

THE INSIDE RUNNING

When we love our wife, we are two imperfect people aspiring to reflect the unconditional love that Christ has for his Bride, the Church.

The first man and woman were close to God in the Garden of Eden. A garden is a good analogy for the marriage relationship. Gardens need constant care and attention to produce results. The gardener has regard to how the seasons and the environment affect the plants. He works at making the conditions as favourable as possible for the plants to grow. He knows that some plants are more difficult to grow than others. The gardener also has to remove weeds and pests from the garden.

Promise Keepers is distributing a series of infographics on Facebook that give statistical insights on a range of relationship factors. These include: resolving conflict, feeling understood, handling differences, sexual politics, making decisions, control, anger, adaptability and affection. The statistical difference between happy couples and unhappy couples is startling!

Marriage can be our most challenging and most rewarding relationship. With two imperfect people, it may not always work out well, but looking after the garden carefully will improve results. Then we can enjoy the blessings!

"She brings him good, not harm, all the days of her life." Proverbs 31:12

Be blessed!



John
John Subritzky



Loving Your Wife

August 2013

It doesn't begin in the bedroom

by Gary Smalley

A marriage can't be sustained with romance alone. But added to security, meaningful communication and meaningful touch, it can be a tremendous source of energy and growth.

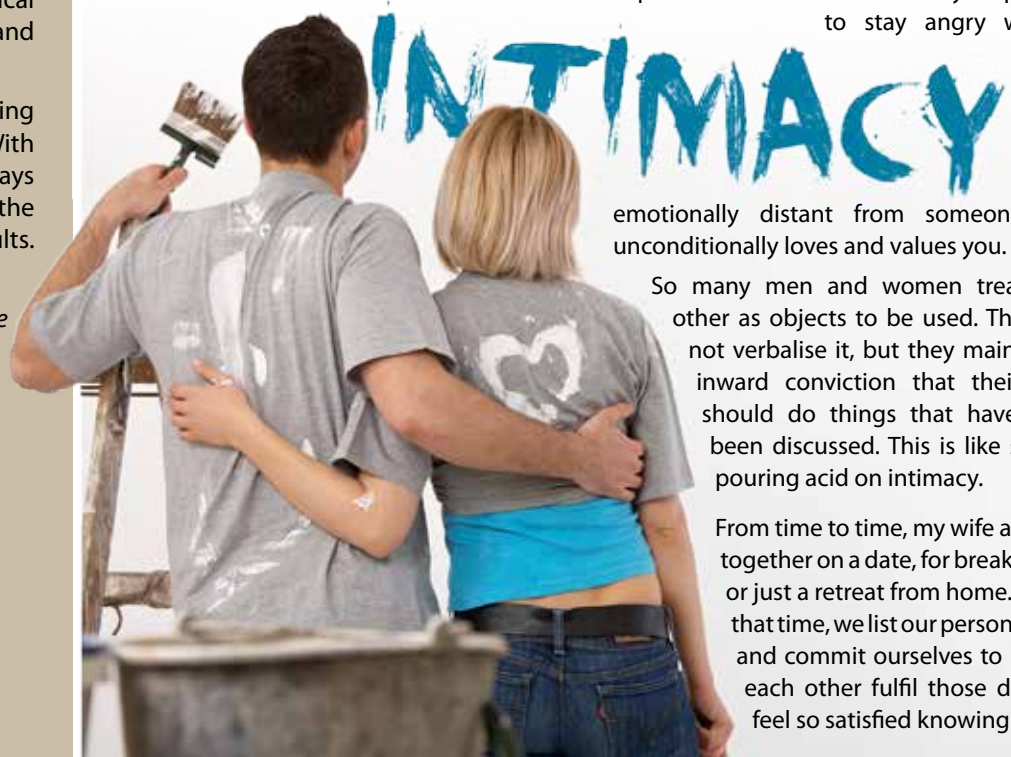
Wise husbands and wives will take time to practise small acts of touching: holding hands in a walk through the mall, stopping to rub your mate's shoulders for a moment, taking the time to gently hold your spouse at the door on your way out. These small but important acts can work like "super bloom" to a plant and green out a relationship.

The most successful relationships are those in which each person feels safe sharing his or her feelings and needs. This is where our personalities and parenting histories strongly affect us, because many of us are fearful or uncomfortable about sharing such intimacies. Life is more predictable more secure and stable when you know that both of you are working toward a loving, lasting relationship. This is the foundation for true intimacy.

Many men don't realise it, but more than 80 percent of a woman's need for meaningful touch is nonsexual. Sex does not begin in the bedroom. It actually starts in the everyday acts of truthfulness, consistency, kindness, touching and talking that build a growing desire in a woman.

No one can long ignore considerate, loving actions. Make your mate feel special and you increase his or her desire to do the same for you.

Genuine love doesn't necessarily spring from feelings. Its basis is primarily a concern for the welfare of another. Although the feelings of affection will follow, genuine love is initially an action directed toward fulfilling another person's needs. Persistent love, like the dripping of water on a rock, can wear away a person's resistance. It's nearly impossible to stay angry with or



emotionally distant from someone who unconditionally loves and values you.

So many men and women treat each other as objects to be used. They may not verbalise it, but they maintain an inward conviction that their mate should do things that have never been discussed. This is like steadily pouring acid on intimacy.

From time to time, my wife and I get together on a date, for breakfast out or just a retreat from home. During that time, we list our personal goals and commit ourselves to helping each other fulfil those desires. I feel so satisfied knowing that >



> my wife is committed enough to sacrifice for my goals and that I have the same commitment toward her.

True happiness comes by reaching out to others with a desire for them to feel love from us.

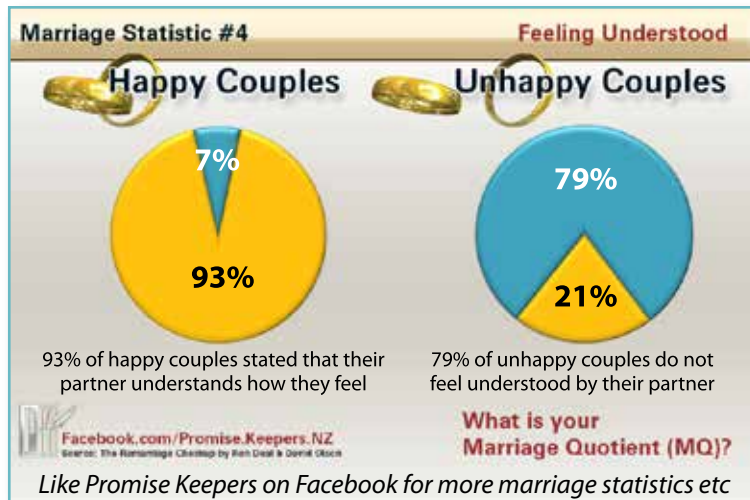
One way intimacy is blocked is when lives are filled with unhealthy behaviour, poor health choices or sexual addictions that affect our daily conduct. To change those habits and addictions, we should first recognise our mistakes and admit when we're at fault. Second, we must keep an attitude of wanting to improve. Third, we should share our feelings and needs with our mate and seek his or her understanding and support.

Keeping your written relationship menu posted in a prominent household location provides a continual reminder of which values and rules you're working toward. It generally takes about 30 days to start a new habit. So if you're regularly working on attaining your goals, it will only take a month before you notice significant changes in your relationship.

4 ways of building intimacy:

1. Stop waiting for things to get better - make a decision to work on them.
2. Acquire and practise new attitudes and skills that lead to fulfilling relationships.
3. Commit to changing your own behaviours first, without expecting your partner to change his or hers.
4. Support each other in your efforts so that neither of you feels alone or inferior.

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Special insiders' preview Webcast!

Monday 5 August – 7.00pm

- Join us on our second live Webcast to get the inside info on what's happening at Promise Keepers 2013 The Call Men's Events!
- Find out how to mobilise your friends and others to join you for this unique Event experience
- Participate in this interactive Webcast - share your ideas, some laughs and win prizes!

Log on at www.promisekeepers.org.nz

PROMISE #4

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

What's on the DVD



FEATURED SPEAKER: David Peters - Loving Your Wife

David knows what it means to put the interests of your wife first. Over many years he sacrificially served Jane as her degenerative condition worsened. He persevered with courage, holding on to the promises that God had given them. A truly inspirational example. 32 min

DRAMA: You've Lost That Loving Feeling

The newlywed guy scores some points on his friends as he refuses to accept their cynicism. 7 min

BONUS FEATURES:

- **My Story: Mike Connell** - A rare personal insight into his incredible story. 11 min
- **PK Music: Agnus Dei** 2 min 23
- **Allan Meyer: Fulfillment** - When we look at the meaning of our lives as men, there is much we can learn from King Solomon. Allan unlocks the story. 23 min
- **Field Rep: Philip Sampson** 2 min 45
- **Stance Event Promo** 3 min 50
- **The Call 2013 Event Promo** 2 min 40

HUMOUR CLIPS: How did they do this? Jetblast; Win at all costs; Shave like a man; Car trebuchet; Russian roads 9 min 30

BETTER WORK STORIES: Rough Landing - Testing of extreme operational limits of a Lynx helicopter attempting a ship landing. Don't get seasick! 2 min

DVD ROM Access these using Windows Explorer (PC) or Command F (Mac)

ARTICLES: Including: Derek Prince - A Father's Leadership; Francis Frangipane - Deliverance from Bitterness, If We Do Not Lose Heart; Kevin Forlong - Authority in the Family; Ian Buckley - Quit Complaining, How to Earn the Respect of Others; Nikki Bray - The Real Cost of Divorce

RESOURCES: Including: Bill Subritzky's Booklet - 100 Things God Said About Healing; **Weekly Studies for Men's Groups**; Break Free 2012 Testimonies AKL; The Call 2013 Event Brochures & Promo Material; David Peters - Loving Your Wife: Study Questions & PowerPoint; Bible Reading Plans; Family Website Links

MEN'S STUDIES!

MP3s: Including Derek Prince - Marriage, Divorce, Remarriage & Celibacy 70 min; Vince D'Acchioli - Building a Marriage that Lasts 48 min; **PKUSA Classic:** Ken Canfield - Dedicating Your Household to God 40 min; **PKNZ Classics:** Craig Vernall - Co-driver 29 min; Jim Hurn - Our Greatest Ally 30 min

THE CALL

Men's Events 2013 - book now!

0800 PROMISE (77 66 47)

Christchurch 23-24 August
 Wellington 13-14 September
 Auckland 4-5 October



Next Issue: HEALTHY THINKING