

Welcome to Sum of the Parts – Session 2

Recap from session 1

- Do you have a good understanding of what a convenantial relationship is?
- Understand the flow that we discussed: With Purpose comes to revelation, When you have a reason for living, you can then be in a better position to experience the amazing grace that comes with living a convenantial relationship with an intimate partner.

Dating... is complicated.

All of us come with baggage. It's part of the equation of our lives and gets most exposed when we meet that significant person who we care the most about. The close proximity reveals our deepest struggles and presents challenges that sometimes seem insurmountable. Yet, God established the institution of marriage and in the beginning created the union of man and woman, laying the groundwork for meaningful relationships and a marriage that will last.

We must get busy waiting on God, cultivating our hearts to prepare the soil for the things that we want to harvest in our lives. Allowing our lives to be grounded in truth and ready to enter into marriage as God intended it.

Commentary on distance:

Quote from a graduation speech in Cary NC in 2018 by Dr. Scott Huelin: "Don't be content to love God and your neighbors from a distance. For true love requires the messiness of intimacy and willingness to offer ourselves - however painful and bloody for the good of My beloved. This means, among other things, seeing in the annoying people in your life and to die in to yourself and live in love. This means among other things to wrestling with God in prayer like the way Job, Abraham, Jonna, and Jesus did. And not coldly worshiping a nice tidy & distant idea of God. And here my friends is the biblical promise that accompanies this charge: The more you love in action for particular people in your life, the more like Christ you will become. And the more you become like him, the better you will know him. And the better you know him, the richer and deeper your anticipation of the life that is to come will be."

Question: What would you say to a couple that says "Oh . . . we never fight"

Ep 4:

25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

Additional commentary by Tim Keller – in his 1991 sermon: “Be angry but sin not”

“Speak truth with your brother and sister – but don’t forget – for we are members of one another – the whole purpose is not to disrupt unity. The whole purpose is not just to say the truth – it is to penetrate the person’s heart. And it is almost always better to reflect - to think about it – to make sure you the work out the best formulation of that truth – so that it is presented in such a way that the person can here it.

The ultimate end is to reflect who God is in your life.

Paul actually says that it is your duty to be angry – and it is wrong not to be angry. Then Paul turns around and says but sin not.

If you do not get angry and you suppress it completely, you are in a lot trouble. There is a place in the book of Hebrews where it says, Beware, lest the root of bitterness remain – and springing up to defile many.

You grant the forgiveness and you will see the anger seep away. And finally, here, let me just summarize it with this quote from David Martyn Lloyd-Jones again. Do not let the sun go down on your wrath.

I'm a psychologist who studies couples—5 'hard truths' about marriage most people learn too late in life

Published Sun, Mar 23 2025 9:05 AM EDT

Marriage is one of the most rewarding yet challenging journeys in life. While we often enter it with high expectations, the reality is that marriage is a lifelong learning process. As a psychologist who studies couples every day, I've worked with many people who only come to understand the toughest marriage lessons after they've experienced conflict, disappointment or a even divorce.

If you can accept these five hard truths about marriage now, you're more likely to have a happy and successful relationship:

- 1. Love alone isn't enough to hold a marriage together.** Many couples believe that as long as they love each other, everything else will fall into place. But love doesn't automatically solve differences in communication styles, personal values or long-term goals. **What truly sustains a marriage is commitment, effort and the willingness to adapt. Love can help keep the spark going, but it's the daily choices that really make a difference. How do you respond to conflict? How do you show up for each other? How are you continuing to grow together? These are the questions that determine how strong your marriage really is.**
- 2. You're going to fight ... a lot.** One of the biggest misconceptions about marriage is that truly compatible people don't argue. **But not only is conflict inevitable, it's also essential. In fact, the absence of conflict likely means that important issues are being swept under the rug. And it's not the fighting that damages relationships — it's how couples choose to handle their disagreements. Healthy conflict can bring partners closer by opening the door to deep, meaningful conversations about wants and needs, which can then lead to problem-solving.** My advice is to learn how to fight fairly. No blame games, no stonewalling and no personal attacks. Create a safe space where you can both be honest and open without judgment.
- 3. Your partner won't — and can't — meet all of your needs. Many people enter a marriage thinking that their spouse will be their "everything" — their best friend, emotional support system, cheerleader and problem-solver. While it's natural to lean on each other for support, expecting one person to fulfill your every need is unrealistic.** Healthy spouses recognize the importance of individuality. That means maintaining individual interests, friendships and goals. Nurturing a strong sense of self outside of the marriage helps prevent resentment and keeps the relationship from feeling suffocating. Always remember that a thriving relationship is built on two whole, complementary individuals — not two halves trying to complete each other.

Kev and Ky's "Some of the Parts – How to live in Intimate Partnership with another Human Being"

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4. Without constant maintenance, your marriage will crumble. Many couples underestimate how much work it takes to have a healthy marriage. The honeymoon phase may feel effortless, but over time, life's responsibilities — work, kids, finances, health — often puts the relationship lower on the priority list. **You need to have regular check-ins and planned quality time together. Just as you wouldn't expect a car to run forever without maintenance, you can't expect a marriage to thrive without consistent care.**

5. You are both going to change individually. You can't expect the person you marry at 25 to be the exact same person at 45. People evolve, priorities shift and life circumstances change. By embracing change instead of resisting it, you'll come to realize the beauty and privilege in being able to witness this evolution. The most successful couples are the ones who adapt and grow together. While partners drift apart, they find new reasons to keep loving each other every day. This means being open to new experiences and giving one another the space to evolve without feeling threatened by it.

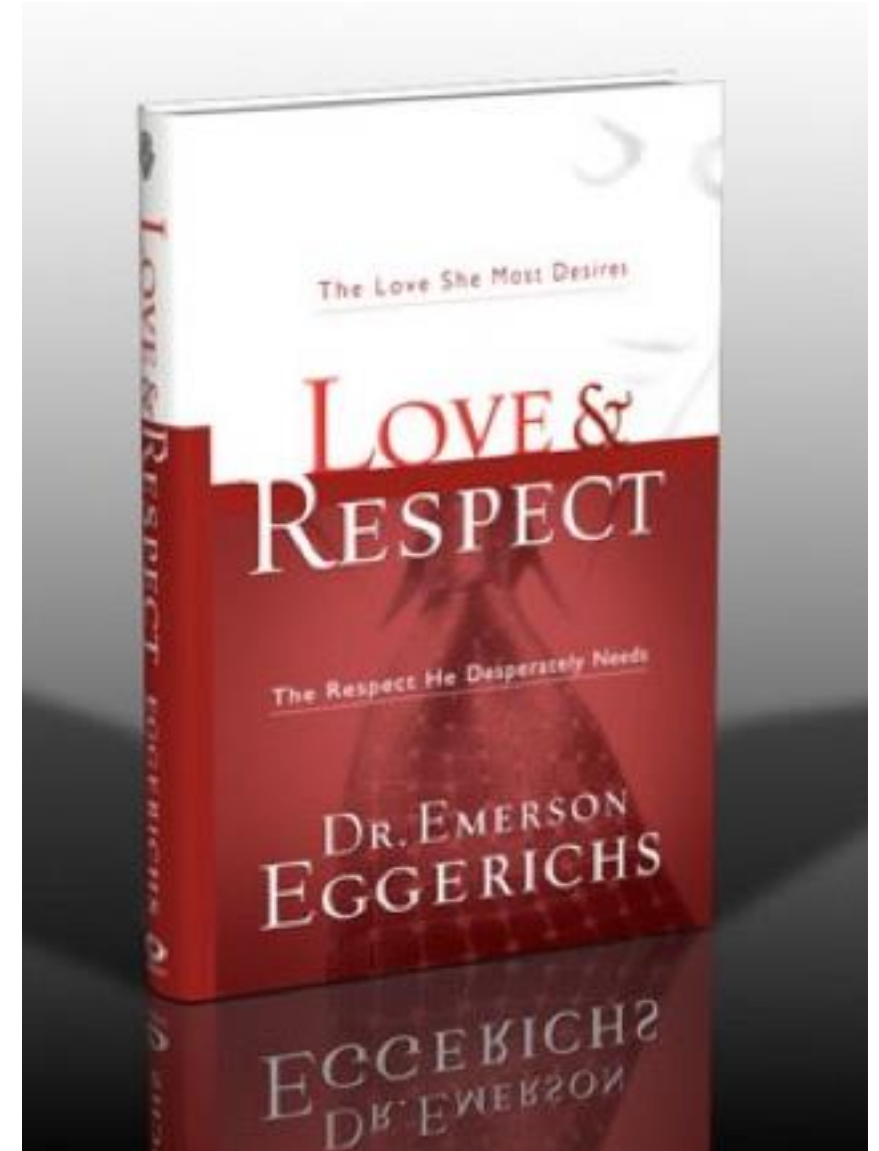
Mark Travers, PhD, is a psychologist who specializes in relationships. He holds degrees from Cornell University and the University of Colorado Boulder. He is the lead psychologist at Awake Therapy, a telehealth company that provides online psychotherapy, counseling and coaching. He is also the curator of the popular mental health and wellness website, [Therapytips.org](https://www.therapytips.org).

Ep 5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

At the end of chapter 5 in Paul's letter to the Ephesians, he writes the following: "Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband."

In his masterful book titled Love and Respect by Dr. Emerson Eggerich. Emerson shares a few important things:

- In this passage of scripture, God says through Paul: Be still and come close Church and listen to me. I have something important to say about marriage.
- Men are typically wired by God to respect and honor and Women are typically designed by God to love and nurture. And Paul commands the husband to love and nurture and the wife to respect and honor. Thus, Paul commands both the husband and wife to do what does not come naturally.



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- From this beautiful complexity, God creates some interesting constructive tension. Emerson then introduces the terms energy cycle and crazy cycle. The crazy cycle is defined as those times where unloving and disrespectful actions further fuel unloving and disrespectful behavior. The energy cycle is defined as those times where loving and respectful action fuels more loving and respectful behavior.
- Emerson also tells us to manage the crazy cycles (the tension points in any intimate relationship) and cultivate the energy cycles - where respect and honor foster more loving and nurturing.

Men are like waffles and women are like spaghetti:

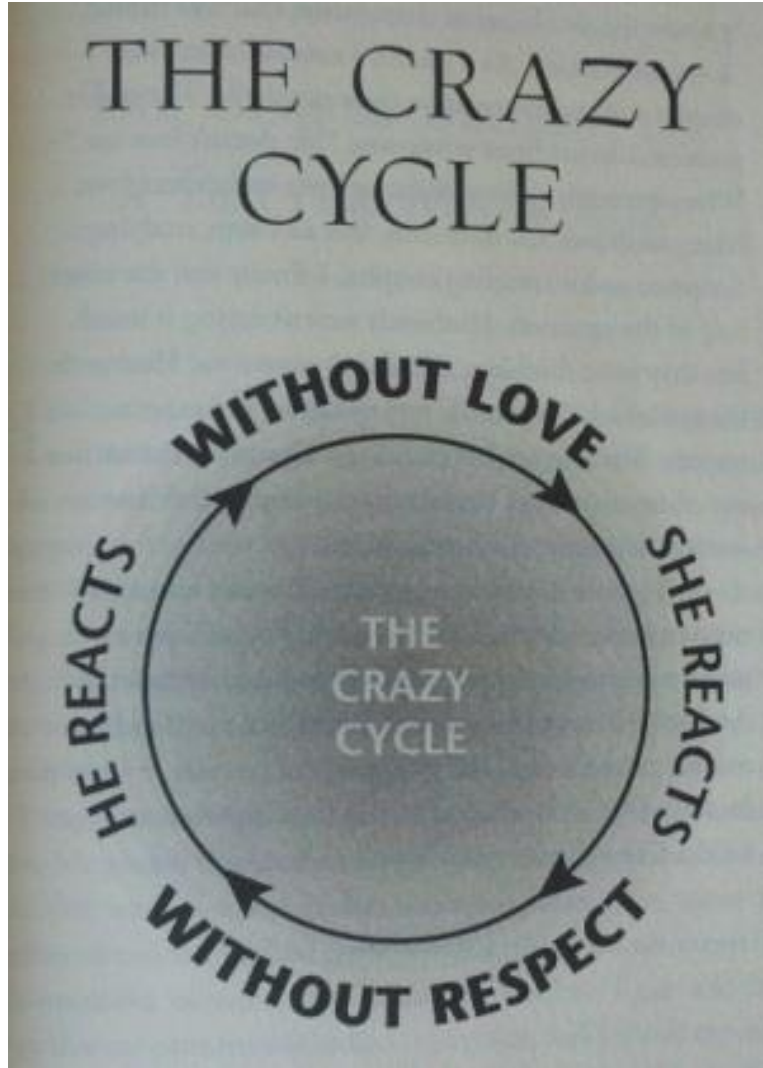
“God made us so that we can complement each other – however we can not complement what we do not understand.” *Pastor Steven – Fun House Part 2*



- Interconnected emotions and integrated personality
- “God made you to be beautifully complex” Pastor Steven
- Different by design
- Tangled webs of emotional involvement.
- “Words are connected to feelings which are connected to your actions” Emerson Eggerichs

- Men naturally compartmentalize
- Different by design
- Everything fits into one particular square
- Feelings and emotions are separated out from behavior
- Fix-it and move on.

Female perspective:



- A woman is designed by God to love and nurture. Thus, she is commanded by God to respect and honor.
- She confronts to connect in order to seek reassurance and clarification.
- She confronts to connect because she is feeling unloved.
- While confronting, she comes across as appearing to be disrespectful and dishonorable.
- When he withdraws in an argument (the honorable thing to do in his mind), she tries even harder to access his heart.
- The result is they start to wear each other out.

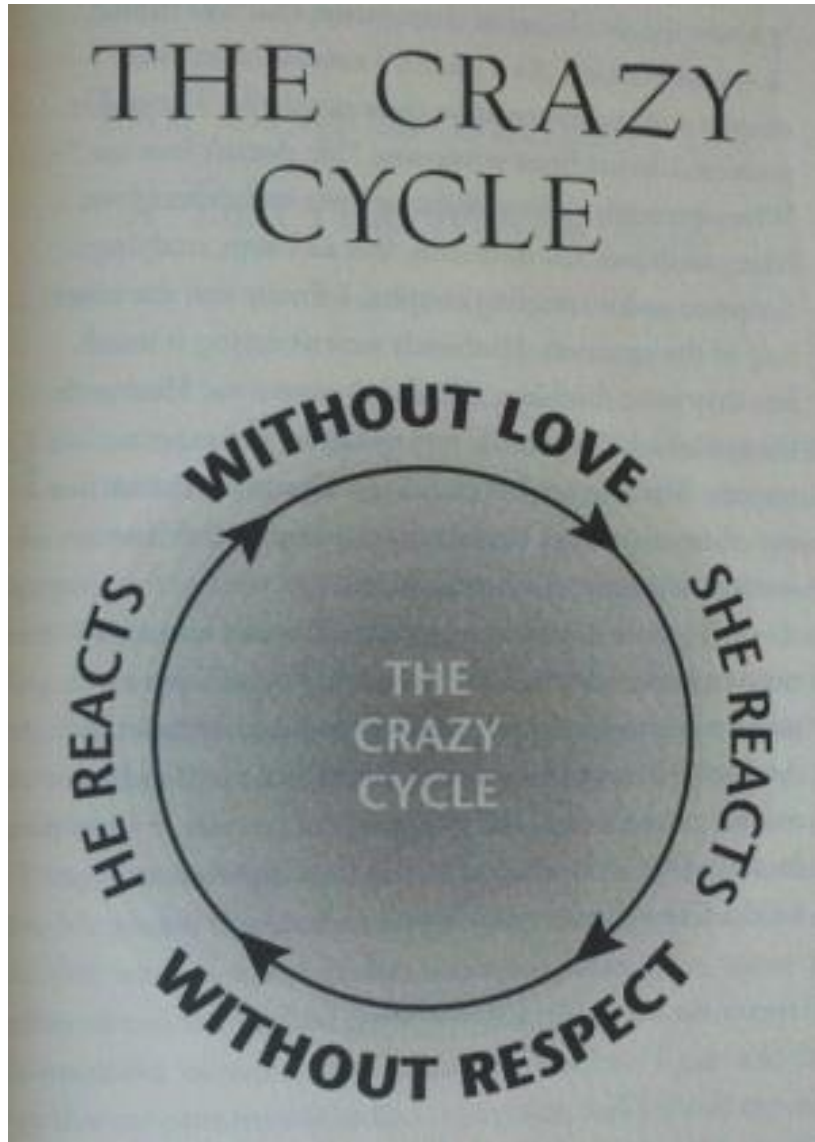
The money question:

400 men surveyed and were asked the following question:

If you were forced to choose one of the following, which would you prefer to endure:

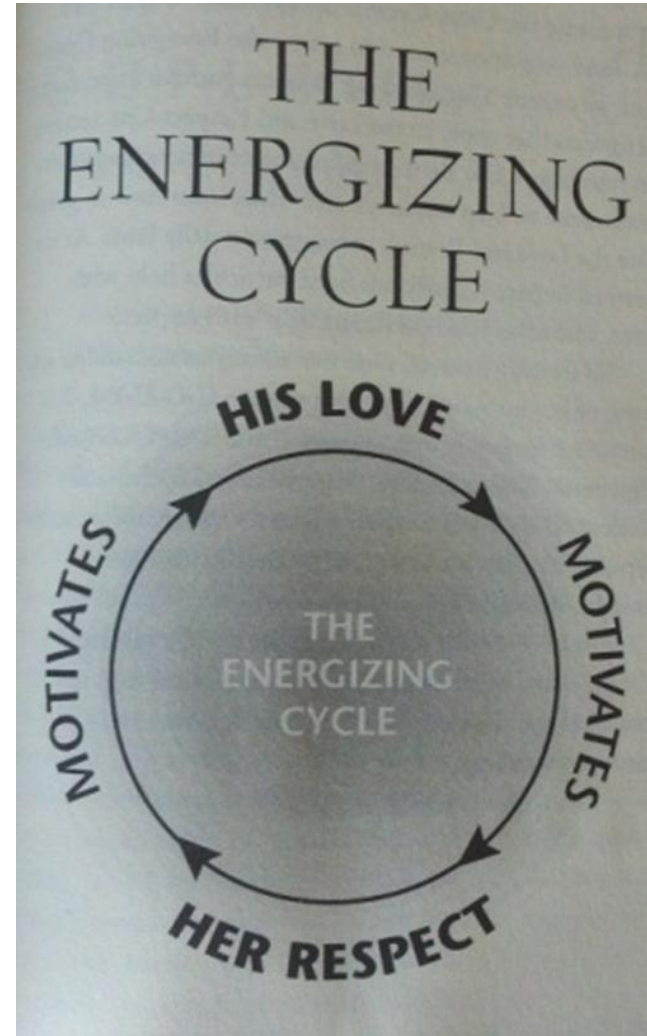
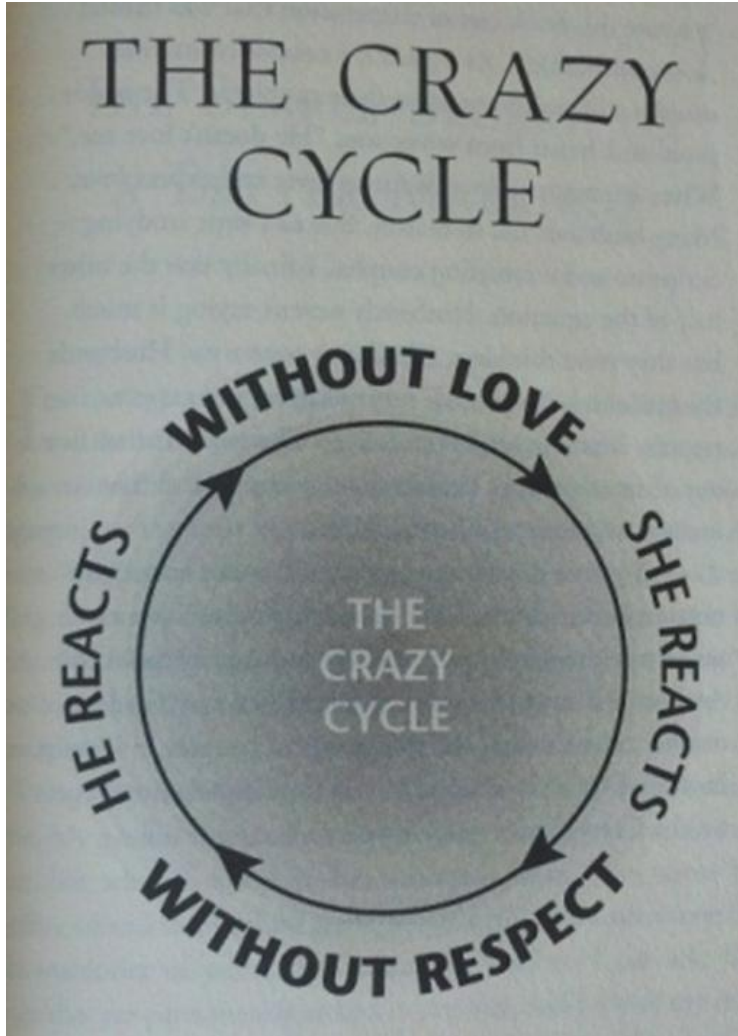
- a. to be left alone and unloved in the world
- b. to feel inadequate and disrespected by everyone

Male perspective:



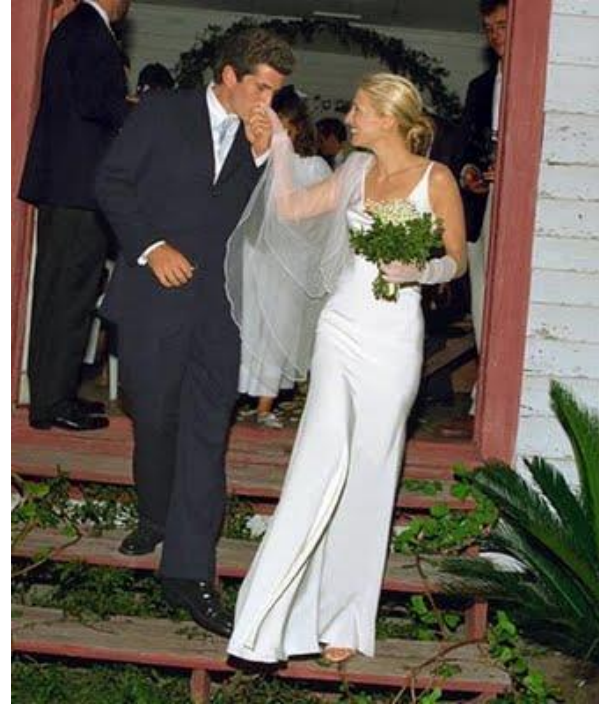
- A man is designed by God to respect and honor, thus he is commanded by God to love.
- During confrontation, a man does the honorable thing and stays quite – which is perceived to be unloving to a women.
- During an argument, 85% of men will stonewall. Perceived to be unloving by a women.
- Withdrawing is perceived to be the honorable thing by a man because a man does not want to escalate more than the issue already has.
- Men were wired to be hunters and warriors. To avoid confrontation, the honorable thing is to say forget about it – let's deal with this later.
- Good willed people get on this crazy cycle because their sprit is willing by their flesh is weak.

Crazy Cycle and Energy Cycle explained:



Vertigo – spatial disorientation – this can happen in relationships too

John and Carolyn Kennedy - 1999 – A flight from NJ to Martha's Vineyard – Cape Cod



Review from sum of the parts last semester: What a man wants (from Love and Respect by Dr. Emerson Eggerichs)

Conquest:

- Appreciate his desire to work and achieve.
- You tell him that you value his work ethic
- You listen to his work stories
- Allow him to dream as you were when you were courting
- You don't dishonor or criticize his work
- Praise in public – reprimand in private.

Hierarchy:

- See 1 Tim 5:8
- Appreciate his desire to protect and provide – do not minimize this.
- You verbalize your admiration of him being a provider

Authority

- See 1 Peter 3:7
- Appreciate his desire to serve and lead.
- See Proverbs 31:16
- See Tutus 2:5
- See Ephesians 5:21 – Submit to one another out of reverence for Christ.
- You praise his good decisions
- Disagree only in private



Relationship:

- See Philippians 2:4
- Appreciate his desire for shoulder to shoulder friendship
- You tell him that you like him and you show it.
- Ecc 3:7
- You respond to his invitation to engage in recreational activities.
- You enable him to talk or let him spend time alone or spend time with friends

Sexuality:

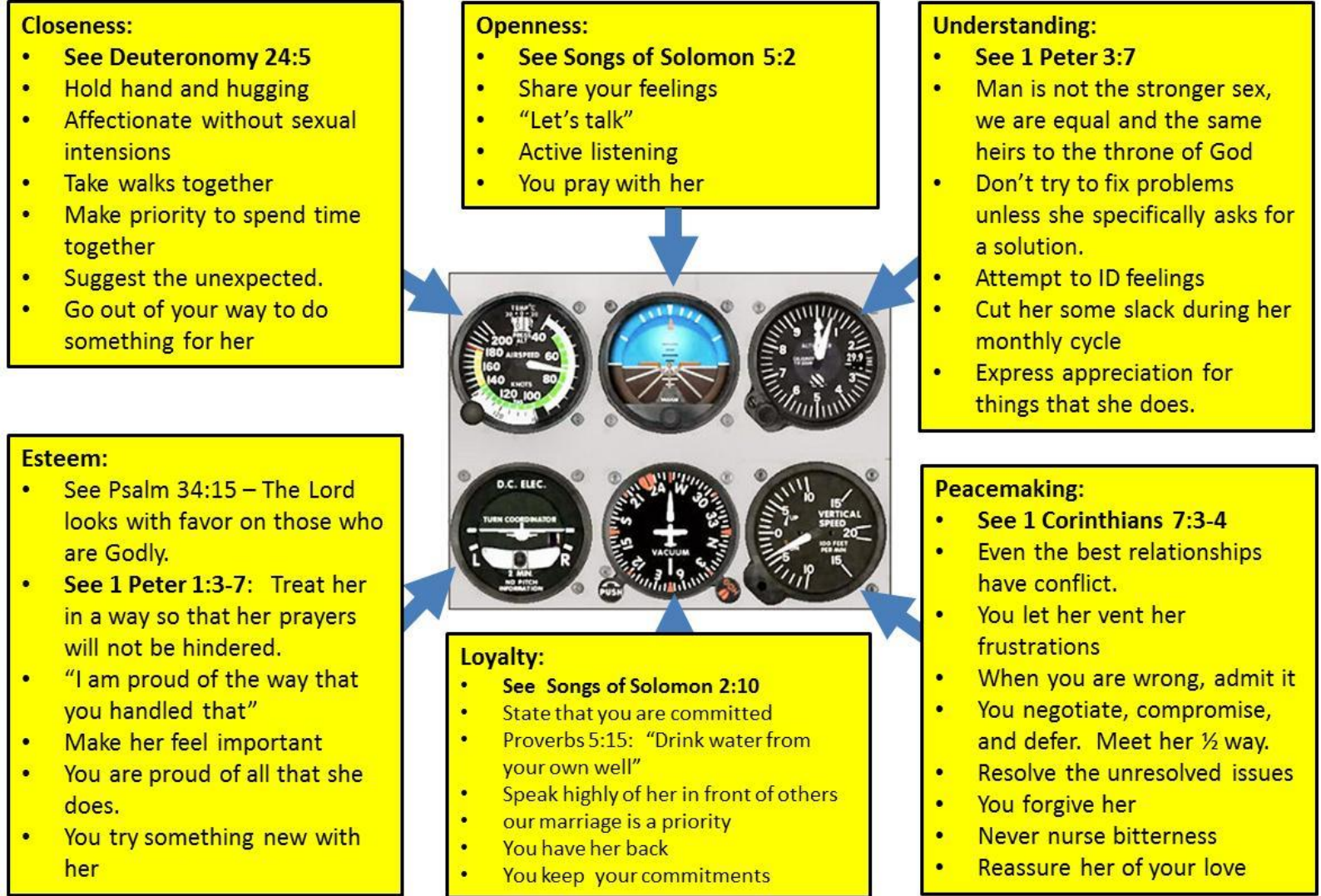
- After marriage, understand his desire for sexual intimacy
- I shall defer all discussion to a future married-couples eGroup.

Insight:

- Appreciate his desire to analyze and counsel.
- Tell him upfront that you only need his ear – not to fix something.
- You recognize his problem solving approach as his male brand of empathy.
- You let me know that God has made us male and female for a purpose and that we need each other.

Review from sum of the parts last semester: What a women wants (from Love and Respect by Dr. Emerson Eggerichs)

For Men: When spatial disorientation happens – Go to your instrument panel:



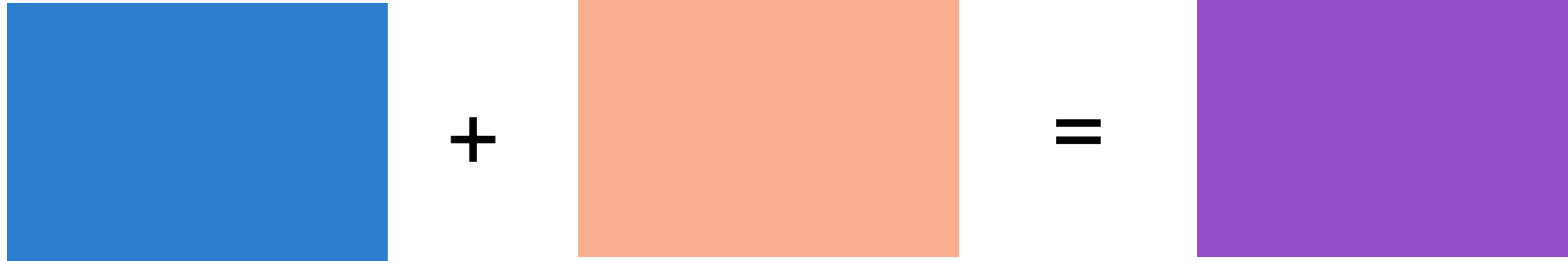
Eph 5:33: God's last word on marriage:

Come close church, I have something important to say about marriage:

Ephesians 5:33: "a husband must love his wife and a wife must respect her husband"

Why did not God command a wife to love? Answer: "The Lord created a woman to love. Her whole approach is to nurture; her sensitivity, love, and compassion are part of her very nature. He is not going to command her to agape love her husband when he created her to do this in the first place. God is not in to redundancy." Emerson Eggerichs

What happens when you combine pink and blue?



Purple = the color of royalty (God)

“There is power when couples are reflected in God’s image.” Emerson Eggerichs

The ultimate $A + B < C$ expression

BTW: Before you marry that special someone - Kev's all-star picks

Kev's six pack

