

**BETTER TOGETHER
PURSUING JOY IN YOUR MARRIAGE
MARCH 30, 2008
PASTORS GLENN AND ANGIE BARTEAU**

Glenn

Joke

90 year old couple... we wanted to wait until the kids were dead.

Ang

Our desire this morning is to be an encouragement to all of you who are married or who would like to be married someday.

Not a fix it sermon

Let me tell you what we are not trying to make this morning about. This is not a fix it sermon. Not a... How do I fix my broken marriage?

If that's you... if you feel like your marriage is on the rocks... let me say this. Get help. Pursue a qualified councilor to help you down a new path toward healing.

What today is about

Today is about encouraging us to **pursue joy** in our marriages. It is an easily neglected thing.

Marriage is meant to be a living picture of the joy God has for his community.

Isaiah 62:5b

as a bridegroom rejoices over his bride,
so will your God rejoice over you. God wants Joy to be a part of marriage

Exercise

Who are the 3 married couples you admire the most? There are probably two common traits in all of them... High Joy factor... and if you know them well enough you would see a strong work pattern. They work on their marriage, and they work on the joy factor.

Glenn

Three areas to pursue joy

There are three important areas we can pursue joy with our spouse.
Spiritually, emotionally, physically

Pursue Joy Spiritually

Phil 1:3-5

I thank my God every time I remember you. 4In all my prayers for all of you, I always pray with joy 5because of your **partnership in the gospel** from the first day until now,

Paul has this great joy and affection for the Philippians. The Philippians had plenty of problems, but his focus was on the God's view of them... the beauty and potential God had for them.

We can view our spouse in the same way... Your spouse is dearly loved by God, and God has great plans for your spouse...

(Story) High School ministry... Angie serves as a volunteer in our High School ministry. She co-leads a small group with Lisa Costilo. And it's been

Pursuing Joy Emotionally

Songs 1:3 Pleasing is the fragrance of your perfumes;
your name is like perfume poured out.
No wonder the maidens love you! A "name" is about character

This is a statement about loving her on the inside... Her Character.

It is so important to really know who your spouse is on the inside... What energizes them, How they process information, how they make decisions.

Intro Myers-Briggs ? We are only going to talk about two dimensions of the profile.

Ang

We want to cover the introversion/extroversion dimension right now. So, on your notes, notice the different characteristics associated with both types. This continuum is not talking about shyness or being animated or lively, but rather, it is talking about how you are energized. Read #1... Extroverts energized by external—people, activities, things; introverts energized by internal—ideas, impressions, and emotions. Secondly, extroverts like breadth; introverts prefer depth.

Chart

Extroverts – Recharged emotionally w/ people
Introverts – Comfortable spending time alone

Extroverts –	Interested in many things	Breadth / Muchness
	Have lots of friends	
Introverts –	Selective, like to focus on one or a few things	Depth / Richness
	Have a few very close friends	

Glenn

Chile Story Angie gave me a wonderful birthday gift last year for my 40th birthday.

Ang

Chile trip from an introverts perspective:

- Going to Chile is about a 24 hour trip, and we had three different connections. So, with each connection, we had to talk to new ticketing agents, bag carriers, airline attendants, customs agents, and passengers. I am a more extreme introvert, so this constant meeting and interacting with new people is putting a drain on my battery. Understand, I like new people, and enjoy talking to them, but it was so much of it in a short period of time.
- When we made our connection in Santiago, we were leaving the international terminal and heading to the domestic terminal to catch our connecting flight to Concepcion. All of a sudden this man jumps out of nowhere and grabs our bags and tells us something I didn't quite understand, and goes running down the

terminal. I was a little unnerved. And since I was the one of the two of us that speaks any small portion of Spanish, it was up to me to communicate with this lunatic, I mean, sweet man. And I have to do it while I am running....more and more action...another drain on my battery.

- We finally make it to the ticket counter, with all of our luggage and our lives, and the ticket agent asks us several questions in Spanish, most of which I struggled through but understood enough to answer. Remember from the handout, that introverts tend to think first, then act or answer. So, I have been acting in an extroverted situation by answering all these questions quickly....and THEN....she asks a question I do NOT understand and she points to the bags. Once again, I remind you, as an introvert I feel the pressure to answer, but I need more time to think...and she keeps repeating the question, so I can't think....and then I get more and more flustered...all the while I am freaking out because I'm thinking "If she is asking me if I am checking two bags and I say 'yes' ...I'm fine. But if she is asking me if I am carrying any contraband...like explosives....I might not ever see my kids again....BIG DIFFERENCE."

Glenn

Chile trip from an extroverts perspective

- What an awesome time...I get to experience all these new people and places and meet new friends. Plus, it is an international flight, so I was getting to meet people from all different countries...South America and Europe...it was great.
- What a friendly country...I love this place ...where else does someone want to help you out like that ...he was such a great guy...another new friend
- But my favorite part was at the ticketing counter....I kept answering the questions, even though I don't speak Spanish...because she seemed like a nice lady and it was like playing a game of charades...that really counted.

As an extrovert I was being energized because of all the people, and new experiences...

ANG Neither perspective is wrong... just different! I knew that ALL aspects of the trip would be totally up Glenn's extroverted alley! And once I got there, I enjoyed getting to be by myself, reading, soaking up the sun and having nice uninterrupted talks with Glenn. Although many parts of the trip were hard for me, I experienced true joy by watching Glenn enjoy himself.

Pursuing joy in your spouse's personality means learning who they are. Appreciating how God has hard wired their personality and enjoying their personality. It can be hard work and frustrating at times, but it is worth the effort. If you don't... those same qualities of their personality will become a source of frustration... and you end up saying... I just don't like my spouse. If you are having problems in any of these areas, get a good counselor...we did, and it has allowed us to reach new levels of joy.

STARBUCKS STORY ---Glenn being so extroverted...I was laughing then. It is who he is. And laughter is a source of joy.

Book

The Introvert Advantage...listed on the resource paper... and study

Glenn Now we want to shift gears and talk about the other highlighted section of the Myers Briggs test included in the notes—judger vs. the perceiver. Put out any negative connotations about judging that you have...this is not talking about passing judgment on someone, or condemning them. Let's call this continuum the Js—Just DO Its and the Ps ---the Play it By Ears. This continuum could be summarized as how you make decisions....and that these decisions are based on a sense of security. Security to a P is to keep options open...security to a J is having things set

J & P

J's - Security is having things set
P's - Security is having options

J's - Like to make decisions quickly
Prefer to make and keep plans
P's - Like to keep options open, may procrastinate
Spontaneous

Chile Ticket counter – What city will we end up in. We are talking to the ticketing agent and I am thinking to myself, “Wouldn't it be cool if we missed this plane and had to get on another one, ...or better yet, if we accidentally got on the wrong one and went to an unknown destination....that would be COOL...an ADVENTURE.....

ANG Meanwhile, I am thinking that it would be horrible if we miss our plane. I have all the details covered...where we are going next, who will pick us up when we get there, how long we are staying....you get the idea....it would be terrible to miss the plane.....but, when you are married to a P, or a” play it by ear “, you tend to miss planes, almost miss planes, run to planes,...you know the phone that hangs on the wall of each terminal, any of you ever used that phone to stop a plane....we have.....A great source of stress for a person with stronger J tendencies....like me.

5:00 “ish”

The hardest area we have had to continually work through because of the J/P continuum is our time expectations. When we first got married, I would ask Glenn what time he would be home. He would say 5ish....Now, I believe that the “ish” word was created by a P....Anyway, he would roll in around 5:45 or even 5:58....(all you Js are feeling my pain already)....and I would be so upset and hurt because he was not being a “man of his word”....but to Glenn, the “ish” word means any time that begins with the number 5 is on time...even 5:59. Once I understood that he was keeping his options open because if felt more secure to him and not being irresponsible or selfish, it brought great healing to our relationship. Security to me, is knowing a time and knowing it will really be that time...I can count on it. And it was frustrating to Glenn (until he understood my motives and hardwiring) because he felt like I was pinning him down unreasonably.

Understanding each others personality preferences has allowed us to have better communication about our time. Now we can have sincere compromises. If I need Glenn home for a specific time, like a band concert for Chan, then we talk about that. And there are times and seasons that I'll ask Glenn for a time for something and he will say a time or he will say “I'm not

sure” and try and give me a rough idea, but I always keep in mind that it could be different....HA HA.

Glenn

Is it starting to make sense how much we need to understand each other?

- Take the time grow in your understanding of who your spouse is... why they make decisions the way they do... How they are energized.
- Put effort into admiring their strengths... find the joy in who they are.

(ILL)

The Richness of Angie’s Introversion –

One of the joys I’ve received in our marriage is the richness Angie brings into all of our experiences. As a Introvert she’s always seeking the richness of what we do and experience... where I can skip over it and move to the next fun thing Angie knows how to savor... What used to frustrate me because I didn’t understand her now bring great joy.

Ang

(ILL)

Glenn’s extroversion has expanded my horizon to new things and activities.

And when I drained it’s great to have an extrovert around who loves to talk away w/ all the extroverts... because I don’t have to.

Pursue Joy Physically

Assumption – Glenn & I are working off the assumption that all of this is between a husband and wife.

Song of Solomon points to this great truth that God created us to be sexual creatures... it’s a part of our make-up.

Pro 5:18-19

May your fountain be blessed,
and may you rejoice in the wife of your youth.
19 A loving doe, a graceful deer—
may her breasts satisfy you always,
may you ever be captivated by her love.

(Hebrew }

The word captivated can also be translated intoxicated.

It’s easy to think we need to work on the spiritual and mental aspects of our marriages, but often times couples don’t work to grow in the physical aspect of their marriage.

Without realizing it we can drift into a pattern of no growth... following the same pattern for the life of the marriage... and it loses that sense of being captivated, or intoxicated in the physical part of our marriage.

- It’s important to give attention to the physical aspect of our marriage.

Glenn

Fun Sex & Great Sex

The main focus of fun sex is pleasure. It meets important biological needs in us, but it does little beyond meeting those basic needs.

Fun sex is mostly about “me”. None of this is bad... it’s good, but its not great!

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- The main focus of great sex is pleasure and intimacy.

Songs 4:1-4a

She doesn't sound too terribly attractive to me... she sound more like a building... But the point... Solomon is enthralled with her... he knows her... it not just about him.

He knows her... It's not just about him... He is focusing on her

- Great sex about creating something uniquely special between you and your spouse. It feeds your marriage's sense of oneness.

Counseling

If there is a problem or struggle in your physical relationship get counseling.

Our Desire for You

... is that every one of you who are married... or going to be married would experience joy in marriage spiritually, emotionally, and physically.