

THE FLAMES MUST CONTINUE IN MARRIAGE

To have a happy marriage, it is necessary to realize that the marriage fire can go off and hence you have to work to keep it alive.

○ **Ephesians 5:28-29**

○ *In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. No one hates his own body but feeds and cares for it, just as Christ cares for the church.*

(NLT)

- **Ephesians 5:2**
- **Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God. (NLT)**

- **Last weekend we were at Naivasha with 21 couples and the topic for discussion was ‘Rekindling the Fire at the Fire Place’. I realized that the marriage flames must be kept alive.**

- **We have to remind ourselves that as we stay together, there are many areas that we will hurt each other and hence the flame that was lit could easily go off.**

- **We discovered that there were many indicators of the fire going off in marriage. I mentioned some of them as:**
 - **1. Complaints of loss of feeling.**
 - **It's quite common for one or both partners to complain that they no longer are in love with the other partner.**

- **2. Recurring arguments that are not resolved.**
- **Procrastinating resolve to conflicts is one major component of the fire going off in marriage..**

- **3. Loss of interest in sex.**
- **Couples typically will show a lack of interest in or attraction to each other, when they don't feel emotionally close to one another. Sex provides a useful state for the relative health or dysfunction in a marriage.**

- 4. Signs of depression or withdrawal by one of the partners.
- **Feelings of dissatisfaction, unhappiness and helplessness may cause one of the partners to withdraw and become depressed.**

- **5. The abandonment of joint activities.**
- **Where partners begin to live parallel lives, there is little opportunity for them to spend time together or share in pleasurable activities that increase feelings of attachment and bonding.**

- **6. Having an affair .**
- **Becoming emotionally and sexually involved with someone outside the marriage can be a “cry for help” and a plea for both partners to acknowledge that the relationship is in trouble.**

- **7. Preoccupation with interests and activities outside the marriage.**
- **The investment of time and energy by one partner in career, work, church, or other interests and activities may leave the other partner feeling neglected and betrayed.**

- **8. Arguments over children.**
- **Children are Third Parties in the marriage and should not be allowed to interfere in the marriage relationship.**

- **9. Increased fatigue and the reduced ability to meet responsibilities at work.**
- **This may signal that a lot of emotional energy is being expended on negative relational issues.**

KEEP THE FLAME ALIVE

- **In every marriage, each partner must strive to continually communicate openly with each other. And that means thinking about your spouses feelings instead of just thinking about your feelings.**

- **Marriage is filled with many difficulties, many of which can derail the marriage and hurt your spouse.**

- **Whether you are the husband or the wife, one very critical thing to remember in the marriage relationship is to strive to always make your spouses feelings one of your highest priorities.**

- **Marital love is like a fire.**
- **If you do nothing to a fire, it will eventually die out. You have to keep fanning the flame and place firewood in the fire to keep the flame burning.**

- **The key to returning back to the love you once had is **TO DO THE THINGS YOU DID AT FIRST.** Let me suggest some things that you need to do again.**

1. Spend time together.

When was the last time you went out together by yourselves? It may have been a long time. Couple needs to regularly go out together by themselves.

o2. See the best in each other.

Enter marriage with your eyes wide open, and see the best in your spouse. You are going to live with him/her until death do you part. Strive as much to see the best in your spouse.

o3. Publicly show affection.

You should hold hands, put your arms around each other. It is an affirmation of your close connection to each other. Let him/her know in public that you love him/her.

Don't shy off showing this love.

o4. Be attractive.

- o **Let's face it: you did not marry your spouse for his or her brain alone. You felt some attraction for each other. So it's important that you continue looking good for each other.**

- **5. Talk and listen to each other .**
- **Don't you remember how you used to love talking to each other over the phone? You used to spend hours on the phone talking about nothing. And through your conversations you fell in love more with each other.**

- **Why? Because words are the most intimate things we possess.**
- **Words reveal your heart.**

- **6. Submit to each other.**
- **When you were first dating, I'm sure that you asked your partner what he would like to do, where he would like to eat.**
- **Ephesians 5:21**
- ***'And further, submit to one another out of reverence for Christ.'* (NLT)**

- **We called to keep the flames alive in our marriages. All of us have a part to play. One spouse cannot push the other. All have to involved.**

- **Every so often, in our love affair we need to “strike another match” and rekindle the fire. The simple truth is, sometimes we need to fall in love with your spouse all over again!**

- **If your spouse forgives you, which he or she probably will, then express your deep love for them. Let him or her know how much you dearly want to be with them. Doing this helps to keep the flame alive, your love and your hearts close.**