



THE INSIDE RUNNING

I have been to several funerals lately that have taught me a lot about marriage.

For over 40 years Brian had struggled with his wife Lois's ups and downs which started as post-natal depression. Lois had experienced ECT and been in institutional care during the bad patches. Their children spoke about how Brian had stood by his wife when many other men would have taken off.

Next was Les losing a 2½ year battle with illnesses, but finally it was cancer. Jan was unfailingly optimistic for Les while she sacrificed herself nursing him. Who would want to face that illness alone? They were car enthusiasts and Les's coffin finally went down from the upper floor of their home on a forklift.

Recently a long-time supporter of PK, Willie, died suddenly aged 58 years. The stories of how he loved and served his wife and children were moving. He used to iron his wife Leota's work uniforms and look after the young family while she had time out. This was especially remarkable in the Samoan culture.

Sadly many marriages end earlier than "until death us do part". From what I saw at these funerals, it's clear to me that God's plan for lifelong marriage is a good plan. Let's all do what we can to see that plan fulfilled.



John
John Subritzky

Strong Marriages

August 2012

Is Your Marriage Bliss or Blisters?

by Mike Gorrie

One click of the button and up it popped on the computer screen:

"Why do couples hold hands during their wedding? It is a formality, just like two boxers shaking hands before the fight begins!"

When I read that, I smiled and thought, many a true word spoken in jest! So why are so many marriages under attack today? Something should be telling us that either we are doing something wrong or failing to do something right!

The 4th Promise of a Promise Keeper is "Building strong marriages and families through love, protection and biblical values". So let's unpack this a little more:

Marriages were designed to last a lifetime, and most importantly, to bring glory to God.

Ask yourself these questions:

- Am I enjoying marriage to the max?
- Is my marriage really bringing glory to God?

If not, then keep reading to find the key to a happy marriage.

A Battle for Territory

It seems that the whole of life is a battle for territory. We all jealously guard our own individual space, and in every one of us there is this insatiable covert drive to conquer and gain more territory for ourselves. This fleshly impulse creates more blisters in marriage than

perhaps any other factor. It's only when, by the Spirit of God, we cultivate the art of turning the "Me" into "We" in our marriage relationship, that things start to become meaningfully happy in our lives as husband and wife.

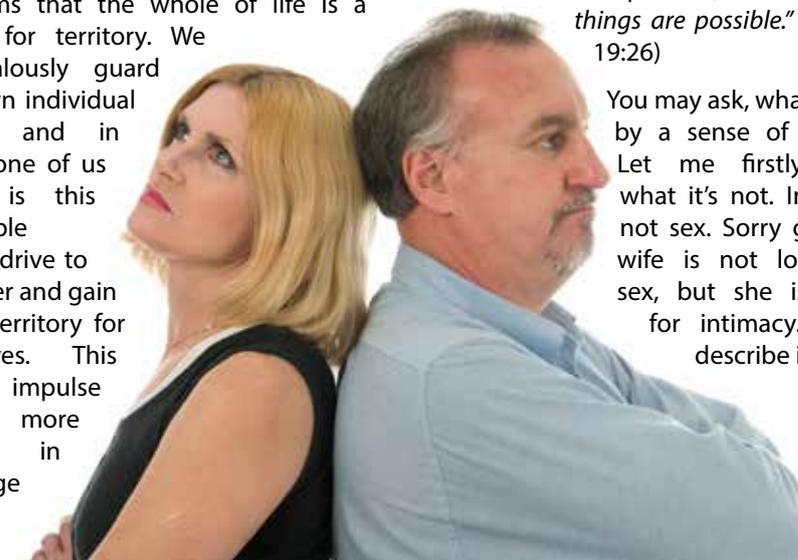
- Self-denial is always the first step towards self-fulfilment! (See Mark 8:34, 35)

To avoid the hurtful blisters in marriage, specifically pray and ask the Lord to help you (and your wife) develop these four points:

1. You and your wife must be **totally surrendered to Christ**
2. Unselfishly learn to love your wife **more** than you love yourself
3. Your wife to learn to love you **more** than she loves herself
4. A real and meaningful sense of **intimacy** in your marriage

Now if you are thinking that to do these things is easier said than done, then you are absolutely right! Without the Lord in your life they are impossible, but remember what Jesus said, *"...with man this is impossible, but with God all things are possible."* (Matthew 19:26)

You may ask, what is meant by a sense of intimacy? Let me firstly explain what it's not. Intimacy is not sex. Sorry guys! Your wife is not looking for sex, but she is longing for intimacy. So let's describe it: ➤





Intimacy

Intimacy is something that most people crave for all their lives in their marriages and never quite know or understand what it really is. Intimacy is not an act, but rather a process of finding each other at the deepest emotional level of human attachment.

This process is built upon the foundation of respect, transparency and trust. You see, transparency (being totally open and honest with each other) begets a spirit of trust, and where there is trust each person in the relationship will find themselves sharing more and more of their innermost thoughts and feelings of deep emotion.

When this begins to happen, you are on a journey into intimacy and oneness that will progressively strengthen your marriage relationship. And it's from this platform that sexual intimacy must find its expression.

If sex takes place outside of marriage

or without intimacy, the respect for each other will slowly begin to unwind, ultimately resulting in hurts and frustration in the relationship.

Six levels of intimacy

The more we grow in the knowledge of God and in understanding each other, the more the Spirit will reveal to us that there are six levels of intimacy that need to be developed and nurtured:



- 1. Physical Intimacy** (without sex) - Doing things of common interest together and creating a strong physical bond of togetherness.
- 2. Emotional Intimacy** - Creating a warmth of respect and love for each other, by demonstrating and articulating your appreciation of each other.

3. Sexual Intimacy - Having emotionally touched his/her heart first, and then with sensitivity enjoying the romantic act of lovemaking.

4. Social Intimacy - Being comfortable in company without being on your guard about your spouse's behaviour.

5. Intellectual Intimacy - Being able to engage in stimulating mental conversation with your spouse on an adult level.

6. Spiritual Intimacy - Enjoying a personal spiritual journey together, where you pray, read and study the Bible together as committed Christians.

Each level of intimacy that is sensitively developed will add to the happiness and wholeness of your relationship, resulting a marriage that is bliss without blisters.

What's on the DVD

FEATURED SPEAKER:

Mike Hawke - "Co-Driver"

Mike's insights on marriage are mixed with a lot of humour to make some great points. His style of mixing sport, humour and solid teaching is always popular at Promise Keepers Events. Mike led St Christopher's church in Christchurch for 20 years as it grew to be the largest Anglican church in the South Island. He has since moved into missions work. Mike's an Anglican, but not as you know it! 34 min

PANEL: Systems Check (Rated M) - The experienced panel gives insight and wisdom on real love and intimacy, dealing with sexual temptation and strategies for success. There is lots of great advice here! 25 min

BONUS FEATURES:

- **PK & Me: Gary Grut** - How Promise Keepers has helped me and my family. 2 min
- **PK Music** - Revelation Song 3 min
- **Amazing Grace: A Church for Men** David Murrow interview - How a conservative

church with a female pastor changed so that the church attracted more men. 13 min

- **Permission to Speak Freely** - Anne Jackson's story (Rated M) XXX Church 4 min
- **Field Rep** - John Binns 5 min
- **Break Free Event Promo** 2 min

HUMOUR CLIPS: Golf shots; cat in jar; car mishaps 5 min

BETTER WORK STORIES: High power worker - do heights and electricity scare you? 3 min

DVD ROM

Access these using Windows Explorer on a PC

ARTICLES: Including Derek Prince - Pattern Relationships; When a Spouse Won't Get Help; Intimacy: the Real Thing; Discovering the Hope of Resolution; Remarriage: Taking Care of Your Own Heart; 10 Ways to Really Love a Woman; When Trust is Established; Being a Cheerleader for Your Husband; Single with Honour; Managing Stress; Increasing the Value of Your Business



RESOURCES: Including Bill Subritzky pamphlets - Dealing with Fear, Healing Marriages & Families; Weekly Studies; Game On Photos CHC; Break Free Brochure; Break Free Promo Resources; Coaching Brochure; Study Questions - Mike Hawke; Bible Reading Plans

MP3s:

Derek Prince "Key to a Successful Marriage" 53 min • Colleen Sonderman "10 Things Every Wife Wants Her Husband to Know" 47 min • PKUSA Classic: Jerry Kirk "God's Gift of Sex" 57 min • PKNZ Classics: Sy Rogers "God's View of Sex" 63 min; Peter Lloyd "Team Commitment" 28 min; Ian Grant "Epic Battle for Family" 20 min

#4

A Promise Keeper is committed to building strong marriages and families through love, protection, and biblical values.

Next Issue: FINANCE

Register Now!

Act now and take the next step to freedom and victory!

- Christchurch 24-25 Aug 2012
- Wellington 14-15 Sep 2012
- Auckland 5-6 Oct 2012

0800 PROMISE (77 66 47)
Men's Events 2012

