

Knowing Each Other

Fall 2026

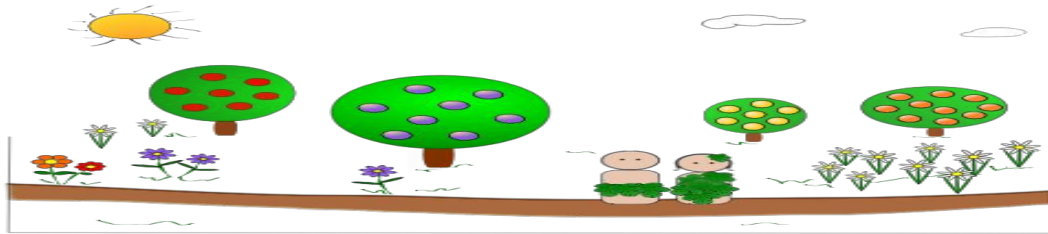


Dave and Betty Paul
Fall 2026

The Bible Says:

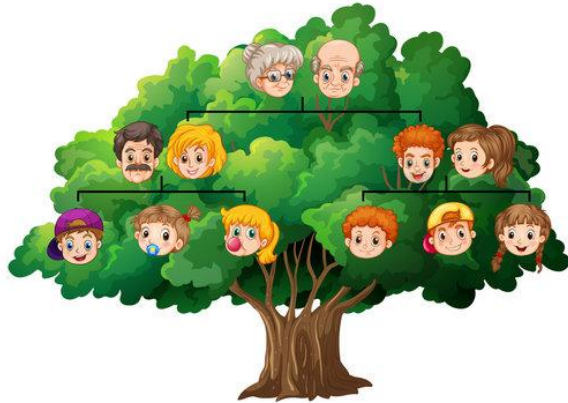
For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh. Genesis 2:24

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

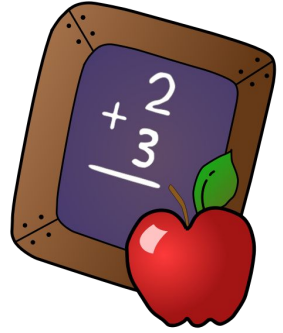


Family of Origin:

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



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?

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Unfaithfulness

Pride

Workaholics

Racism

Religious or Non-Religious Beliefs

Excessive Spending

Addiction

Avoidance

Verbal Abuse

Physical Abuse

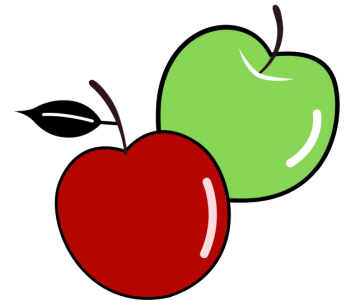
Sexual Abuse

Emotional Abuse

Now To Better Understand Ourselves and Our Spouse

Let's unpack our personalities!!

Please take the test on Page 29-30



Charger

Wants Responsibility

Wants Affirmation

Wants to Achieve



Recharged - Physical Activity

Stressed - Demand/Withdraw

Page 31-33

Outgoing

Wants Approval
Wants Social Time
Wants to Have Fun



Recharged - Social Time
Stressed - Attack/Comply

Page 31-33

Responsible

Wants Quiet or Alone Time
Wants Admiration
Wants Efficiency

Recharged - Personal Time
Stressed - Withdraw/Demand

Page 31-33



Easy-Going

Wants Appreciation
Wants to Take A Nap
Wants Peace

Recharged - Relaxation
Stressed - Comply/Attack



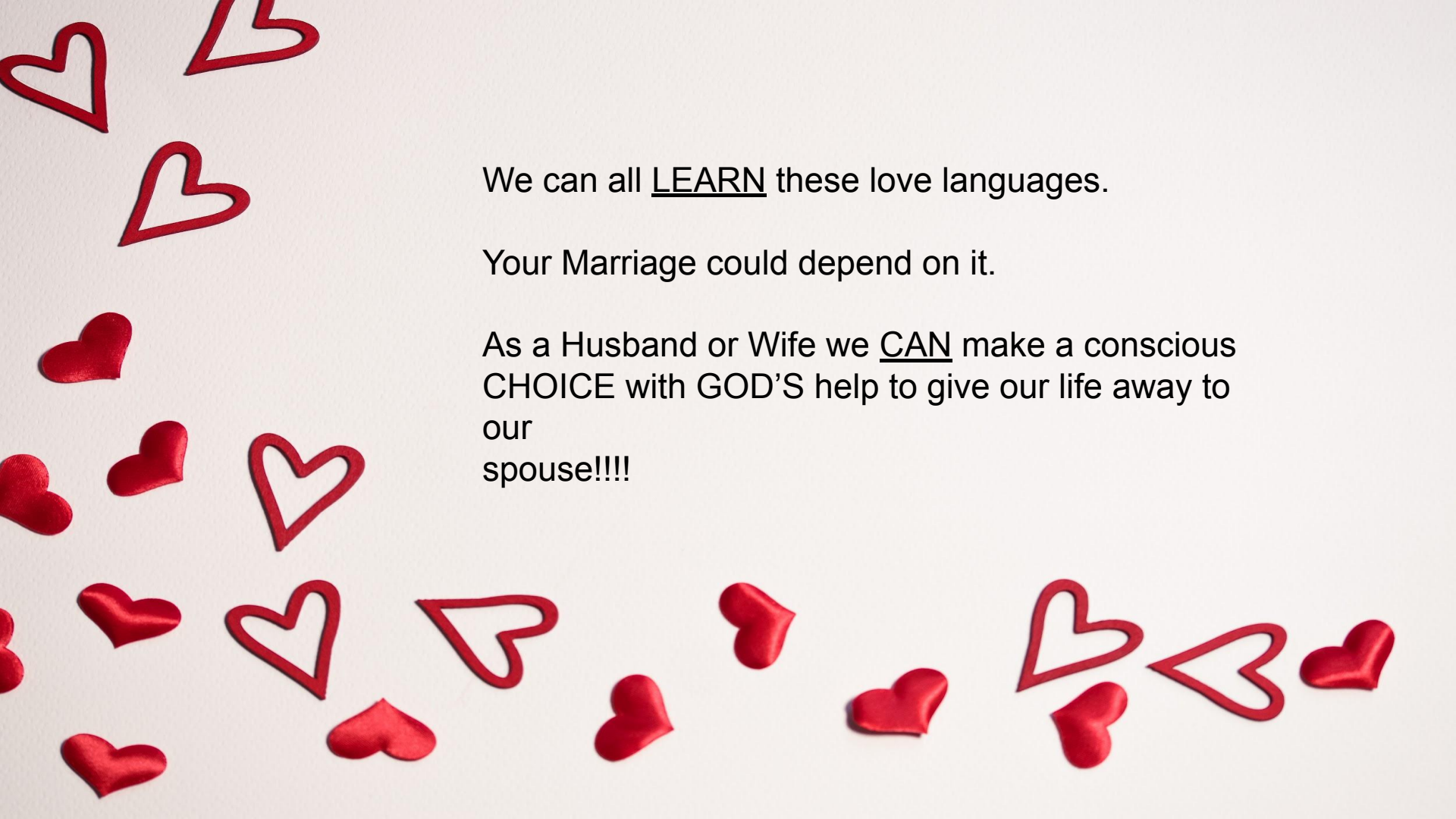
A collection of red hearts of various sizes and styles (outline and solid) scattered on the left side of the page.

The 5 love Languages
The Secret to Love that Lasts

By: Gary Chapman

Please Take the Test

A collection of red hearts of various sizes and styles (outline and solid) scattered along the bottom 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!!!!

Words of Affirmation

Expressing your love in sincere words and explaining the reasons 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 to Avoid:

Insults

Criticism



Quality Time

Spending time together while being present and giving your full undivided attention.

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

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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



Acts of Service

The things you do to ease the burdens of others.

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



Physical Touch

Physical presence and accessibility are important. They love to receive hugs!

Examples:

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

Actions to avoid:

Neglect

Abuse of any kind



Do We fight For Our Marriage????

All too often when a Marriage fails:

It is not a question of Falling out of Love,

But rather choosing not to Forgive!!

We Create Our Own Unique Marriage!

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 Page 37-38

Resources:

Your Leadership Team

A Lifelong Love Book by Gary Thomas

The Five Love Languages by Gary Chapman

Building Love Together in Blended Families /

(The 5 Love Languages and Becoming Stepfamily Smart By
Gary Chapman)

