

Lesson 7

Power Principles - Part 1

Key Scripture Reading: 1 Corinthians 13:4-7

Four Power Principles

1. Kindness (1 Corinthians 13:4-7; Ephesians 4:32; Colossians 3:12; 1 Peter 3:8-9)

- How do words and acts of kindness energize a marriage relationship?
- How do thoughtless and unkind words and actions destroy a marriage relationship?
- Simple words and acts of kindness:
 - Say, *"Please,"* when making a request
 - Say, *"Thank you,"* when your spouse does something for you
 - Open the door for your wife
 - See him off to work in the morning
 - Greet and leave with a kiss
 - Listen with interest when they talk

2. Teamwork (Genesis 2:18-24; Matthew 19:4-6; Ecclesiastes 4:9-12)

- How does teamwork energize a marriage relationship?
- How does selfish individualism destroy a marriage relationship?
- Simple words and acts of teamwork:
 - Saying things like, *"You're important to me"*
 - Doing a work project together
 - Men – pitching in and helping with the housework
 - Going on a walk together
 - Sitting down together to discuss a problem with kids
 - Pray together

3. Service (Mark 10:42-45; Philippians 2:3-8)

- How does a servant mentality energize a marriage relationship?
- How does a me-first mentality destroy a marriage relationship?
- Simple acts of service:
 - Obeying God's Word — getting involved in the church
 - Trusting in God's promises
 - Being a good listener
 - Giving a back rub
 - Take her (and the family) out to dinner
 - Fix him his favorite meal

4. Physical Touch (Mark 10:13-16; Song of Solomon 8:3-5)

- In what ways does physical touch energize a marriage relationship?
- In what ways does physical aloofness destroy a marriage relationship?
- Simple acts of physical touch:
 - Hold hands while walking
 - Brush the arm or shoulder when passing by
 - A hug
 - A back massage
 - A pat on the seat
 - A playful nudge

Notes and Observations From Lesson 7
