



A Permanent Hookup

It's Time to Plan _____

Revelation 2:4,5(CEV): "You don't have as much love as you used to. ⁵Think about where you have fallen from, and then turn back and do as you did at first."

L_____

"At the heart of my program is the simple truth that happy marriages are based on a deep friendship... emotionally intelligent couples are intimately familiar with each other's world" Dr. John Gottman

*** Tell me about _____?

A_____ your way to a permanent hookup

"The more you know about each other's inner world, the more profound and rewarding your relationship will be." Dr. John Gottman

C_____

"The research shows that if your discussion begins with a harsh start up, it will inevitably end on a negative note, even if there are a lot of attempts to 'make nice' in between. Statistics tell the story: 96 percent of the time you can predict the outcome of a conversation based on the **first three minutes** of the fifteen-minute interaction! A harsh startup simply dooms you to failure. So, if you begin a discussion that way, you might as well pull the plug, take a breather, and start over." Dr. John Gottman

Galatians 5:22,23(NLT): "...the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control."

C_____ your way to a permanent hookup

D_____

Psalms 8:3-5(NLT): "When I look at the night sky and see the work of your fingers—the moon and the stars you set in place—⁴ what are mere mortals that you should think about them, human beings that you should care for them? ⁵ Yet you made them only a little lower than God and crowned them with **glory and honor.**"

"...simply reminding yourself of your spouse's positive qualities..." Dr. John Gottman

Philippians 4:8: "...if anything is excellent or praiseworthy—think about such things."

C_____ your way to a permanent hookup

Resources:

The New Rules for Love, Sex, & Dating by Andy Stanley
Boundaries in Dating by Dr. Henry Cloud & Dr. John Townsend
The Seven Principles for Making Marriage Work by Dr. John Gottman
Anatomy of Love by Dr. Helen Fisher
How to Get a Date Worth Keeping by Dr. Henry Cloud
The Dating Project on Amazon