

Knowing Each Other Spring 2026



Dave and Betty Paul
Spring 2026

Goals for Today

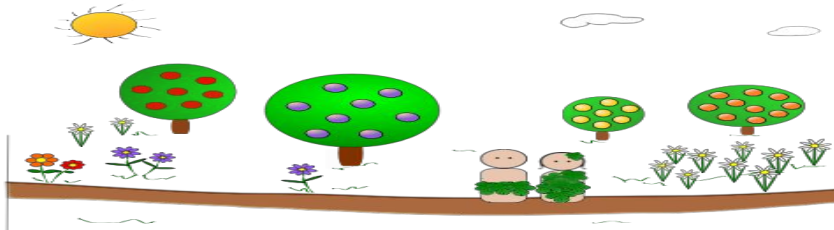
1. To Know Each Other Better
2. To look at Our Core Personality, Love Language and Family of Origin and To Better Understand Ourselves and our Spouse
3. To Create New Lifelong Habits



The Bible Says:

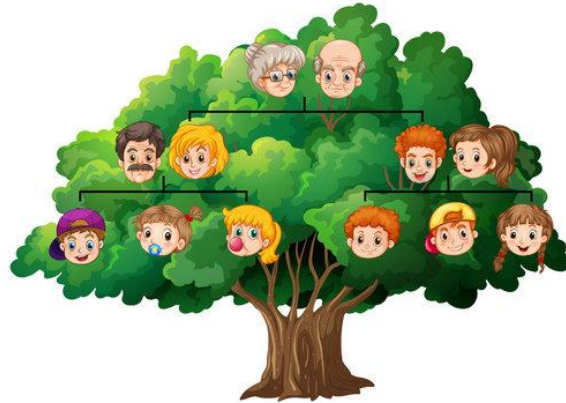
For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. Genesis 2:24

Be completely humble and gentle, be patient, bearing with one another in love. Ephesians 4:2



Family of Origin:

(noun) the family one grew up in;
the place that people typically
learn to become who they are



Our Family of Origin:

Grandparents 4

Parents 2

Sibling 1

Kids 3



Grandparent 1

Parents 3

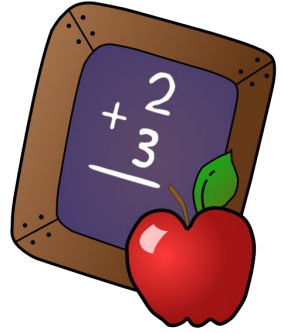
Siblings 9

Kids 2

Grandkids all together 6

Did these apples fall far from the tree?

Why does it matter?



- Key to understanding why you do what you do
- Knowing your significant other's background is essential to knowing one another
- Past experiences (positive or negative) and learned behaviors fuel our present feelings/emotions
- Identifying the connection between a past painful event/situation can help to develop a new and healthy responses

What are some things you bring to the marriage from your Family of Origin?

Unfaithfulness

Pride

Workaholics

Racism

Religious or Non-Religious Beliefs

Excessive Spending

Addiction

Avoidance

Verbal Abuse

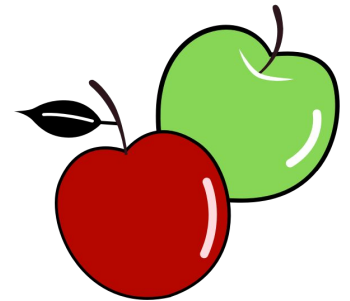
Physical Abuse

Sexual Abuse

Emotional Abuse

Now To Better Understand Ourselves and Our Spouse

Let's unpack our personalities!!



Charger

Wants Responsibility

Wants Affirmation

Wants to Achieve



Outgoing

Wants Approval

Wants Social Time

Wants to Have Fun



Responsible

Wants Quiet or Alone Time

Wants Admiration

Wants Efficiency



Easy-Going

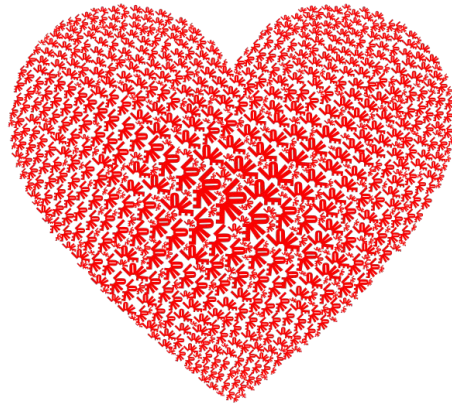
Wants Appreciation

Wants to Take A Nap

Wants Peace



How do I Keep My Spouse's Love Tank Full?



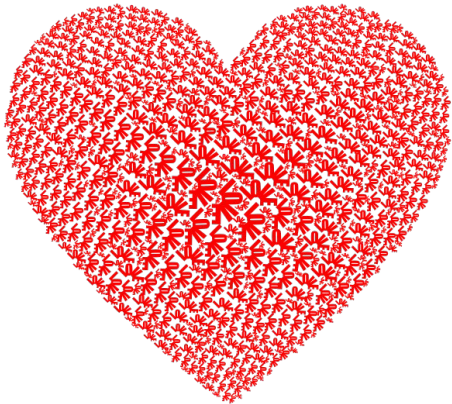
BEING a Christian is not a list of rules it's a life of righteousness.

MARRIAGE is not a list of “I have to do’s for my spouse. It is a life of wanting to do “Good Things” for my spouse.

The reality is that **LOVE** is a “Doing” word.

Love is a **CHOICE**.

We ALL need to feel loved!



A collection of red heart-shaped decorations on the left side of the page. Some are simple red outlines, while others are solid red with a slight 3D effect. They are scattered in the left margin.

The 5 love Languages The Secret to Love that Lasts

By: Gary Chapman

Please Take the Test

A collection of red heart-shaped decorations on the bottom right of the page. Similar to the ones on the left, there are both red outlines and solid red hearts with a slight 3D effect, scattered across the bottom right area.

A collection of red hearts of various sizes and styles, including solid and outlined, scattered along the left edge of the page.

We can all LEARN these love languages.

Your Marriage could depend on it.

As a Husband or Wife we CAN make a conscious
CHOICE with GOD'S help to give our life away to
our
spouse!!!!

A collection of red hearts of various sizes and styles, including solid and outlined, scattered along the bottom edge of the page.

Words of Affirmation

Expressing your love in sincere words and explaining the reasons why.
Saying the words *I LOVE YOU* but also sharing the reason behind why

Examples:

- Saying How I love you
- Telling them the reasons why
- Encouraging your spouse
- Tell Others how great your spouse is
- Notes of appreciation and love
- Compliments
- Acknowledge their actions

Actions of Avoid:

Insults
Criticism



Quality Time

Spending time together while being present and giving your full undivided attention.
Turn off devices and be present.

Examples:

- Going for a walk and talk about your day and future plans together
- Meeting for lunch
- Taking a weekend or day trip away
- Planned thoughtful date
- Family Vacation
- Working out together
- Cooking together

Actions to Avoid:

Distractions

Postpone dates without a reschedule date



Receiving Gifts

Gifts and Gestures show that you are known, loved, and cared for. You thrive on the thoughtful effort behind a visual representation of love.

Examples

- **Flowers**
- **Memento from a meaningful date**
- **Trinket of their favorite place**
- **A trip you always wanted to go**
- **The gift of yourself to your spouse.**

Actions to Avoid:

Missing birthdays or anniversaries
Thoughtless gift

If you struggle to know what gift to give then ask! Family member or ask them.



Acts of Service

The things you do to ease the burdens of others. When someone goes out of their

Way to do something for someone else.

Examples:

- Doing the dishes or laundry
- Running errands for them
- Doing things without being asked
- Sacrificing what you want, to do for them

Actions to Avoid:

Laziness

Broken Commitments

Actions speak louder than words!



Physical Touch

Physical presence and accessibility are important. They love to receive hugs, Hold hands and just be near others.

Examples:

- Cuddling
- Holding of Hands
- Kissing
- Sexual Intimacy
- Massage
- Sitting close on the couch

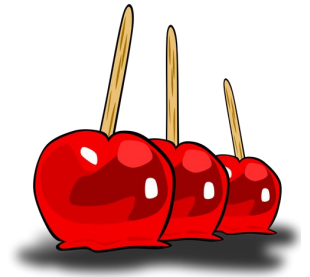
Actions to avoid:

Neglect
Abuse of any kind



How can we change?

1. Recognize the tendency in your own life.
2. Take responsibility and admit it.
3. Forgive your parents (or guardians) for their iniquity.
4. Ask God to help you change.
5. Find someone who will keep you accountable.



WE each come to marriage with a different personality and family of origin.

WE bring emotional baggage into our marriage.

WE come with different expectations, different ways of approaching things.

IN a healthy marriage we must find a way to keep
The Love tank full, create a family that seeks understanding
And most of all a home full of LOVE for God and each other.

1 Corinthians 16:14

Let all that you do be done
in Love.



Growing Together



If you are going to find real happiness:

You need the power of God to mature you to a level beyond yourself.

You can develop a marriage filled with grace, patience, wisdom, understanding, faithfulness, joy, kindness, forgiveness and self-discipline. (Gal 5:22-23)

In a successful marriage you must become quick to listen, slow to speak, and slow to anger. (James 1:19)

YOU CAN DO IT!! GOD WANTS YOUR MARRIAGE TO THRIVE!!!

Homework and Resources

Homework:

Complete Couple Assignments (some we have done today)

Resources:

Your Leadership Team

A Lifelong Love Book by Gary Thomas

The Five Love Languages by Gary Chapman

