

Built Up Together

Marriage Weekend



DOUBLE PORTION MINISTRIES

Double Portion Ministries is a non-profit organization committed to helping spread the Love of Jesus Christ around the globe. We desire to channel support to the places and people that need it most. We partner with the dreams of pastors, churches, and communities to reach a hurting world. Through community-building projects and spiritual mentorship, we have seen the gospel have great impact.

Double Portion Ministries endeavors to share the Gospel by anchoring all its missions to the evangelistic truths found in God's word. These ways include:

Proclamation Aspect (*Romans 10:14-15*)

Revival Services, Discipleship Conferences, 20 Deep Prayer Partnership, Crusade Evangelism, Street Evangelism, Evangelism Camps, Community-Wide outreaches, Personal Evangelism Training

Social Aspect (*Matthew 25:35-36*)

Fully Accredited Bible College, Medical Camps, Christian-based preschools, After-school tutoring, Building/repairing homes & churches, Widow relief, Water wells, Feeding the hungry, Micro-financed Christian owned businesses, Next Gen. Worship Leader Training Academy

WHO WE ARE

Glenn and Mary Beth Badonsky are the founders and lead ministers of Double Portion Ministries, based in Mobile, Alabama.

Double Portion conducts various ministries and outreaches around the world. These endeavors have been seen as highly effective among different cultures and generations. Through their many efforts and kingdom partnerships around the globe, they have been able to win souls and train Christians for the work of ministry.

International Church planting, Gospel Crusades, Tutoring Centers, Medical Camps, and Community Building Projects are among some of the initiatives currently being accomplished through these global efforts. Most importantly the work has continued to change lives and establish mentorship and reconciliation among generations.

These two have been privileged to minister to a wide and very diverse audience. They speak extensively at churches, television and radio broadcasts, leadership seminars, conferences, revivals, community events, outreaches, and many other ministry opportunities.

We operate solely by faith and through the prayers and financial support of those touched by our mission. Please pray about how you can help us to continue to build God's kingdom and fulfill this task?

Address: Double Portion Ministries PO Box 850691, Mobile, AL 36685
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Tax Deductible Donation links: paypal.me/dblportion, dblportion.org/double-portiondonate.html

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Built Up Together Marriage Weekend Overview

Friday -Couples Construction

- ◆ Foundational Construction Projects

Saturday -Couples Construction Continued

- ◆ Couples Connection
- ◆ Men and Women Breakouts
- ◆ Couples Conversation (Constructive Parenting)
- ◆ Couples Consecration

Therefore encourage one another and build one another up, as indeed you do.

1 Thessalonians 5:11 (NAB)

Couples Construction Session 1: Foundational Construction Projects

I. Construction of Faith in Marriage-

Without faith it is impossible to please God. Hebrews 11:6

Being married is a spiritual, emotional, and physical, union (Genesis 2:24).

Faith is the _____ for love, sacrifice, and serving one another in marriage.

Faith can be instantly generated, accumulated, and will be tested over time-

We call this being _____.

II. Construction of Family in Marriage-

God sets the lonely in families; He brings out those who are bound into prosperity. Psalm 68:6

If we want to build up our house we must first build up _____.

We have history we carry- We have history we bury- We have history we marry

Our history as a couple _____ both negative and positive responses.

III. Construction of Friendship in Marriage-

Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. Again, if two lie down together, they will keep warm; But how can one be warm alone? Though one may be overpowered by another, two can withstand him.

And a threefold cord is not quickly broken. Ecclesiastes 4:9-12 (NKJV)

A strong marriage is a three-fold cord—husband, wife, and God.

Friendship in life is essential. Friendship in marriage is _____.

Friendship is foundational for companionship, spiritual growth, and mutual support in marriage.

Couples Construction Session 2: Couples Connection

(Re)Discovering and Remembering The 4 P's of Married Life

1) We are a Partnership

- Marriage is an Exclusive Partnership

- Marriage is an Inclusive Partnership

- Marriage is an Intimate Partnership

This Exclusive-Inclusive-Intimate Partnership helps us (re)discover and remember:

2) How We Pray

- We identify things that help us intercede together and lift each other.
 - We find things that help us talk to God together and bless each other.
- A. **We pray specifically**
- Because it gives God glory for answers.
 - Because it states our desire and changes our position.
- B. **We will find specific words for our spouse that will:**
- Humble us and build up and bless them in our hearts and lives.
 - Express our weakness and our reliance on God for His help.
 - Say "I'm sorry for ____" and "Help me God."
 - Accept God's ideas that are outside of our own perception/frustration.
- C. **We should pray together for specific people in specific situations:**
Children - Family - Friends - Church - Ministry - Job - Nation - World

3) How We Play

- We identify things that make us win together, not compete with each other.
 - We find things that help us laugh together and enjoy each other.
- A. How do you help your spouse laugh at "life?"
- B. What do you enjoy to do with your spouse?
- C. Where would you like to go with them?

Couples Construction Session 3: Couples Conversation (Constructive Parenting)

Majoring on Minors Causes Long Term Damage in 3 Areas

1. Trust

If we want long term influence we must _____ trust.

- Set Safe Boundaries
- Stay Accountable (Trust + Verify)
 - Hold them accountable to God's word/standards, *not our ideals/ideas.*
 - Teach them *why* we believe & behave this way, *not just what we believe & how we behave.*

2. Transparency

If we want transparency we must create _____.

- The Conversation: "*You are safe. You can tell me. I will help you.*"
- Overreaction hurts transparent conversation
 - when your child makes a mistake, *don't "freak out."*
 - be *calm*, be *prayerful*, remember the goal is lifelong growth & relationship.

3. Teachability

If we want teachability, we must _____ teachability through humility, learning, and a growth mindset.

- A hardened heart is no longer moldable.
- A seed needs open ground, water, light, and time to grow.

What type of relationship will we have if?

You don't connect with me

You only talk to me when I do something wrong or you get angry

What I hear from you is mostly critical (my imperfections-weakness)

Instead:

- *find ways to engage:*
 - ***their interests.*** *Join them*
examples:
 - ***their voice.*** *(conversations, get creative)*
 - *ask good questions*
examples:
 - *keep their body busy*
examples:
 - *spend 1 on 1 time*
examples:



NOTES: _____

Couples Honest Communication Evaluation:

How does your spouse “know” they are a good husband/wife?

- Share some of the practical ways you can help each other to “know” better.

Since we focus on what we truly care about, take a moment and ask your spouse:

In our marriage, “Are you feeling noticed or neglected?”

How well are you able to communicate (beyond basic information) with each other?

(on a scale of 1-10)

1 2 3 4 5 6 7 8 9 10

Everyone in every marriage has different seasons of life. (Mountains and Valleys)

Does your spouse understand, from your perspective that it’s ok for them to not be ok?

Evaluate this idea together, from the *Physical - Mental - Spiritual* aspects.

Are you your spouse’s safest place on earth?

Do I sometimes withhold “the truth” from my spouse or use excuses to avoid conflict?

Is either one of us holding any grudges?

Does either one of us have any grievances?

If the answer is “I don’t know?” The simple solution is to “**A.S.K.**”

Acknowledge the differences, **Seek** understanding, **Kindness** is the rule of conversation.

Record any notes or goals for your marriage:

Built Up By the “Numbers” Marriage Tips and Ideas

- 1. God is always first, front and center.** *Let every other concern be prioritized His way.*
- 2. In marriage, two united and became one.** *Two walk one path together and stay “one.”*
- 3. God’s strength for marriage is 3 fold**
Father, Son, Holy Spirit
Husband-Wife-God
Faith, Hope, and Love
- 4. Marriage has different seasons to experience.**
Spring Plant Summer Water Fall Harvest Winter Store up
 - Prepare for each season
 - Learn from each season
 - Enjoy them all
 - Show and share your harvest with others

Five Ways to Protect Your Marriage

- 1. DAILY COMMUNICATION:** (or daily check ins).
 - Talk about more than the kids, the bills, and the schedules.
 - Questions that can help with this: *How are you? Do you need anything from me? Are you feeling okay? Do you know how much I love you?*
- 2. BE PHYSICALLY & EMOTIONALLY CONNECTED:**
 - Connection with your spouse is the difference between being roommates or soulmates.
 - Connect daily. Touch, kiss, be intimate, hold hands, hug, talk, make eye contact, make your spouse feel important and safe, etc.
- 3. GIVE DAILY SINCERE COMPLIMENTS:**
 - There is no easier or quicker way to improve the atmosphere of your marriage than to give sincere praise to your spouse.
 - No matter how long you have been together they need to still know that you appreciate them.
- 4. LOOK FOR WAYS TO SERVE YOUR SPOUSE:**
 - Do a chore for them that they hate to do, fill up their car with gas, make their coffee or lunch.
 - Find a way to serve them.
- 5. HAVE DATE NIGHTS (or quality time).**
 - Make time to take time together.
 - The average married couple only gets 4 minutes a day together as a couple.
 - Your marriage can't thrive or survive on 4 minutes a day.

6 Simple Guides for Marriage

1. Loyalty to your spouse.
2. Respect for your spouse.
3. Display love for your spouse.
4. Forgive your spouse.
5. Laugh with your spouse, especially at yourself.
6. Treat your spouse like you're still trying to win them.

- Loyalty builds trust.
- Respect keeps peace.
- Displayed love shows connection.
- Forgiveness values mercy and heals mistakes.
- Laughing with your spouse brings reconnection and removes the tension.
- Continuing to court your spouse will keep the relationship alive and exciting.

7 Things The Ones You Love Need To Hear YOU Say On A Regular Basis

1. I love you.
2. I'm proud of you.
3. I'm sorry.
4. I will always be here for you.
5. I'm listening.
6. I prayed for you today.
7. I believe in you.

8 Signs You're in a Healthy Marriage

1. God is at the center.
2. You love spending time together.
3. You don't hide things from one another.
4. You serve one another.
5. You communicate regularly.
6. You touch one another... a lot
7. You talk out the tough things.
8. You laugh together.

9 MOMENTUM BUILDERS IN MARRIAGE: *We recommend doing everything on this list.*

1. Planned time alone
2. Physical affection
3. Laughter
4. Intimacy
5. Spontaneity
6. Shared interests
7. Sharing emotions
8. Gratitude
9. Team work

10 MOMENTUM KILLERS IN MARRIAGE: *We recommend not doing anything on this list.*

1. Unhealthy Friendships
2. Secrets
3. Lies
4. Debt
5. Abuse
6. Addictions
7. Selfishness
8. Insults
9. Infidelity
10. Disrespect

What the Bible says about marriage:

- A man shall leave his father and mother and be joined to his wife, and they shall become one flesh. (Genesis 2:24)
- Above all things have fervent love for one another, love covers a multitude of sins. (1Pet.4:8)
- Her husband ... praises her. (Proverbs 31:28)
- She who is married cares...how she may please her husband. (1 Corinthians 7:34)
- Be kindly affectionate to one another...in honor giving preference to one another. Rom.12:10
- For this reason a man shall leave his father and mother and be joined to his wife...So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate. (Matthew 19:5,6)

Guarding your thoughts towards your spouse

- As he thinks in his heart, so is he. (Proverbs 23:7)
- You shall not covet your neighbor's wife. (Exodus 20:17)
- Keep your heart with all diligence, for out of it spring the issues of life. (Proverbs 4:23)
- Whatever things are true...noble...just...pure...lovely...of good report...meditate on these things. (Philippians 4:8)

Never going to bed angry with one another

- Do not let the sun go down on your wrath. (Ephesians 4:26)
- Confess your trespasses to one another. (James 5:16)
- Forgetting those things which are behind. (Philippians 3:13)
- Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. (Ephesians 4:32)

Keeping Christ in the center of your home

- Unless the Lord builds the house, they labor in vain who build it. (Psalm 127:1)
- In all your ways acknowledge Him, and He shall direct your paths. (Proverbs 3:6)
- And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Philippians 4:7)

Praying together

- Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak. (Matthew 26:41)
- Pray for one another... (James 5:16)
- If any of you lacks wisdom, let him ask of God, who gives to all liberally. (James 1:5)

Agree that divorce is not the answer

- What God has joined together, let not man separate. (Matthew 19:6)
- Whoever divorces his wife, except for sexual immorality, and marries another, commits adultery; and whoever marries her who is divorced commits adultery. (Matthew 19:9)
- The woman who has a husband is bound to her husband as long as he lives. (Romans 7:2)

Keep the circle of intimacy closed tightly

- You shall not commit adultery. (Exodus 20:14)
- The heart of her husband safely trusts her...She does him good and not evil all the days of her life. (Proverbs 31:11,12)
- Let your own fountain be blessed, and enjoy the girl you married when you were young, a loving doe and a graceful deer. Always let her breasts satisfy you. Always be intoxicated with her love. (Proverbs 5:18,19)
- The Lord has been witness between you and the wife of your youth, with whom you have dealt treacherously. (Malachi 2:14)
- Keep you from the evil woman...Do not lust after her beauty in your heart, nor let her allure you with her eyelids. Can a man take fire to his bosom, and his clothes not be burned?...So is he who goes in to his neighbor's wife; whoever touches her shall not be innocent. (Prov. 6:24-25, 27, 29)

Stop any criticism and nagging that destroys love

- Husbands, love your wives and do not be bitter toward them. (Colossians 3:19)
- Better to dwell in the wilderness, than with a contentious and angry woman. (Prov. 21:19)
- A continual dripping on a very rainy day and a contentious woman are alike." (Prov. 27:15)
- Husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered. (1 Pet. 3:7)
- Why do you look at the speck [splinter] in your brother's eye, but do not consider the plank [whole board] in your own eye? (Matthew 7:3)
- Love suffers long and is kind; love does not envy; love does not parade itself. (1Cor. 13:4)

Respect each other

- Love suffers long and is kind;...Love does not envy...does not behave rudely, does not seek its own [in selfishness]...does not rejoice in iniquity...believes all things, hopes all things, endures all things. (1 Corinthians 13:4-7)
- Be kindly affectionate to one another with brotherly love, in honor giving preference to one another. (Romans 12:10)

Be determined to speak softly and kindly

- A soft answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)
- Live joyfully with the wife whom you love. (Ecclesiastes 9:9)
- When I became a man, I put away childish things. (1 Corinthians 13:11)

