



## Why Promise?

*"How precious are your thoughts about me, O God! They are innumerable! I can't even count them; they outnumber the grains of sand!" Psalm 139:17-18*

### **Our Need For Security**

- Security is the freedom to truly open up and be known at a deep, intimate level without fear of being blamed, criticized, judged, condemned, or perhaps worst of all, deemed unacceptable.
- Security will never happen in any marriage until partners get over their natural resistance to openness with each other. Why do we have this resistance? Because openness makes us vulnerable, and vulnerability means risk. Security reduces risk.
- The way to overcome this risk is to establish in your marriage the security of knowing that each of you can safely reveal your heart to the other without fear of condemnation.

### **Benefits of an Intimate Marriage**

- Love deeply and be loved.
- Experience a significant sense of belonging.
- Have a clearer sense of purpose in life.
- Have the ability to make a major difference in another's life.
- Have a way of fully expressing the best of who we are.

### **Creating Security Is Easier**

#### **Two Components Commitment:**

- 1) A plan to stay connected until death.
- 2) A list of reasons why a marriage can never live in disharmony or get divorced.

- The foundational component of an excellent marriage is truly a secure environment-- one that is secure physically, intellectually, spiritually, and emotionally.
- Disagreements, misunderstandings, and setbacks will occur. But if you keep yourselves open to each other, communicating and listening from the heart, your lives will grow and intertwine beneath the surface, solid and secure. Build the root system of security as the basis for your marriage and watch it soar to new heights.

### **Security In A Promise**

- A promise means no excuses!
- When couples feel secure with each other, each is naturally inclined to open his or her heart to the other.
- A secure marriage needs more than just that initial, undergirding, "forever" promise; it needs a series of subsequent promises to build safety into every facet of a couple living together and developing greater intimacy.

### **3 Ways To Build A Secure Marriage**

- 1) Create safety for your mate.
  - Put a deadbolt on your mouth. Stop being critical. Stop judging, condemning, and belittling.
- 2) Honor your mate.
  - Love and value your mate as much as God does.
- 3) Be totally committed to your mate.

### **Look At The Value That God Places On Your Spouse:**

- *God knows everything about your spouse, and he never stops thinking about him or her. (Psalm 139:1-18)*
- *God has even numbered the hairs on your spouse's head. (Matthew 10:29-31)*
- *God knew your spouse before they were conceived. (Jeremiah 1:4-5)*
- *God is your spouse's provider and he meets all of his or her needs. (Matthew 6:31-33)*
- *God carries your spouse close to His heart, as a shepherd carries a lamb. (Isaiah 40:11)*
- *God is your spouse's Father, and He loves him or her as much as He loves his son, Jesus. (John 17:23)*