

**Lesson 5– The Good Marriage: Everyday Connection**

I. The Thought Process

A. The Sound Marital House Theory by John Gottman

1. Cognitive Room/Love Maps
2. Fondness and Admiration
3. Turning Toward – The Emotional Bank Account
4. Positive Sentiment override
  - a) A good friendship
  - b) In conflict:
    - 1) A Dialogue Of Perpetual Problems
    - 2) Effective Problem-Solving Solvable Problems
    - 3) Physiological Soothing
5. Making dreams and aspirations come true (avoiding marital gridlock)
6. Creating shared meaning: Rituals of connection, roles, goals, symbols (culture)

B. The Magic Five Hours A Week by John Gottman

1. Partings – know one thing about the day. (2 min x 5 days = 10 min)
2. Reunions – 10 min to talk about day to reduce stress. Alternate listening. Support precedes advice. (20min x 5 days = 1hr 40min)  
(Logistical conversation alone will be detrimental, and it will consume the relationship)
3. Admiration and appreciation – genuine affection and admiration. (5 min x 7 days = 35min)
4. Affection – hugging...kissing. (5 min x 7 days = 35 min)
5. Love Maps and arguing – updating the love map. Making bids with each other. (20min x 5 days = 1hr 40min)

*“So from Phillips and Phillips we learned about commitment, intimacy, and interdependency. Now Gottman has given us an awareness of what a sound marital house looks like by focusing on the concept of the magic five hours. The way we relate to each other in everyday things have an awful lot to do with commitment, intimacy, and interdependence, especially intimacy and interdependence. One thing that Phillips and Phillips do not say is that, though they do talk about growth in commitment which leads to greater intimacy and greater interdependence, it works the other way, too.” - Zink*

## II. Biblical Foundation of Marriage and Family

- A. What is marriage?
- B. What are the purposes of marriage?
  1. Sanctification
  2. Image Bearing
    - a) Exercising dominion in creation
    - b) Establishing a Family
  3. Covenant relationship
- C. What is the goal of marriage?

**Questions to Consider:**

- 1) What makes a good marriage?
- 2) What is Positive Sentiment override? How is a good friendship important?
- 3) Why are we in need of relationship? What does this say about God and how He relates to us?
- 4) What two things ought a relationship to be rooted in?
- 5) What are some Biblical intentions, prescriptions and regulations for marriage? What are some roles laid out in Ephesians 5?
- 6) How does the covenant affect how we see marriage? What can we know about God through covenants?

**For Further Consideration:**

- 1) Why is it important that to pay attention and start acting like you cared for each other?
- 2) What are the purposes and goals for our marriages, and for the marriages we counsel? Collect passages concerning these questions and concepts.
- 3) What are we expecting from marriage? What frames our expectations?
- 4) What are your views of marriage and romance, sex, and friendship? What is the important of each in a marriage?