



7

Ingredients

for A Happy Marriage

Introduction

1

Emotional Closeness

(1 Peter 3:7, Philippians 2:14)

2

Spiritual Alignment

(1 Corinthians 1:10)



3

Sexual Fulfillment

(1 Corinthians 7:2-5)

First Ingre

Second Ingre

Third Ingre

Fourth Ingredient

4

Financial Wholeness

(1 Timothy 5:8)



5

Future Planning

(Proverbs 16:9)



6

Transparency & Vulnerability

(Genesis 2:25, 3:7-11)

7

Dream Making

(Esther 5:3, Ruth 4:8-12)

Recommended Book Resources:

Dr. Sue Johnson

Hold Me Tight – Seven Conversations for A Lifetime of Love

Dr. John Gottman

The Seven Principles for Making Marriage Work

Dr. Archibald Hart & Dr. Sharon Hart Morris

Safe Haven Marriage