**Marriage Enrichment Group - EVBC**

**Purpose:** To contribute to the health of Christian couples as they continue together in their faith journey.

**Philosophy:**

**1-Marriage from a Biblical Worldview.**

**2-Marriage as Observed.**

**3-Marriage as an aspect of Faith Journey.**

**Goal:** Find at least one significant addition and one significant subtraction for each partner to make within your relationship.

**Eph 4:22-24**

**22**That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; **23**And be renewed in the spirit of your mind; **24**And that ye put on the new man, which after God is created in righteousness and true holiness. **KJV**

**22**to put off your old self,[[a](https://www.biblegateway.com/passage/?search=Ephesians+4%3A22-24&version=ESV#fen-ESV-29278a)] which belongs to your former manner of life and is corrupt through deceitful desires, **23**and to be renewed in the spirit of your minds, **24**and to put on the new self, created after the likeness of God in true righteousness and holiness. **ESV**

**22**You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23**to be made new in the attitude of your minds; **24**and to put on the new self, created to be like God in true righteousness and holiness. **NIV**

**Rules:**

**1-Respect one another.**

**2-Build/Have confidence in one another.**

**3-Relax with one another.**

**I-Attachment and the Christian Couple**

**I-THINK ABOUT IT:**

Value of healthy attachment:

 **1-Attachment is God’s design for marriage.** Gen 2:24 (Matt 19:5) Therefore shall a man leave his father and mother, and shall cleave unto his wife: and they shall become one flesh. KJV (*cleave* – “united” NIV, “hold fast” ESV, “bonds” HCSB, “joined” NASB, “embraces” MESSAGE).

 **2-Healthy attachment promotes appreciation for the blessing of marriage. SOS2:2-4**

 **3-Healthy attachment creates an environment that facilitates change/growth.**

**COUPLES SECURE IN THEIR ATTACHMENT ARE NOT AVOIDANT AND ANXIOUS ABOUT THEIR RELATIONSHIP.**

**How do relationship insecurities affect attachment?**

**1-Types of insecurities**

 **A-Preoccupied-anxious attachment:**

 **B-Fearful-avoidant attachment:**

 **C-Dismissing-avoidant attachment:**

**2-Effects of insecurities**

 **A-Preoccupied-anxious attachment:**

 **B-Fearful-avoidant attachment:**

 **C-Dismissing-avoidant attachment:**

**3-“Felt” needs of insecurities**

 **A-Preoccupied-anxious attachment:**

 **B-Fearful-avoidant attachment:**

 **C-Dismissing-avoidant attachment:**

**II-WORK ON IT:** **CLEAVE** – for building intimacy and attachment.

 **1-C: Change actions to positive. Increase interactions that are valuing and encouraging.**

**2-L: Loving Romance. What can you do to be romantic this week?**

**3-E: Employ a Calendar.** **Plan specific times to spend together.**

**4-A: Adjust intimacy elsewhere.** **De-emphasize or end intimacies that are taking away from marital intimacy.**

 **5-V: Value your partner. What do you value about your partner? Tell them!**

**6-E: Enjoy yourselves physically.**

**III-CARRY IT** – **Considering relationship insecurities and working to improve attachment greatly reduces anxiety and unhealthy avoidance within a marriage.**

**SOS 2:8-14.**

**Homework – Vow-making**

**1– What are three commitments you feel are important to make and affirm today to your spouse?**

**2-Don’t write anything down until Wednesday—make it a matter of thought and prayer.**