

A Healthy Biblical Marriage is rooted

In God

God's idea

In a Bond together

More than a civil contract

In Love

More than feelings



What is **Marriage**?

Relationship

(So simple that we miss this)

Battle Front

*(Not between the couple but with
Contemporary culture)*

Mystery

(Mysterious elements – the two shall become One)

Marriage has a **unique foundation**

It's deeply grounded in Truth. Not just a truth idea but truth that God himself established right in the beginning.

COVENANTAL



Marriage has a unique purpose

It is to reflect His character and His ways.

The Two will become One

Exercise Dominion/Stewardship

Bear Children



Marriage has a unique purpose

It is to reflect His character and His ways.

Naked but no Shame

Known & Accepted

Companionship



Relational Harmony

1

PERFECT CREATION
(Gen 1 & 2)

- Between God & the First Couple
- Between Adam & Eve
- God , Creation and Human Beings

Adam and his wife were both naked,
and they felt no shame. (Gen 2:25)

Relationships Broken

2

SIN ENTERED
(Gen 3ff)

- Between God & the First Couple
- Between Adam & Eve
- God , Creation and Human Beings
- Sibling Murder etc.

...they realized they were naked; so they sewed fig leaves together and made coverings for themselves (Gen 3:7)

Relationship Covenant

3

**CALL OF ABRAHAM
(Gen 12)**

- The Call of Abraham
- Chosen Family
- Land
- Global Blessings

←-----→

God chose a family to bless all families, gave land as a trust, promised a future beyond human strength, and called His people—now fulfilled in Christ—to be a blessing to every tribe and generation.

4

JESUS THE REDEEMER

Relationship Redeemed

- Birth, Life, Ministry, Death & Resurrection of Jesus.



God's covenant with Abraham, Isaac, and Jacob is fulfilled in Jesus, the true Seed who bore the curse on the cross, brought blessing to all nations, formed a new covenant family by faith, inaugurated God's kingdom, and sent His people to carry that blessing to every tribe and generation.

5

Relational Community

RENEWED COMMUNITY (CHURCH)

- Worship, Instruction, Fellowship & Mission of the Church.
- Biological Families in the Church.

The Church is a community of God's people engaged in God's Mission on Earth as Salt & Light. The ideal is for Families to be the primary place for Spiritual transformation in partnership with the larger Faith family called the Church.

6

THE RETURN OF THE KING

NEW CREATION



God will return and make his home with us, this time in a new heavens and a new earth. We, along with the rest of creation, will worship him perfectly and fulfill our true calling. God will be all in all, and the whole world will be full of his glory.

TRINITARIAN GOD

GOD'S IMAGE BEARERS

BROKEN IMAGE BEARERS

CALL OF ABRAHAM: ISRAEL



JESUS

CHURCH

JESUS RETURNS

Now & the Not yet
Age of Tension

TRINITARIAN GOD

GOD'S IMAGE BEARERS

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JESUS

CHURCH

OUR MARRIAGE:
Dimapur Christian
Fellowship

JESUS RETURNS



Now & the Not yet
Age of Tension

MARRIAGE AS JOURNEY WITH GOD

- Everyone has a story
- Every story has its own charm
- Every story has its brokenness
- But no story is beyond God's hope.
- We just need to be willing and allow God to help us.
- Closing Prayer

Intimacy in a Marriage



Spiritual Intimacy:

Grow in Christ Together

Emotional Intimacy:

To delight in each other

Physical Intimacy:

Enjoy physical intimacy with your spouse as a gift from God

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Physical Intimacy:
Enjoy physical intimacy with your spouse as a gift from God

Spiritual Intimacy

Spiritual intimacy happens when faith, prayer, struggles, convictions, repentance, and obedience are shared realities.

Your spouse is a spiritual encourager:

Strengthening your faith, reminding you of truth, and pointing you toward Christ when you are weary or distracted.

Your spouse is a mirror for growth:

Gently revealing blind spots, sharpening character, and helping you mature in Christ.

Your spouse is a partner in holiness:

Walking alongside you in repentance, obedience, service, and surrender to God's purposes.

Spiritual Intimacy

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Simple, Faithful Steps

- Share what God is teaching you.
- Pray together even if it is brief.
- Confront sin gently and lovingly.
- Support each other's obedience.
- Create rhythms of Scripture and worship at home.

Start small. Stay consistent. Finish strong.

Emotional Intimacy

Emotional intimacy is the capacity and practice of mutual openness, safety, and responsiveness in a relationship, where both the spouses are able to know and be known at level of thoughts, feelings, fears, hopes, and inner experiences - without fear of rejection or judgement.

LOVE RESPECT TRUST UNDERSTANDING

Marriage: a Unique intense reality

Marriage is great
but also, Marriage is hard



Marriage: a Unique intense reality

Our Original Design
VS
Our Broken Reality



Dignity

Your own and your Spouse'

Foundational: Both parties are image bearers of God.

Depravity

Your own and your Spouse'

Foundational: Both parties have sinned against God.

Understanding Relationships

Individuals are made for **Connection**

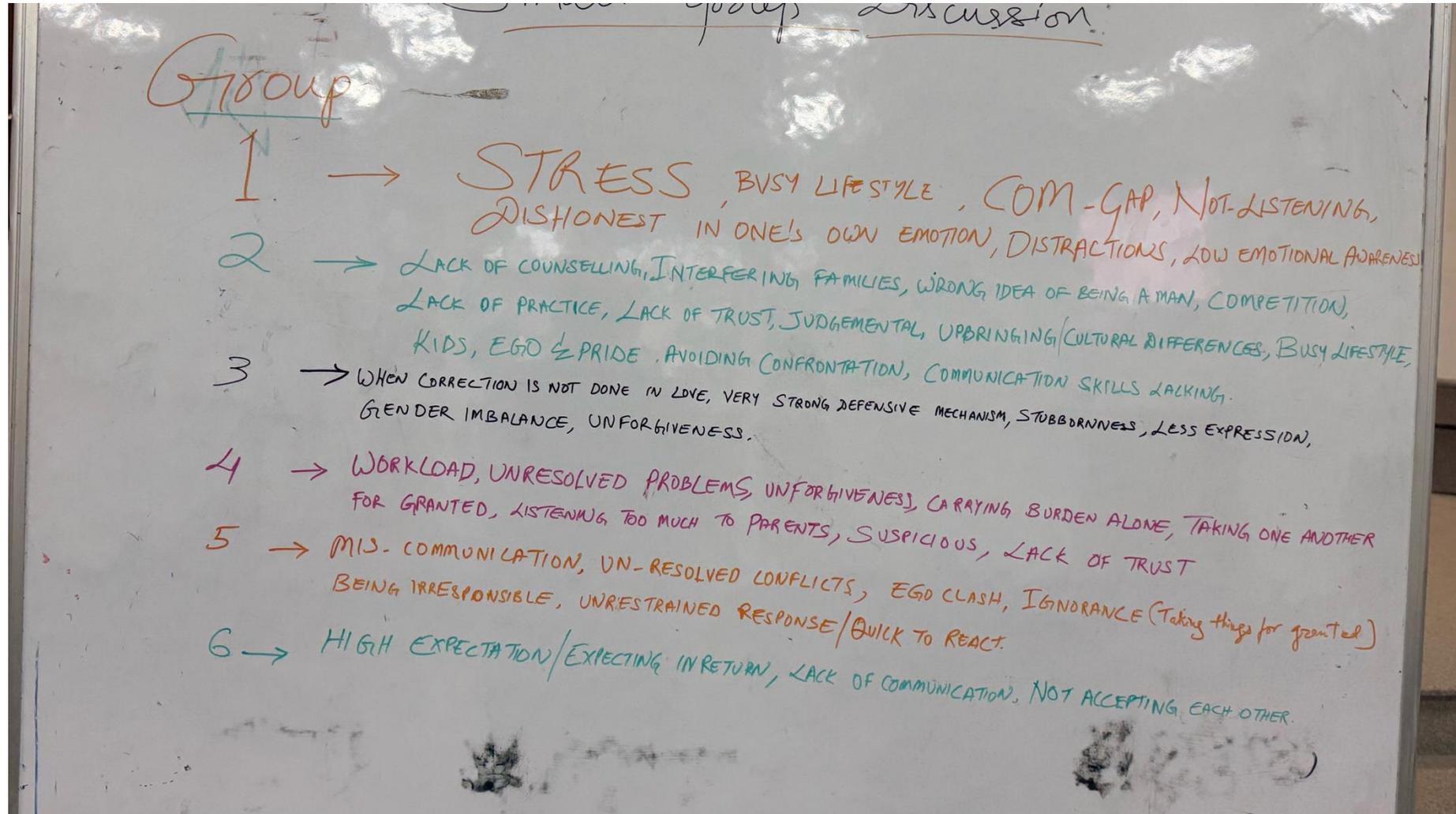
“Connection is the Energy that exists between people when they **feel** *seen, heard and valued*; when they can *give and receive without judgement*; and when they *derive sustenance and strength from the relationship*.”

- Brené Brown

**Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead* (New York: Spiegel & Grau, 2015), 182



What are the various barriers to healthy emotional intimacy?





CULTIVATE HONESTY

Share and not accuse

“I feel...” vs “You always...”

“



CULTIVATE CONSISTENT RHYTHM

Regular Check in. Be available to do this.

“



CULTIVATE SAFE SPACE

Respond in a calm way and avoid sarcasm or quick fixes.

“Thank you for telling me. Help me understand more...”

HUSBANDS

(3 ways Wives can respect their husbands better)

- **I feel respected when you**
- **I feel respected when you**
- **I feel respected when you**

WIVES

(3 ways Husbands can love their wives better)

- **I feel loved when you**
- **I feel loved when you**
- **I feel loved when you**



**COMMUNICATION:
AN IMPORTANT INGREDIENT**

GET REAL DRAW NEAR

→ How do you feel most connected in our friendship? How can we strengthen our friendship

When do you feel emotionally connected to me? ←

→ Tell me of a challenge you've had in your life? What are you grateful for, as a result of that hardship & what did you learn?

Do you feel I am there for you when you need me? What can I do to show you I am here for you. ←

→ When do you feel respected by me and when do you feel disrespected by me?

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*“A fool takes no pleasure in understanding,
but only in expressing his opinion...”*

Proverbs 18:2

*“My dear brothers and sisters, take note of
this: Everyone should be quick to listen, slow
to speak and slow to become angry.”*

James 1:19

Bad communication is one of the
biggest barrier to intimacy...

You entered marriage speaking different languages.
She speaks female, he speaks male; her family fought openly,
his family never expressed feelings; in her culture looking
someone directly in the eyes was a challenge, in his culture it
was respectful. Though you may speak the same dialect, your
natural responses—the words you choose and your body
language—create interpretive challenges.

DESTRUCTIVE PATTERN

#1. WITHDRAW AND AVOID

Withdrawal is separating yourself from important discussions. This can be as obvious as walking away in the middle of a conversation or as subtle as shutting down emotionally. Avoidance is choosing to not address issues or engage in hard conversations at all. It is faking peace, rather than making peace.

A better way: Remember that relational health is a battle. Ignoring an important problem won't make it go away and often causes it to grow worse. If you want a healthy marriage, face and address things that create separation in your relationship. If your spouse tends to withdraw or avoid ask, "Are there things that I do in our talks that feel unsafe to you?"

DESTRUCTIVE PATTERN

#2. ESCALATE

To escalate means to increase in intensity. Escalation is often an attempt to control or back the other person down. It may be spouses trying to yell louder or talk over each other, or crafty attacks like sarcasm, name-calling, subtle threats, and recalling past failures. In extreme cases it may be physical attacks

A better way: Call a “time-out” when you sense things are getting out of hand or you are about to lose your temper. Taking a break for a mutually agreed upon time prevents you from causing more damage and allows you to gather yourself so that you can return to the topic in a mindset that is ready to listen and rationally discuss the issue.

DESTRUCTIVE PATTERN

#3. NEGATIVELY INTERPRET

Negatively interpretation happens when you interpret situations, mannerisms, or words negatively even when they are not intended to be negative. For example, you may interpret a question as an accusation: “Did you wash the dishes?” is received as “You probably left the kitchen messy.” Or you might assign a negative motive to a facial expression, like a confused listener’s furrowed brow being received as anger or disapproval.

A better way: Negative interpretation often originates from an area of insecurity or from being in relationships where veiled comments were common. So, combat negative interpretation by trying to believe the best about your spouse. Assume good intentions and ask questions to clarify when you feel like your spouse is being accusatory, threatening, dismissive, or hurtful.

DESTRUCTIVE PATTERN

#4. INVALIDATE

Invalidation occurs when you minimize, debate, or put down the thoughts, feelings, or character of your spouse without trying to understand why your spouse is feeling or thinking a particular way. It may be saying, “I’m sorry you feel that way,” or “It could be worse!” You might even dismiss a point with, “That’s ridiculous,” or “How can you even think like that?”

A better way: The goal of communication is to understand rather than to win, be right, or defend. So, be respectful and acknowledge your spouse’s thoughts, feelings, and concerns. Ask why he or she has that perspective. You don’t always have to agree, but you do need to do your best to value and understand your spouse’s perspective.

Which destructive communication pattern did you rank as 1=Most Often? Why do you think you do this most often?

What things do you do when communicating that might trigger one of your spouse's destructive patterns? (If you don't know, ask your spouse.)

Recognition is half the battle.

**Good Communication is the goal for understanding
And it involves active listening**

Ask your partner to tell you about something that is worrying them.

- LISTEN CAREFULLY.
- Reflect what they have said, particularly about their feelings, to show that you have understood. If you did not understand, your partner should tell you again.
- Then ask, 'What's concerning you most about what you've told me?'
- Again, reflect back what they say.
- Then ask, 'Is there anything you could do (or, if appropriate, you'd like me or us to do) about what you've just said?'
- Again, reflect back what they say
- Finally ask, 'Is there anything else you would like to say?'

FORGIVENESS AS GLUE OF MARRIAGE
Learn to forgive quickly