

STRONGER MARRIAGE FRIENDSHIP

MAY 17, 2026

SCRIPTURE

My beloved calls to me, "Arise, my darling. **Come away with me**, my beautiful one. This is my beloved, and this is my friend." Song of Solomon 2:10, 5:16

Many couples invest more into their wedding than into their relationship.

According to the Gottman Institute, 86% of couples experience a sharp drop in marital satisfaction after having children.

But it isn't children that sabotage marriages. It's shifted investments!

RYTHMIC INVESTMENTS

There is a relational principle of "stealing away."

The Lord said to Moses, "Come up to Me on the mountain **and be there.**" Exodus 24:12

"Come with Me by yourselves to a quiet place and get some rest." Mark 6:31-32

It requires time, effort, energy, planning, and money, but the return is immeasurable!

Wherever your treasure is, there the desires of your heart will also be. Matthew 6:21

1/ Carve out time every 12 hours.

2/ Carve out time every 12 _____.

3/ Carve out time every 12 weeks.

4/ Carve out time every 12 _____.

"A good friendship is made up of mileage & memories." Darren Hileman

RANDOM INVESTMENTS

1/ _____ growth resources.

Books: The Meaning of Marriage, Saving Your Marriage Before It Starts, Sheet Music

Podcasts: The Naked Marriage, Fierce Marriage, Stronger Marriage

2/ Discover common interests.

3/ Go to counseling for a season.

4/ Work on good _____.

"36 Questions that Lead to Love"

5/ Lean into moments of compulsion.

6/ Call out the potential within.

A king and a clown lives in every man. He will live up to whichever one you speak to.

7/ Remember to _____.

A cheerful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

8/ Make eye contact.

9/ Keep connecting physically.

Generally speaking, husbands do not initiate enough non-sexual contact, while wives do not initiate enough sexual contact. Health is found in the middle!

10/ _____ small habits of love.

What you feed grows. What you starve dies.

FOR ONE YEAR...

Stronger Foundation: Attend church with your spouse every Sunday possible.

Stronger Friendship: Schedule intentional alone time with your spouse.

Stronger Spiritual Intimacy: Pray daily for your spouse.

Stronger Sexual Intimacy: Have consistent sex with your spouse.

Stronger Communication: Commit to saying the right thing, in the right way, and at the right time with your spouse.

Stronger Roles: Discover and serve your spouse's love language.

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