



***“YESHUA”
CHURCH OF GOD IN CHRIST
MARRIAGE RETREAT***

*“Therefore shall a man leave his Father and his
Mother and shall cleave into his Wife, and they shall be one flesh.”*

Genesis 2:24

*“Male and Female created He them, blessed them and
called their name Adam in the day when they were created”.*

Genesis 5:2

- ▶ REGISTRATION
- ▶ INTRODUCTION AND WELCOME: PASTOR & FIRST LADY
- ▶ CONTINENTAL BREAKFAST
- ▶ TEST: YOUR ROLE IN MARRIAGE
- ▶ SPIRITUAL WARFARE AGAINST MARRIAGE – PASTOR
- ▶ CURRENT ATTACK ON MINISTRY – PASTOR

▶ HOW YOUR HEALTH EFFECTS YOU AND YOUR FAMILY – PASTOR

- ▶ OVERWEIGHT
- ▶ SUPPLEMENTS/VITAMINS
- ▶ MENOPAUSE
- ▶ ED
- ▶ DRIVING WITHOUT SEAT BELTS - TAKING UN-NECESSARY RISKS
- ▶ PHYSICAL CONDITIONS (your cross to bear)
- ▶ POOR DIET
- ▶ EXERCISE
- ▶ DOCTOR VISITS
- ▶ SEX

▶ MENTAL PROBLEMS THAT ALTER YOUR BEHAVIOR – FIRST LADY

- ▶ PRESCRIPTION DRUGS – LEGAL OR ILLEGAL
- ▶ SLEEP DEPRIVED
- ▶ MENOPAUSE
- ▶ SEX
- ▶ DEPRESSION
- ▶ BIPOLAR
- ▶ MENTAL ALIMENTS (your cross to bear)

▶ THE IMPORTANCE OF A CHURCH LIFE – PASTOR

▶ ASSEMBLY

▶ COMMITMENT

▶ PRAYER

▶ STUDYING THE WORD OF GOD

▶ FINANCIAL SUPPORT – TITHES & OFFERINGS

▶ FASTING

▶ OWNERSHIP

▶ DEDICATION OF TIME

▶ SPIRITUALITY

▶ FAMILY LIFE – FIRST LADY

- ▶ SPENDING TIME WITH THE FAMILY
- ▶ EATING DINNER TOGETHER
- ▶ LEISURE ACTIVITIES – VACATIONS, HOBBIES, SHORT TRIPS
- ▶ CONTROLLING TECHNOLOGY – TELEVISION, DVD'S, CD'S, MP3'S, CABLE, TEXT MESSAGES, CELL PHONES, CAMERAS, VIDEO GAMES
- ▶ SPIRITUAL EXAMPLES – PRAYER, FASTING, BIBLE STUDIES, CHURCH ATTENDANCE

▶ COMMUNICATION – FIRST LADY

- ▶ WILINESS TO COMMUNICATE
- ▶ DON'T MAKE EXCUSES
- ▶ OWN UP TO YOUR FAILURES
- ▶ MAKE TIME – PLAN A WEEKLY DATE NIGHT, GO TO BED EARLIER
- ▶ PRAY TOGETHER
- ▶ BE MORE ENCOURAGING – DON'T LOOK FOR THE NEGATIVE ATTITUDE

- ▶ COMPANIONSHIP WORKSHEET
- ▶ LUNCH
- ▶ FINANCIAL AWARENESS – FIRST LADY

▶ WAYS TO ENRICHMENT YOUR MARRIAGE – PASTOR

- SAY I LOVE YOU
- PHYSICAL TOUCHING
- GIFTS OR SURPRISES
- RANDOM ACTS OF KINDNESS
- WORDS OF PRAISE
- KNOW WHAT IS HIS OR HER FAVORITE THINGS

▶ THINGS THAT HAVE A NEGATIVE IMPACT ON MARRIAGE – PASTOR

- ▶ VERBAL ABUSE
- ▶ TEASING
- ▶ MOCKING
- ▶ COMPARING THEM TO OTHERS: WHY CAN'T YOU BE LIKE..
- ▶ PHYSICAL ABUSE: HITTING, PUSHING, PUNCHING, KICKING, BITING, NEGATIVE BODY LANGUAGE, ROLLING EYES, LOOKING AWAY, SNEERING, SUCKING YOUR TEETH, CLINCHING YOUR FIST, CURLING YOUR LIP
- ▶ WHINING: YOU DON'T LISTEN TO ME, YOU DON'T DO WHAT I SAY, YOU DON'T APPRECIATE ME
- ▶ NAME CALLING
- ▶ MAKING FUN OF
- ▶ PUTTING THEM DOWN

- ▶ SEXUAL LIBERTY IN MARRIAGE – PASTOR
 - THE BED IS UNDEFINED
 - DON'T GET IN A RUT

- ▶ SAFEGUARDING YOUR MARRIAGE FROM IMMORALITY – PASTOR

- ▶ WHEN YOU ARE RIPE FOR SEDUCTION – PASTOR

- ▶ IDENTIFYING DANGER ZONES IN YOUR MARRIAGE – PASTOR

BREAK OUT

▶ MEN

- ROMANCE VS. SEX: UNDERSTANDING ROMANCE
- MARRIAGE EXPECTATIONS QUESTIONNAIRE
- GOD'S DESIGN FOR THE HUSBAND & HOW HE CAN LEAD HIS FAMILY

▶ WOMEN

- ROMANCE VS. SEX : UNDERSTANDING SEX
- MARRIAGE EXPECTATIONS QUESTIONNAIRE
- GOD'S DESIGN FOR THE WIFE & HOW SHE CAN SUPPORT HER HUSBAND

- ▶ DINNER
- ▶ FIND THE ROUTE OF THE PROBLEM - PASTOR
- ▶ STRUGGLES IN MARRIAGE – PASTOR & FIRST LADY
- ▶ UNDERSTANDING DIVORCE, MARRIAGE & REMARRIAGE – PASTOR

- ▶ MARRIAGE EXPECTATIONS RESULTS – PASTOR & FIRST LADY
- ▶ MARRIAGE VOWS - PASTOR & FIRST LADY
 - ▶ THE HUSBAND AND WIFE ARE MAKING A COVENANT BETWEEN EACH OTHER