

## Lesson 8

### Power Principles - Part 2

Key Scripture Reading: 1 Corinthians 13:4-7

#### Four Power Principles

##### 1. Intercessory Prayer (Genesis 18:16-33; Exodus 32:7-14; Colossians 1:9-12; 1 Samuel 12:23; Romans 8:26)

- What is “intercession”?
- How can intercessory prayers energize a marriage?
- Simple acts of intercessory prayer:
  - Ask God to bless your spouse with good or improved health
  - Ask God to give your spouse safety on their way to/from work
  - Plead with God to help your unsaved spouse see the way of truth
  - Petition the Lord’s favor on a project your spouse is doing
  - Ask God to give your spouse the courage and wisdom to face life’s problems

##### 2. Time (2 Peter 3:8; Deuteronomy 24:5; James 4:13-17)

- How does sharing your time with your spouse energize the marriage relationship?
- How does a failure to spend time with your spouse destroy the marriage relationship?
- Simple acts of giving your time:
  - Go to church together
  - Read your Bible together
  - Arrange periodic “date nights” for the two of you
  - Turn off the TV to talk, walk, play, or just sit together
  - When kids are young, put them to bed early
  - Leave off that project you’re working on till tomorrow, next week, etc.

### 3. Affirmation (Proverbs 18:21; 12:25; 31:28-29; 25:11)

- How do words of affirmation energize the marriage relationship?
- How do words of criticism destroy the marriage relationship?
- Simple words of affirmation:
  - Saying, *"You look sharp today "*
  - Saying, *"That meal was delicious "*
  - Saying, *"You do such a good job with the kids "*
  - Saying, *"Wow! You look really nice in that dress "*
  - Saying, *"Have you lost weight? "*
  - Saying, *"Thanks, the yard really looks nice all mowed "*

### 4. Forgiveness (Proverbs 19:11; Matthew 6:11-15; 18:21-22; Colossians 3:12-13)

- How does the principle of forgiveness energize the marriage relationship?
- How does grudge-holding and pride destroy the marriage relationship?
- Simple words and acts of forgiveness:
  - Saying, *"I'm sorry, will you forgive me? "*
  - Saying, *"Yes, I forgive you."*
  - Remember your own shortcomings
  - Remember the high value God places on marriage
  - Remember the kids and others affected by grudge-holding
  - Pray and ask God to keep your conscience tender

### Notes and Observations From Lesson 8

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