

THE BEAUTY OF EDEN

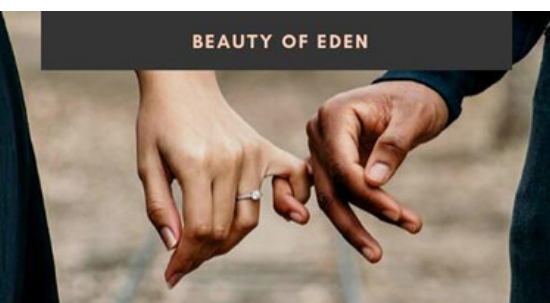
(Marriage Enrichment School)



BEAUTY OF EDEN

NUGGETS OF WISDOM

E-BOOK OF NOTES



THE BEAUTY OF EDEN
(Marriage Enrichment School)



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THE VISION OF BEAUTY OF EDEN

In the Garden of Eden, God planted trees, flowers, shrubs, rivers, animals and man. All these together, were very beautiful to the eye.

The real beauty however was not to be found in the trees, animals or even man. The true beauty of Eden was in the relationship God created when He brought man and woman together as man and wife, making them 'one flesh'. (**Gen.2:24, Prov.18:22**)

Marriage was created and instituted by God. (**Gen.2:18-24**).
It was God's idea, not man's.

The devil came in and perverted God's institution and created another form of marriage different entirely from God's original plan. (**Gen.3**)

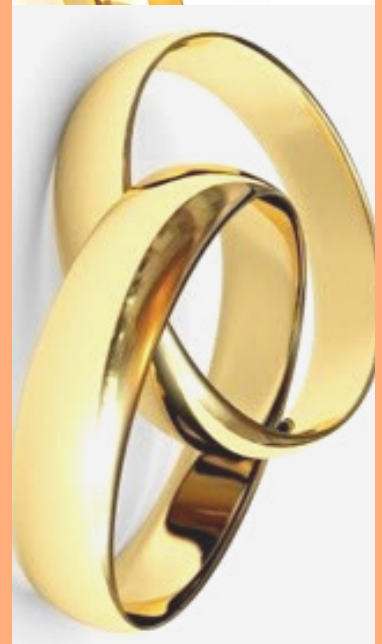
We therefore, see two marriages in the beginning. One in Genesis chapter 2 and the other in Genesis chapter 3. The later marriage in Genesis 3 will eventually end in divorce, but we will focus our study on the Marriage in Genesis 2. Since God instituted marriage, if we follow the instructions in Genesis chapter 2, (and the instructions are many) we will have beautiful, fruitful, blessed and happy marriages.

Even if your marriage (or someone's you know) is in or almost at the divorce courts, applying God's principles will turn things around.

Today we will look at marriage as God intended focusing on the theme "‘Why I Love You’ is Not Enough".

May the Lord bless and enrich our lives and marriages in Jesus name.
Thank you.

Femi & Jumoke Popoola



WHY IS 'I LOVE YOU' IS NOT ENOUGH TO SUSTAIN A RELATIONSHIP?

Every relationship needs chemistry'; something that would endear to each partner.

For married couples or those in courtship; it is love.

How many times have you heard the words '*I love you*' or '*I love him*' or '*I love her*'.

However no relationship in the long run thrives, grows or is sustained by love only.

Relationships are there for the long haul, not the short run.

Short run relationships involve a lot of exploitation particularly when you remember that no one comes into a relationship 'baggage free'.

We all have issues that have shaped or is shaping how we relate with one another. For this reason, it is difficult for 'love' (if it is not agape love) to sustain any relationship between two imperfect people. There are some other important friendship elements that hold up relationships such as **care, support, trust, commitment, understanding, selflessness** etc.

All relationships must have foundation stones or pillars on which they are built. All these pillars (like those of a building) must be strong. If you try to make up for one weak pillar by strengthening another, the whole structure will be out of balance. These pillars are necessary for a strong and lasting relationship.

There are actually many pillars that support relationships, but we will talk about four of them:

- **Love, Respect, Understanding and Trust**

The most neglected one is **respect** or **honour**. The one that takes the longest to develop is **understanding** or **knowledge**. The most fragile of these four pillars is trust. These are like four pillars of a house.



LOVE

This pillar has several important characteristics for it to be a strong support system:



- **Safety and Security**

In a loving relationship, you should be able to relax, feel safe and secure with each other. You can relax and let your guard down. You can '*be yourself*'.



- **Support**

A supportive relationship helps you know you're not facing the world alone. You can depend on others to stand with you in difficult times, even when they don't necessarily agree with your stand. This is in good and also challenging /difficult times. In a relationship where this characteristic is present, you encourage, help and lean on each other. You receive support & give it also.

- **Sense of Belonging**

We need for a sense of belonging that comes from being included by others. You are part of each other. This pillar gives a feeling or sense of being significant.



- **Care**

When you care/nurture someone, you invite him or her to take a special place in your heart. Care is expressed through words as well as through deeds. When you really care about someone, you are willing to move out of your comfort zone for that person's benefit. It's easier to connect with someone who goes out of his or her comfort zone for you.



- **Acceptance**

We are different. Acceptance in a loving relationships means that you accept each other's differences, celebrating areas of strength and lovingly in a loving relationship.

RESPECT

The second pillar of a healthy relationship, which is the most neglected, is respect. For a relationship to be significant there must be **mutual** respect.

Basically, respect is recognizing and acknowledging the other person's worth or value. How do we honour and respect another person?

Below are some key tips on how you can show respect and honour one another:

- You show acceptance.
- You give recognition.
- You give affirmation and encouragement.
- You believe in others (even when they don't believe in themselves).
 - You build them up.
 - You don't take for granted what they do or who they are.
 - You show admiration. (private and public admiration)

In the Bible, **1Thessalonians 5:11** - Paul counsels saying, *"Therefore encourage one another and build each other up, just as in fact you are doing."*

All these ways of showing respect and giving honour are communicated by what you say and what you don't say to each other - verbal and non-verbal communication.



WHY I LOVE YOU ISN'T ENOUGH?

UNDERSTANDING



The third essential element of a close relationship, and the one that is so often sidestepped, is understanding. The other three elements are dependent upon this one.

Understanding only develops over time. It's based on knowledge. You understand others by getting inside of them and seeing life from their perspective, through their eyes.

It involves tremendous amount of communication. It involves **asking**, **sharing** and **listening**.

Your partner will never understand you unless you reveal yourself. Neither will you ever understand another unless he or she is open with you.

Understanding is based on how well you know one another.

In the Bible, **1 Peter 3:7** says,
'Husbands, likewise, dwell with them with understanding, giving honour to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.'



WHY I LOVE YOU ISN'T ENOUGH?

TRUST

When it comes to trust, a sign should be hung over it saying, "***Fragile: Handle with Care***".

Some people find it easy to trust, while others find it very difficult.

Trust is making oneself dependent upon another person for some result or outcome. It's a healthy dependency.

You can't be forced into it. It's a voluntary response. It's an attitude, and it has three parts.

- **First**, you believe in your mind that the other person is trustworthy.
- **Second**, there is an emotional response in trust. You feel assurance or confidence in trusting the other person.
- **Finally**, your behaviour has to come into play when you act on the trust you perceive.

Practical scenario: Trust is when you're in the water and a friend reaches down his hand to pull you out and you reach up and grasp it. You don't hesitate or debate whether he really wants to rescue you.

Steps: You believe. You feel confident. You reach out.

Note - there is risk in trust. The other person could let you down.

Although all life involves some risk, loving makes you especially vulnerable.

In fact, you can't be in a loving relationship unless you're willing to run the risk of being hurt.

FRAGILE
HANDLE
WITH CARE



WHY I LOVE YOU ISN'T ENOUGH?

TRUST

When two people in a relationship have mutual trust, they are sending messages to one another. They are saying,

- *I have confidence in you.*
- *I will be here for you when no one else is.*
- *You can depend on me for little things and large things.*
- *I will be consistent, not changeable or impulsive.*
- *You can depend on me to speak the truth.*

Trust is extremely important.

It contributes to the success of a **healthy, meaningful, and loving** relationship. It increases **intimacy**, and **strengthens love**.

We say with confidence that a relationship not built on trust will suffer.

IMPORTANT CHARACTERISTICS EVERY PERSON NEEDS TO BUILD TRUST

Trust is the most important foundation and key component to building a healthy, loving, and stable relationship, and there are some characteristics that you must possess in order to build trust.

- **Honest**
- **Faithful**
- **Dependable**
- **Predictable**
- **Consistent**
 - **Open**
 - **Reliable**
 - **Loyal**



WHY I LOVE YOU ISN'T ENOUGH?

TRUST

One of the most wonderful gifts of a loving marriage is the ability to trust your spouse:

- trust that he/she will be true to you emotionally
- trust that he/she does what they promise to do.
- trust that he/she is the same person on the inside that
 - is presented on the outside
- trust that he/she has your best interest at heart.

This creates safety, security and a deeper capacity to love. Successful marriages are built on trust.

HOW TO BUILD TRUST

- Be Trustworthy - Let your words and actions synchronize
 - Keep your promises
 - Show honesty
 - Be accountable
- Be totally open with your spouse
 - Try to please your spouse
 - Give time to build trust
- Confront and discuss issues of both

CONCLUSION

If you want to build trust in your marriage, you must realize how important it is to the survival of your marriage, understand it and take steps to be a trustworthy person yourself, and to build bridges that will make you trust your spouse.

Building trust will help you to make a happy marriage and make your marriage succeed.

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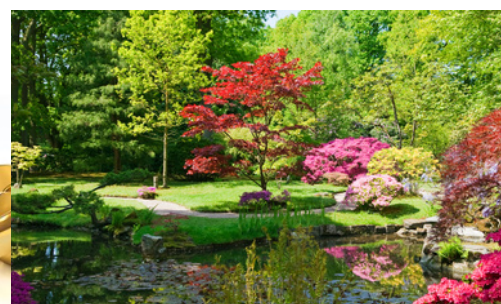
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