

The Two Key Ingredients for Successful Relationships

Closer — Part 2
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I. What Are the Two Key Ingredients for Successful Relationships?

A. The Discovery from Research!

The University of Washington studied 2000 couples for 20 years and found that **L**_____ and **R**_____ are the two key ingredients.

Shaunti Feldhahn asked a random sample of American males, “*Would you rather be left alone and **U**_____ in the world or viewed as inadequate and **D**_____ by everyone?*”

Dr. Emerson Eggerichs asked 7000 people, “*When in a conflict with your spouse do you feel **U**_____ or **D**_____?*”

B. The Revelation from the Bible!

“*However, each one of you also must **L**_____ his wife as he loves himself, and the wife must **R**_____ her husband”*

Ephesians 5:33 (NIV)

“*. . . wives . . . even if any (husbands) are disobedient to the word, they may be won . . . as they observe your . . . **R**_____ behavior”*

1 Peter 3:1-2 (NASB)

“*Husbands, **L**_____ your wives and do not be embittered against them.*”

Colossians 3:19 (NASB)

II. What Happens When We Innocently Overlook These Two Key Ingredients for Successful Relationships?

A. We Step On Air Hoses Connected to the **L_____ & **R**_____ Air Tanks!**

B. We Start the Crazy Cycle: Without **L_____ She Reacts Without **R**_____ and Without **R**_____ He Reacts Without **L**_____!**

III. How Do We Ensure Applying These Two Key Ingredients in Order to Succeed in Relationships?

A. By Valuing God’s Design.

“*(Jesus said) Have you not read that He who created them from the beginning made them **M**_____ and **F**_____?*”

Matthew 19:4 (NASB)

B. By Doing What God Calls Me to Do in the Marriage.

- I will trust in my spouse's goodwill even though I have moments when I feel they lack concern to please me.
(1 Corinthians 7:33-34 NASB)
- I will accept some marital trouble as God’s design between two people who have personal preferences that differ.
(1 Corinthians 7:3-4, 28 NASB)
- I will follow God's revelation to me in Ephesians 5:33 since my spouse affords me the opportunity to show my loving and reverent obedience to God.
(Ephesians 5:21 NIV)

- I will wholeheartedly buy into the truth that everything I do in my marriage counts and leads to an eternal reward.
(Ephesians 6:8-9 NIV)