking to me. I have a client from Vietnam with an incredibly thick accent. When I don’t speak to him for several months, I find it almost impossible to understand him. He and his wife are two of the most wonderful people I know.

When he calls me, I know I have to really focus. If there is music on, I shut it off. I shut my laptop so I do not look at anything. I close my eyes and put my



finger in my other ear and just focus on the words. It occurred to me this is *really* listening. If we really focus, we have an opportunity to listen. Really focusing means forgetting everything else.

That is not easy in a world full of distraction! When somebody knows they have your undivided attention, they respond. This is a great marriage lesson - to really listen and not be looking at your phone, thumbing through the mail or adjusting things on your desk. Be so focused that you do not want anything to get by.

 **What is love? *The Science of Love, SoulPancake***

- *I don't know if there's any real definition of love.*
- *That's a heavy question.*
- *Love. I think that love is when you put someone before yourself. It's definitely more than just a feeling.*
- *It's an openness and it's an energy. That's the closest I can get to it, I think.*
- *Love is overcoming the differences that you two have and learning to find the imperfection and working with it.*



"Step away from your screens, cell phone and computers and listen to your spouse."

This has been a message from the Foundation for a Good Marriage.

Not listening intently might reflect we are devaluing what is being said.

We will focus on two types of love today. First, the most basic:

Love: Strongs #5362, philandros, #5387, philostorgos, #5388 philoteknos

The most basic and instinctive type of love is the affection between spouses, parents to children and children to parents.

Titus 2:3-5: (NKJV) ³*the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things* ⁴*that they admonish the young women to **love <5362>** their husbands, to **love <5388>** their children,* ⁵*to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed.*

Romans 12:10: (NKJV) ¹⁰*Be **kindly affectionate <5387>** to one another with brotherly **love <5360>**, in honor giving preference to one another;*

This kind of love means to put others before you in a fraternal, familial kind of way.



That seems obvious, but we have lost the ability to put others' needs before our own. Today's culture with social media, electronics and technology is all about ME. It is all about the "selfie," what I want to do, what I want to look at, what I want to send...we forget our role in the bigger picture. Because we are so busy "doing," we stop listening.



Second, the most selfless love:

Agape: Strong's #26 (ag-ah'-pay); love, i.e. affection or benevolence

Being willing to give for the sake of giving with no thought of receiving.

Listening to our spouses gives validation to their words and feelings.

Chasing a feeling, *The Definition of True Love*, Jayson Gaddis

- *Now, if you are like I used to be, you might think love equals happiness, feeling good, warm fuzzies, and that's a limited definition of love. I call that "infatuation." If you are like I was, you would enter a relationship and things would be going great, and it's all sexy and feeling good and then as soon as a real relationship would kick in a few months down the road and things got challenging, like my partner needed something or had some valid conversation she wanted to have, I would kind of bail because it was too uncomfortable for me. I was chasing the feeling, which is essentially when we're infatuated we're chasing a feeling.*



Listening may be in body language as well as words. As a practical example, my wife Jewel was talking about how her neck and shoulders were hurting her, affecting her back. You could see what she was going through. I could see she needed a massage to get all of this fixed. She hadn't considered this as a solution before I mentioned it. It made a big difference for her!

Generally, it is pride that is behind the behavior destructive to marriage:

Proverbs 16:18-20,24-25: (NKJV) ¹⁸Pride goes before destruction, and a haughty spirit before a fall. ¹⁹Better to be of a humble spirit with the lowly, than to divide the spoil with the proud. ²⁰He who heeds the word wisely will find good, and whoever trusts in the LORD, happy is he...²⁴Pleasant words are like a honeycomb, sweetness to the soul and health to the bones. ²⁵There is a way that seems right to a man, but its end is the way of death.

Love provokes us up and out of pride and one way it does it is by provoking listening.

We start our maintenance schedule by tuning up our ears...then what?



2. VALUE each other: When you value someone, you won't want to belittle or tear down that person. You'll also be less inclined to take that person for granted. And you definitely won't be careless with his or her heart. When you truly value someone, you'll see and appreciate what that person brings into your life on a daily basis. Even better, you will find ways to communicate that appreciation every chance you get.



Of course you value your spouse. But over time, you start to take things for granted and you forget. One day you wake up and see the value is gone because you have not paid attention. Value means putting your spouse above others and do all you can to show appreciation. It takes effort and focus to value someone.



“This I Promise You,” (Verse one) NSYNC

I'll be your strength
I'll give you hope
Keeping your faith when it's gone
The one you should call
Was standing there all along
And I will take you in my arms
And hold you right where you belong
'Til the day my life is through
This I promise you
This I promise you

We KNOW men and women are wired differently and as a result we are shown different roles:

Ephesians 5:21-24: (NASB) ²¹and be subject to one another in the fear (respect) of Christ. ²²Wives, be subject to your own husbands, as to the Lord. ²³For the husband is the head of the wife, as Christ also is the head of the church, he himself being the Savior of the body. ²⁴But as the church is subject to Christ, so also the wives ought to be to their husbands in everything.

This sounds like a recipe for unfair treatment, rebellion and even lawsuits! As usual, if we just read only part of the Scripture then we cannot possibly begin to grasp its true meaning. More on this soon.

What is love? The Science of Love, SoulPancake

- You give all of yourself to somebody and never expect anything back.
- My definition of love is God. I think that God is love, so love is God.
- Love is the innermost feeling one can present to another person who understands them.
- Being in love makes me feel better about myself. All of the good things that I know are already there just feel highlighted in me. It makes me feel like I can face the world.
- Just pure happiness and everything is right with the world, nothing could go wrong. It's an out-of-body feeling.

Love gives you a sense of well-being because you are accepted and cherished for what you are. That gives you the ability to feel like you can do more. That is why the “maintenance schedule” is such an important part of making a relationship work.

Husbands are clearly taught to love their wives as a Christian responsibility:

Ephesians 5:25-31: (NASB) ²⁵Husbands, love your wives, just as Christ also loved the church and gave himself up for her, ²⁶so that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷that he might present to himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless. ²⁸So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; ²⁹for no one ever hated his own flesh, but nourishes and **cherishes <2282>** it, just as Christ



also does the church, ³⁰because we are members of his body. ³¹For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh.

The husband's role comes with incredible responsibility for the wife.

The key to truly valuing your spouse is in the concept of cherishing:

Cherish: New Testament Thayers #2282 thalpoō; 1. properly, to warm, keep warm
2. to cherish with tender love, to foster with tender care

Merriam Webster Online Dictionary: **Cherish**

1a: to hold dear: feel or show affection for

b: to keep or cultivate with care and affection: nurture

2: to entertain or harbor in the mind deeply and resolutely

 **Have challenge and support, *The Definition of True Love*, Jayson Gaddis**

- *In this day and age, we stay in long term relationships, some of us. And infatuation, you're going to burn out on that. It'll take a few months, maybe a year, and a real relationship will set in and that's where love comes in. If we look at infatuation as like support and then we look at a real relationship as like there's a lot of challenge going on - you want to have a balance of both of those, and whenever you try to get support without challenge, challenge is going to come find you and you're going to end up frustrated a lot. Most couples I see really struggle here, because they have a really immature notion of love. They're still caught in this idea of romantic love.*

Romantic love is *not* what carries you through life. Applying yourself to the maintenance schedule can help us maintain what has great value.

One of our CQ staff members wrote a detailed essay about her difficulties within marriage. It is a personal testimony of change and growth. We are happy to provide a copy upon request to our listeners.



Observations from [Ephesians 5:21-31](#) - what is your responsibility?

- For women - LOVE and be subject
- For men - LOVE and give yourself up for her (she becomes more important than you)
- For men - LOVE and care for her as your own body (the same instinctive care we naturally give ourselves)
- For men - Your love for her becomes your way of self-preservation (because she is part of you, you preserve yourself by loving and cherishing your spouse)
- For men - Cherish her (foster with tender love)
- For men - Leave all other ties for her sake (the wife comes before parents, children and friends)



With **LISTENING** and **VALUE** in place,
are you ready to now approach perhaps the most difficult part of our
marriage relationship maintenance schedule?



A CQ App user wrote: So, once we've listened, what do we do? Well, there are at least five "love languages" people speak and respond to. We all tend to have one or two that we lean towards the most... The options are: quality time, gifts, physical touch, words of affirmation (compliments and such), and acts of kindness (whether it's seeing you needed a massage 😊 or taking out the trash). Find out what your spouse's language is and start speaking it...even if you speak another one, speak theirs to them. If they are listening, tell them and ask for yours. If they're not listening, pray. You can find out your love language for free by googling the quiz "5 love languages."



3. FORGIVE: No matter how deeply in love, two human beings are bound to hurt each other with thoughtless words, selfish actions, or inconsiderate neglect. Forgiving each other for those hurtful acts is the cornerstone of any lasting, harmonious relationship. Without forgiveness, slights and offenses accumulate like boulders on a highway. Devote yourself to clearing obstructions in your relationship through forgiveness.

Forgiveness is not easy to come by. A relationship cannot move forward unless a path is clear, but pride gets in the way of forgiveness.



Love Anthem, *The Skit Guys* (talking about the problems of love)

- *Love. Love. Love.*
- *Love in this world is pretty messed up.*
- *It asks for a lot and it never returns the favor.*
- *Love in my world, well, it brings more trouble than it's worth.*
- *In my world, love has felt like...*
- *...sabotage.*
- *It flees into the night. It leaves at the first sign of trouble.*
- *It never feels like, "I'll love you no matter what."*
- *Because love in my world, it leaves.*
- *And when it leaves there's only disaster left.*
- *Love promises a lot, but it doesn't deliver much.*
- *It breaks hearts.*
- *I picked up the pieces of my broken heart one too many times.*
- *So, I build walls.*
- *Love isn't worth the tears.*
- *The pain, the loneliness.*
- *The surrender - it's exhausting.*
- *Even when you try to do love right, love fails.*
- *I have made a mess out of love.*
- *What good is it?*
- *It can't help me.*
- *Why love at all?*
- *Why do I even try to love?*
- *Why sacrifice to carry the burden?*
- *Why? Why? Why?*



Forgiveness between spouses is at the core of the marriage maintenance schedule. In some cases it can be like overhauling an engine that has lost its power to work. This is deep, focused and disciplined work! If you do not do the work, the engine of your marriage cannot drive you forward.

We all make mistakes. If we can focus on the Holy Spirit, (God working within our spouse, that "new creature" in Christ Jesus) instead of focusing on our fleshly imperfections, weaknesses and mistakes, we can rise above the petty and focus on the beauty that makes up our spouse.

That is a choice that requires discipline, effort, humility, action and prayer. But sometimes we get so stuck we say, "Forget it. Everything is going to fall apart."



"Love Stinks," J Geils Band

You love her
But she loves him
And he loves somebody else
You just can't win
And so, it goes
'Til the day you die
This thing they call love
It's gonna make you cry
I've had the blues
The reds and the pinks
One thing for sure
Love stinks
Love stinks yeah yeah
Love stinks
Love stinks yeah yeah

We can get frustrated and say it is not worth the effort.

Our ability to forgive one another on any level depends on how we see one another:

Philippians 2:2-8: (NASB) ²make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. ³Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; (**Do we do this in our marriages?**) ⁴do not merely look out for your own personal interests, but also for the interests of others.

How we see one another depends on how we see ourselves and Christ in ourselves:

⁵Have this attitude in yourselves which was also in Christ Jesus, ⁶who, although he existed in the form of God, did not regard equality with God a thing to be grasped, ⁷but emptied himself, taking the form of a bond-servant, and being made in the likeness of men. ⁸Being found in appearance as a man, he humbled himself by becoming obedient to the point of death, even death on a cross.



If we hold onto an unforgiving attitude it WILL affect us physically and emotionally. Our life will be continually influenced by its clear and powerful influence. Because we are affected physically and emotionally, we WILL be affected spiritually, and that will directly detract from our ability to follow Christ and therefore detract from our ability to be forgiven.

Are we looking through the eyes of Christ or the eyes of our own hurt?

Philippians 1:21: (NASB) *For to me, to live is Christ and to die is gain.*

We want to take that attitude into our marriage. If we are selfless, look at our spouse as more important than ourselves, protect them, and cherish and honor him or her, forgiveness is so much easier. We see our spouse as valuable.

Remember, to forgive is to make someone's sin against us lose its relevance in our life! The event still happened and the results of the event are still intact, but the relevance of the act AGAINST us has been diminished.

There is a maturing process to forgiveness - it takes time and effort - but our example is inspiring:

Psalms 130:13-14: (NASB) *¹³Just as a father has compassion on his children, so the LORD has compassion on those who fear Him. ¹⁴For He Himself knows our frame; He is mindful that we are but dust.*



A CQ live chat listener wrote: LISTEN the way I listen. Rivet your attention on the conversation - Psalms 130:2. ASK QUESTIONS out of curiosity, with the heart of a treasure hunter - Proverbs 2:1-4. LISTEN with compassion - Psalms 34:4-7. BE SILENT - quick to hear, slow to speak and slow to react, slow to anger (James 1:19) until it is time to speak. Speak with the intent first to convey you understand and then to discover together what might work or help the dilemma at hand.



Observations from Psalms 103:13-14:

- God by nature truly does know our weaknesses and frailty and the result of His knowledge of us is a fatherly embrace for any who seek it.
- We who are in a position to forgive must practice that family-based approach to those who have wronged us as we accept that we, as well as they, are all faulty. Focus on our own faultiness instead of that of our spouse - we will be humbled.
- We who are in a position to be forgiven must embrace the embrace of forgiveness!
- We need to be thankful and appreciate the strength of the other person for forgiving us of our mistakes.

(Source: Shall We Dance? (2004) movie) "We need a witness to our lives. There's a billion people on the planet...I mean, what does any one life really mean? But in a marriage, you're promising to care about everything. The good things, the bad things, the terrible things, the mundane things...all of it, all of the time, every day. You're saying 'Your life will not go unnoticed because I will notice it. Your life will not go unwitnessed because I will be your witness.'"



 **Stuck in a fantasy, *The Definition of True Love*, Jayson Gaddis**

- *And if you get this, it's actually going to help you succeed in a relationship over the long haul because you won't be stuck in a fantasy of infatuation - feeling good and then when a challenge comes, running away from it. You embrace challenge, you welcome it on in, and you're holding both and your partner is getting you to love yourself more so that you can love them more by claiming and re-owning the parts they're triggering in you that have been disowned and in the shadows. This is love. I want to elevate you into a different conversation around what love really means in your own long-term relationships. It's not a fantasy. It's both sides - challenge and support, dark and light.*



4. LAUGH together: Laughing reduces stress, improves communication, gets past facades and releases feel-good hormones in the brain. It creates great memories, helps grudges fade and knits hearts together. Maybe your partner is always cracking you up. Or maybe neither one of you is all that funny, but you both laugh until you cry at the same movies. Wherever you find it, laughter is good for love.

To laugh together is to be able to share in the variety of life. For a Christian, the sheer joy of life and blessing can bring laughter to the heart, and when we share that we create a contagious joy.

We need to be able to laugh at ourselves. Do not miss the moments that bring laughter because you are tied up in the thoughts that bring frustration. Moments go by quickly.

Proverbs 25:24: (NASB) *It is better to live in a corner of the roof than in a house shared with a contentious woman.*

Proverbs 21:19: (NASB) *It is better to live in a desert land than with a contentious and vexing woman.*

Find things that bring a smile to your face. Put yourself in a place of comfort with your spouse. To be able to go down that road is therapeutic in terms of being able to deal with the difficulties.

 ***What is love? The Science of Love*, SoulPancake**

- *That excited feeling to see them come home or to see their face after a long time of not seeing them.*
- *Warm fuzzies, that little increase in the heart rate, that little tingling on the skin. And also at the same time a real sense of groundedness. It's like having this floor underneath me that's always there holding me up.*
- *It makes me feel expansive. It makes me feel like I can take on the world, and I can accomplish my dreams. I can help other people accomplish their dreams.*





Although this next text was written for the body of Christ and not for the sake of married couples, we can read its principles with marriage in mind:

Philippians 2:1-4: (NASB) *¹Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, ²make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. ³Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴do not merely look out for your own personal interests, but also for the interests of others.*

There is strength and power when united in spirit and mind. It is easier to deal with problems together.

So, general Christian principles are golden within the confines of the marriage relationship! While the Scriptures do not give us a lot on the marriage relationship, the principles of Christian living apply.

Dopamine and adrenalin, *The Science of Love, Life Noggin*

- *Hey there, welcome to Life Noggin. Fun fact: I love you, you're the coolest. Animations can have feelings, right? Totally understandable but what about humans? How does that all work? With Valentine's Day quickly approaching we might as well learn a little bit about the science of love. Let's do this. Let's start off at a chemical level. Scientists believe that there are three main neurotransmitters involved with attraction: dopamine, adrenaline and serotonin. Dopamine makes you feel good and has the same effect on the brain as doing cocaine. Wow. Couples often show high signs of dopamine levels resulting in higher energy, suppressed hunger, higher ability to focus and less need for sleep. I guess that would explain why I am hungry all the time. Somebody please date me. Anyway, onto adrenaline. When you first start to fall in love with someone your stress response is activated, increasing the level of adrenaline and cortisol in your blood. This explains why you might have sweaty palms and a racing heart when you see your new lover.*

Ecclesiastes 9:9: (NASB) *Enjoy life with the woman whom you love all the days of your fleeting life which He has given to you under the sun; for this is your reward in life and in your toil in which you have labored under the sun.*



"What's Love Got to do With It," Tina Turner

But whatever the reason
You do it for me
Oh, what's love got to do, got to do with it
What's love but a second-hand emotion
What's love got to do, got to do with it
Who needs a heart
When a heart can be broken

Another text for the body of Christ - but think of the joy it brings when we apply it along with our spouse!

Philippians 4:8: (NASB77) *Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.*



Laughing together opens doors - so what is behind those doors?



A CQ App comment from Phoenix, Arizona: Two comments:

#1 - Understanding each other's "love language" is an important point that was made. My husband really values/needs listening and communication. I realized I need appreciation. We freely and sincerely give this to each other which builds us up and draws us closer. So, I love cleaning the house and making dinner because he always notices and appreciates me in his words, his eye contact, his smile and kiss.

#2 Forgiveness - early on in marriage, I carried the "quick to anger" habit and stayed angry...a few years ago, something came over me and I would get angry, but now as soon as I say something angry I purposefully recognize it...I stop and take a breath and purposefully stop the anger and immediately apologize and ask forgiveness. It took my husband awhile to believe I was sincere, (because people seem to want to stay angry as a normal thing) but now he is on the same page and we get through situations more quickly and resolve the true issue without anger. Love your show!



5. BE KIND: When it comes to keeping love alive, kindness is essential. For one thing, it breeds appreciation. It also builds trust. It's hard to stay in love with someone around whom you walk on eggshells because you never know when the next criticism or putdown is coming. In this manner, kindness is the antithesis of abuse and mistreatment.

Many times kindness can wear down frustration, anger and resentment if it is constant, clear and sincere.

What is Love, The Science of Love, SoulPancake

- *You just become this better person, and you have that little hole in your heart that was missing and now it's filled because you have love.*
- *When you care about someone more than you care about yourself and you would do anything for that person.*
- *To me love is a feeling of winning. When you're winning you're happy, you're free, you're honest and it's a way of showing your light that you are the best version of yourself. That's what love is.*

We can pull out the best version of our spouse and let that be what the world sees.

1 Corinthians 13:4: (NASB) *Love is patient, love is **kind** <5541>...*

Kind: Strongs #5541 *chresteuomai* (khraste-yoo'-om-ahee); to show oneself useful, i.e. act benevolently

Merriam Webster Online Dictionary: **Benevolence**

1: disposition to do good

2a: an act of kindness, 2b: a generous gift

Luke 6:35-36: (NRSV) ³⁵*But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for He is kind to the ungrateful and the wicked.* ³⁶*Be merciful, just as your Father is merciful.*



If our true and deep kindness begins at home, how much more will it blossom everywhere else? Bring that positivity wherever you go. A strong marriage is an example to your children.

1 John 3:17-18: (NRSV) ¹⁷How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help? ¹⁸Little children, let us love, not in word or speech, but in truth and action.

Successful spouses learn to give kindness to one another almost instinctively.



A CQ App comment from Atlantic Beach, Florida: One imperative aspect of love and marriage that is lost in the world today is **COMMITMENT**. When we lose sight of the marriage vow, it becomes too easy to give up on marriage. If we would only trust in God's faithfulness to us, by honoring that commitment, He will honor our efforts and bless us tremendously. [Ecclesiastes 5:5](#)

Kindness flows when there is true respect:

1 Peter 3:7: (KJV) *Likewise, ye husbands, dwell with them according to knowledge, giving honor <5092> unto the wife, as unto the weaker <772> vessel, and as being heirs together of the grace of life; that your prayers be not hindered.*

A little expansion on the meaning of *weaker vessel* from [1 Peter 3:7](#).

Honor: Strongs #5092 time (tee-may'); by analogy, esteem (especially of the highest degree), or the dignity itself

You do not esteem something you look down upon or belittle. To esteem is to cherish and look upon with an attachment.

Weaker: Strongs #772 asthenes (as-then-ace'); strengthless
KJV - more feeble, impotent, sick, without strength, weak

It does not say all women are strength-less. It means husbands are to give great esteem to their wives, as they would to something that is of great value, yet fragile - not as physically strong. The point is to honor, not to look down upon. "I want to care for you because you are worth caring for."

 **Serotonin and pheromones, *The Science of Love, Life Noggin***

- *Next up, serotonin. Serotonin levels have actually been shown to drop in people who are in love. This drop in levels can compare to a level of serotonin that a person with an obsessive compulsive disorder might have. This would explain any anxiousness or nervousness. All this chemical talk has got (inaudible) something called pheromones. Pheromones are chemicals that humans and animals produce that can affect the behavior of other surrounding humans or animals. They are excreted through the skin and can be found in things like sweat and tears. Pheromone attraction can actually help one find their best genetically compatible mate. In one study, women were asked to rate the smell of shirts worn by different men. In most cases, the women rated the shirts highest that were worn by men whose DNA was different from their own.*





6. FLIRT: Flirting helped you fall in love, and it can help you stay in love. And don't just flirt with your words - some of the flirtiest things can be said best with body language. Flirting says to your partner, "I'm still attracted to you and still crazy about you!"



We are wired to be connected and walk together in our chemistry. God built us this way, and we should not take this for granted or make light of it.

 **Grow old with you, Adam Sandler, The Wedding Singer, Movie (1998)**

- *(Billy Idol) Good afternoon, everyone. We are flying at 26,000 feet moving up to 30,000 feet, and we've got clear skies all the way to Las Vegas. Right now, we are bringing you some in-flight entertainment. One of our first class passengers would like to sing you a song inspired by one of our coach passengers. And since we let our first class passengers do pretty much whatever they want, here he is.*



"Grow Old With You," Adam Sandler, from The Wedding Singer

I want to make you smile whenever you're sad
 Carry you around when your arthritis is bad
 All I want to do is grow old with you
 I'll get your medicine when your tummy aches
 Build you a fire if the furnace breaks
 It could be so nice growing old with you
 I'll miss you
 Kiss you
 Give you my coat when you are cold
 Need you
 Feed you
 Even let you hold the remote control
 So, let me do the dishes in our kitchen sink
 Put you to bed when you've had too much to drink
 Oh I could be the man who grows old with you
 I want to grow old with you

Not surprisingly, the Bible has no comment on flirting but does talk about sex:

1 Corinthians 7:3-4: (NASB77) ³Let the husband fulfill his duty to his wife, and likewise also the wife to her husband. ⁴The wife does not have authority over her own body, but the husband does; and likewise, also the husband does not have authority over his own body, but the wife does.

Why would the Apostle Paul write this? Marital sex is about attachment, pleasure and togetherness. Do not lose sight of this, because it is part of what holds you together. The Apostle Paul encourages the sexual relationship of spouses following Christ. It is a godly thing within a marriage.



So, all the maintenance is in place -
now how do we *maintain* the maintenance?



7. PROTECT: Couples stay in love because they value the love they have. That means they do whatever is necessary to defend and safeguard their relationship. All kinds of unwise behaviors - addictions, affairs, lying, misplaced priorities - can jeopardize your unity and undermine your intimacy. That's why it's critical to be intentional about protecting what you have together.

If we are not intentional about protecting the marriage, we can get careless.



See, hear, touch, *Norepinephrine, The Science of Love, Life Noggin*

- *Our sense of sight is also a big one. See that cutie over there with the head of good hair and the clear skin? Our instinct is to be visually attracted to that person who shows characteristics of being fit for reproduction, or in some cases, just the first part of it. Our ears also contribute to this attraction party. Hearing a person's voice, along with the way they speak in some cases, higher or lower levels of attraction. While sense of touch can be a very important part of anyone's relationship, it really can make or break the beginning stages. Many people become uninterested in a person after a bad first kiss, but are they making a bigger deal out of it than necessary? Not always. Getting this close to a person, your sense of smell, taste, touch are all working together, and when your brain reacts positively to a first kiss your body is flooded with norepinephrine. Your body goes into fight-or-flight mode, your heart beats faster and the norepinephrine creates a sort of tunnel vision to help you focus on them or run away.*

1 Thessalonians 4:3-5: (NRSV) ³For this is the will of God, your sanctification: that you abstain from fornication; ⁴that each one of you know how to control your own body in holiness and honor, ⁵not with lustful passion, like the Gentiles who do not know God;

Holiness and honor - when we lose this basis for our lives, we lose the foundation on which to build, cherish and protect what can be a successful marriage.

Today pornography is a huge problem and can ruin a marriage. It is easily accessible and we need to make sure our focus is on valuing our spouse alone.

The *honor* here is the sexual experience being expressed where God intended it to be expressed - within the marriage covenant.

Do we fall into the old "the grass is greener elsewhere" thinking?

Proverbs 5:15,17-18: (NASB) ¹⁵Drink water from your own cistern and fresh water from your own well... ¹⁷Let them be yours alone and not for strangers with you. ¹⁸Let your fountain be blessed, and rejoice in the wife of your youth. (Cherish and protect!)

Maintain tunnel vision when it comes to your physical relationship with your spouse. If you do not cherish and protect it, it will be violated one way or another. In this world, the violation of it comes so easily with just a small crack in the armor. Soon you no longer recognize what you once had.

The pleasure of your physical relationship is sacred and honoring before God.



Letting anger or resentment fester - that is going to hurt tomorrow!

Ephesians 4:25-27: (NASB) ²⁵Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another. ²⁶Be angry, and yet do not sin; do not let the sun go down on your anger, ²⁷and do not give the devil an opportunity. (Cherish and protect!)

It is okay to be angry, but do not sin as a result of that anger. Deal with it together. Forgiveness should be given as quickly as possible so we do not hold a grudge.

Holding grudges and constant complaining are never good things:

Proverbs 19:11,13: (NASB) ¹¹A man's discretion makes him slow to anger, and it is his glory to overlook a transgression. ¹³A foolish son is destruction to his father, and the contentions of a wife are a constant dripping. (Cherish and protect!)

These are things that create the issues that make a marriage falter. It is man's glory to overlook a transgression.

An important principle is to not talk about your spouse's faults and weaknesses to others. Protect your bond, as you would not want them telling others about your faults. Keep your "dirty laundry" at home - and wash it together.



Conclusion, *Love's Anthem*, *The Skit Guys*

- *Why? Because there is a perfect love.*
- *Perfect love that can end the disaster.*
- *A perfect love that can heal the brokenhearted.*
- *There is a love that saves those who are dwelling in this messed up world.*
- *God tells us about it because we wouldn't recognize it if it showed up on our own doorstep.*
- *It's a love that takes its time.*
- *It's profound.*
- *It doesn't brag or bad mouth.*
- *God's love is like a shield that we know will never leave us.*
- *That you can trust.*
- *Hope in. And you never, ever exhaust it.*
- *That's His kind of love.*
- *And it never fails.*
- *How can I love like that?*
- *How can I love like that?*
- *How can I love like that?*
- *Because I am loved like that.*
- *I can love, well, not because of me.*
- *But because He first loved me.*

We have an example. We were loved first, not because we deserved it. God through Jesus can love us like this, so we must try to do the same.



Clothing ourselves with grace as we put away every damaging imperfect human characteristic is truly a recipe for protecting one another:

Colossians 3:8-15: (NRSV) *⁸But now you must get rid of all such things - anger, wrath, malice, slander, and abusive language from your mouth.*

What if some of these are so engrained in you that you cannot do this?

⁹Do not lie to one another, seeing that you have stripped off the old self with its practices ¹⁰and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator...

Do not lie to one another - this is such an important place to begin. Sometimes we develop a habit of lying first. Be aware of it and attack it squarely. Not lying is the basis for clothing yourself in something different.

¹²As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.

Clothe yourself - notice these things are not from the inside out yet. They start as something we "put on" and learn to use by trial and error.

¹³Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

Rise higher.

¹⁴Above all, clothe yourselves with love, which binds everything together in perfect harmony.

...with that selfless, benevolent love that is the binding in our lives.

¹⁵And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

An attitude of gratitude can change everything!

This is about putting in the maintenance time to the most important physical relationship we have so that we can make it better and stronger. Not only does it benefit the two spouses working on it, but it benefits everyone around them as well.



The degree of value you place on your marriage will determine the degree of effort you put into your marriage!

This is about a series of choices. This is about the realization that as life goes on, we tend to get comfortable with things. When that happens, we stop paying attention. When we stop paying attention, we stop maintaining and start to lose. This causes regret.

This is the maintenance that is so important so we can live a Christian marriage of honor and praise to Him and His son.



"I Wanna Grow Old with You," (End of verse three and chorus) Westlife

Something's burning strong between us
Makes it clear to me
I want to grow old with you
I want to die lying in your arms
I want to grow old with you
I want to be looking in your eyes
I want to be there for you, sharing everything you do
I want to grow old with you

*So, can love last a lifetime?
For Jonathan and Rick and Christian Questions...
Think about it...!*

*And now even more to think about...
only in the **Full Edition** of CQ Rewind!*



Commitment! The greatest love can only be successful with the greatest commitment!

- Commitment lives when feelings die
- Commitment fights when temptation attacks
- Commitment dreams when reality seems too hard
- Commitment persists when you've about given up
- Commitment believes even when you doubt
- Commitment grows when life goes on auto-pilot
- Commitment focuses when you can't see
- Commitment fulfills when you question yourself
- Commitment strengthens when you have nothing left
- Commitment rebuilds when dreams have been shattered
- Commitment inspires when your will is too weak
- Commitment directs when the future is unsure
- Commitment understands when listening is too hard
- Commitment works though all else may fail

- Rick

Am I always ready to bear the burdens of others - especially my spouse?



Galatians 6:2-5: (ASV) ²*Bear ye one another's burdens, and so fulfil the law of Christ.* ³*For if a man thinketh himself to be something when he is nothing, he deceiveth himself.* ⁴*But let each man prove his own work, and then shall he have his glorying in regard of himself alone, and not of his neighbor.* ⁵*For each man shall bear his own burden.*

We need to bring God into our relationship:

Ecclesiastes 4:9-12: (NIV) ⁹*Two are better than one, because they have a good return for their work:* ¹⁰*If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!* ¹¹*Also, if two lie down together, they will keep warm. But how can one keep warm alone?* ¹²*Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

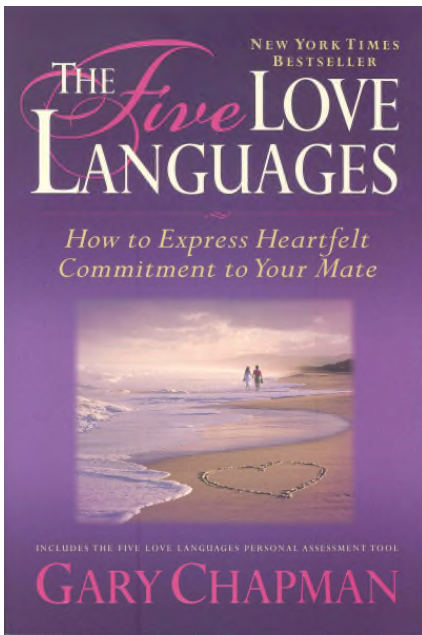
Love those around you after the example of God and Jesus:

John 15:9: (KJV) *As the Father hath loved me, so have I loved you: continue ye in my love.*

John 15:12: (KJV) *This is my commandment, that ye love one another, as I have loved you.*

Ephesians 5:25: (KJV) *Husbands, love your wives, even as Christ also loved the church, and gave himself for it;*

Mark 10:6-9: (ASV) ⁶*But from the beginning of the creation, male and female made he them.* ⁷*For this cause shall a man leave his father and mother, and shall cleave to his wife;* ⁸*and the two shall become one flesh: so that they are no more two, but one flesh.* ⁹*What therefore God hath joined together, let not man put asunder.*



The Five Love Languages: The Secret to Love that Lasts

Dr. Gary Chapman has been a marriage counselor for more than 30 years, and in his book he described five different ways people express and receive love emotionally. Each person has their own "love language," and therefore what makes one person feel loved emotionally is not always the thing that makes another person feel loved emotionally. Not understanding that your spouse's love language is different from yours can create many problems. And more positively, if you and your spouse understand each other's primary love language, you will be more able to express and receive love to and from your spouse that each can understand and appreciate.

The five languages are as follows:

Words of Affirmation - One way to express love emotionally is to use words that build up. King Solomon said, "The tongue has the power of life and death." If this is your spouse's love language, they will feel loved if you frequently give compliments, say thank you or any other positive, encouraging things.

Acts of Service - This means to do things that you know your spouse would like you to do. You seek to please your spouse by serving them, to express your love for them by doing things for them.

Receiving Gifts - Those whose primary love language is receiving gifts feel loved when they receive any sort of gift and alternatively like to give gifts to



people that they love. It doesn't necessarily have to be something expensive, but often something thoughtful will do the trick.

Quality Time - Another way to express and receive love is to spend uninterrupted time together, pay attention to your spouse, focus on things that are important to them, do things together, etc. Give them your undivided attention.

Physical Touch - This can come in many forms, including holding hands, kissing, embracing and sexual intercourse. For those whose primary love language is physical touch, they will feel unloved without it.