

# MARITAL BLISS AT A TIME LIKE THIS

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MORNING DEW ON SUNDAY 14<sup>TH</sup> APRIL 2024.

# OUTLINE

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- TIME LIKE THIS.WHAT TIME?
- NEW COUPLES ( EXPECTATION VS REALITY)
- AGING COUPLES
- AS WE AGE
- PRACTICAL TIPS FOR MARITAL BLISS AT A TIME LIKE THIS.

# TIME LIKE THIS

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- Eccl 9:9, 11-12.
- The race is not to the swift, the battle is not to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all.
- We are in the age of technology and social media, fast paced lifestyle, competition in the marketplace, religiosity instead of spirituality, lifestyle changes occasioned by aging, finances, empty nest syndrome etc
- We are living in the days of so much negativity, sinfulness and worldliness.
- We are living in the days of deception and relegation of responsibility.
- The best of marriages are feeling the impact of the times we are living.



# FOR THE NEWLY MARRIED AND YOUNG IN MARRIAGE

1. Expectation V Reality. Achieving balance.

2. Adjustments. Don't expect perfection. You are not perfect.

3. Can two walk together expect they be agreed? Amos 3:3.

Choice of country/ city of residence, choice of schools for children, providing support for each other financially with love (one income households).

4. No comparison. Be realistic. Run your own race. No two families are the same. Don't model your home on social media standards. Calm down.

## AGING COUPLES (MIDDLE AGE)

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1. Remain friends. Don't stop communicating. Build memories with the children while they are still at home.
2. Be the support system for your spouse through illnesses, financial and investment crisis.
3. Plan your retirement. Write your will.

## AS WE AGE.

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1. Grandma's, don't abandon your husband for the children who live abroad. Don't give room for the devil.
2. Have robust health plan as you age.
3. Enjoy the fruit of your labour. Eat well, travel, be happy.

- PRACTICAL TIPS FOR MARITAL BLISS.

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- Feed the soul of your spouse by praying together, studying the Word of God together, attend Church together, be engaged in things of God together. Have a godly heart and learn to say sorry.
- Deut 32:30.
- Feed the body of your spouse by satisfying his or her sexual needs. Show open affection. Be generous with love making. Give each other pleasure on the marriage bed. Hebrew 13:4

- Feed the mind of your spouse by effective communication. Talking about his/her aspirations, goals, fears, insecurities, hurts, past mistakes and showing empathy and encouragement. There should be no pretence or deception. I Peter 2:1.
- Feed the heart of your spouse by meeting his/her need for love, acceptance, esteem, respect, affection, intimacy. No verbal, emotional, psychological, sexual or physical abuse. Eliminate strife, anger, competition, stinginess, wrong friends and bad company, alcohol and clubbing. Heb 12:14.



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- Go further faster by giving yourself the right gasoline. Take care of your physical and mental health.
  - Eat right, work hard, rest well. Create time for recreation. Travel, enjoy your life. You don't have a second life. Nurture your relationships, with friends, family and colleagues. Don't be a lone ranger.
  - Above all, we need the help of God, the author and originator of marriage. Eph 6:10- Finally my brethren, be strong in the Lord, and in the power of His might.