

## Angie's Marriage Column – March 7, 2015

### 5 Top Reasons for Divorce and What You Can Do about It!

#### Lack of Communication/Intimacy

Since 2002 Year of Our LORD, our ministry has been encouraging and guiding couples to Godly marriage restoration. In that time we have come across everything imaginable when it comes to problems and issues in marriage. We will be discussing over the course of several weeks the top five reasons couple's divorce.

1. Unfaithfulness – physical and emotional
2. Alcoholism – addiction to alcohol
3. Unbelief – Lack of spiritual truth, knowledge, and wisdom
4. Feminism – Confusion of roles
- 5. Lack of Communication/Intimacy**

Chances are you have gone through one of these issues in marriage yourself or know someone who has. Now let's talk about what couples can do about these issues that almost always cause divorce and or at the very least, unhappy marriages. And please peruse the Heaven Ministries website for more information. And send this newsletter along to anyone you think might need it.

Today were going to talk about the last of the top five reasons why couple's divorce. **Lack of communication causes lack of intimacy and lack of intimacy stems from the lack of communication.** Couples who do not express themselves freely with one another are more apt to not be very close as a married couple.

What has happened between couples' in marriages of the 21 century is the lack of communication between couples. They might talk about day to day things such

as, “what’s for dinner” and “what college they should send junior to,” and that is the extent of interaction. Where’s the joy and intimacy in that?

### **Make Time for Each Other EVERY DAY!**

If there is one thing I have learned from 31 years in my own marriage is you have to make time for your spouse. Spouses NEED to make quality time together, whether its walking in the park, sitting in the park, or just sitting quietly together in your own living room.

You do not want to just stare at one another either; the point here is to express yourself freely while talking about anything that NEEDS talked about that has to do with the both of you. This means do not talk about “what to cook for dinner”. It means talk about what you feel needs improvement in the marriage? Or talk about how you feel about something happening in the marriage? The best thing you can do for your marriage is learn how to talk with each other on a more intimate level. It is good to talk about how you feel about something without sounding nagging, belittling, or demanding. Never leave unresolved issues lingering either because it builds up tension between the two of you.

### **Stop Sweeping Tensions and Problems under the Rug**

Couples always need to talk about things so it is never a good idea to stifle your feelings or sweep tensions under the rug, or resentment will eventually build up and pretty soon there’s a wall between the two of you. I know that some couples only talk when they have to, or when they need something from the other, as I spoke about earlier. Start making time for each other, otherwise the wall you have created between you will only get harder to tear down.

### **People Have Needs...**

When God established/created marriage He had a lot more in mind than what is considered marriage today. Let’s take a peek into Gods world on how marriage should be.

God’s “one flesh” marriage is a relationship that consists of the physical, emotional, mental, and spiritual needs of a man and woman. That is what

marriage is all about, hence, when God saw that Adam was alone, what did He do? He knew right away the answer to Adam's solitude and He created beautiful, feminine Eve. Now, think about your own marriage. Are you getting your physical, emotional, mental, and spiritual needs met through your spouse? Why or why not?

Now think about this for one moment. How close do you think couples will feel for each other when they rarely talk about anything personal, or never express their thoughts to each other, or they never resolves issues in the marriage? They will be more apt to stray from the marriage bed and look elsewhere for their four needs to be met. **We all need to be loved and cherished for who we are!** And that includes the four aspects of our nature.

**Remember:** the four needs in marriage are physical, emotional, mental and spiritual, so let's talk about these needs that all humans need and **should be giving** as well as receiving if they are married!

**Physical Connection with spouse:** touching, hugging, caressing, kissing, sexual intercourse, etc. The sad story is if couples are not communicating on an intimate level then most-likely they are not communicating on a physical level either. This does not mean they are not having sex, but it means that sex between them is just going through the motions; they're not enjoying it on an intimate level. This means they are having less sex or maybe none at all. BAD for MARRIAGE!

**Question:** How can couples be more physically intimate with each other?

**Godly Guidance:** Learn to communicate freely with your spouse on an intimate level, expressing yourself in a good way. Stop sweeping things you do not want to talk about under the rug. Make your spouse the one you talk to about personal feelings and issues. Read [5 Ways to Improve Communication with Your Spouse](#).

**Typical scenario:** its 6:00pm husband and wife come home and both are tired out from the long work day. They barely look at each other because all they want to do is get their own needs met, such as feeding the body a nutritious meal, relaxing and getting out tension and stress from the day and perhaps working on or finishing a project or hobby. Are they doing it together as a couple, or are they

doing these things individually? Are they talking about each other's day? Are they giving each other neck rubs? Do they care about each other's needs or only their own needs?

**Emotional/Mental Connection with spouse:** We all have issues and feelings we need to talk about; it's the nature of people to NEED to express themselves and get things off their chest, so to speak, or just to enjoy another person's company, talking freely and intimately without being invalidated. Women are sometimes able to do this with a very good friend whom they know they can trust. However, married couples should be able to do this with one another as well. **How is your emotional relationship with your spouse?** How often do you spend quality time together? How much emotional garbage have you swept under the rug?

Couples who do not have an emotional relationship together means they don't trust the other. Now I'm not talking about the kind of trust of unfaithfulness but the kind of trust that would make one feel they cannot divulge feelings or express oneself honestly and openly to their spouse. The reason for the mistrust is one spouse may invalidate what the other is saying, or just usurp the conversation; some spouses are just selfish and do not know how to carry on a conversation unless it is about themselves. Sadly, most people are not very good listener's which is a big part of communication between two people.

**Question:** What Can Couples do to be more intimate and to have a more intimate connection?

**Godly Guidance:** Learn to be a good listener. Don't barge in with your thoughts but let your spouse talk about what is on their mind. And then don't scoff at, or overthrow what your spouse has to say. Let them express themselves without feeling you will deject or laugh at what they are saying. Except it and work with it and move on. When it is your chance to talk do not be selfish and only talk about yourself and what you want but talk about what you both can do together to improve the marriage in some way. The goal here is to get something accomplished and it may take the whole day to do, depending on how well you express yourself.

Read "[Being Emotionally there for Your Spouse](#)" and then do what it says!!

And then answer the questions at the end of the article. Then read, [How to Apply Productive Communication into Your Marriage.](#)

### **Protect Your Marriage from Emotional and Physical Adultery**

Now you know what it is meant when someone says they were emotionally unfaithful. They are getting their intimate need met through another outside of the marriage. But you can protect your marriage by being there for your spouse on all the levels we are talking about today.

**Spiritual Connection:** This aspect of who we are is a bit different than the other three, as our spiritual selves have a personal, growing relationship with God through Jesus Christ. No one can have a direct relationship with God through their spouse; it's not possible.

However, having said that, understand that this is what Jesus meant when he said; husbands are to be the "head" of the wife. It doesn't mean a man is better than a woman in any way whatsoever; what it means is God happened to make Adam first and in anything in life there has to be a "head overseer" so there is no wrangling going on. In business there are the employees and the employer.

In the same way, in marriage there is the head of the home and the helpmeet of the home. The help-meet helps her husband meet his duties as the man through submission. If the man of the home is not allowed to be the man than what is he? If the wife is being the man, then what is the man? Is it two bulls in one pen butting heads? Sounds like it. Understand the scripture.

**For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body. Ephesians 5:23**

What does Christ do to be head of the church? He lovingly cares for it through his teaching, guiding, counseling and showing us how to love him and follow him....so we will know how to then love the people we are married to.

**No one can love their spouse in the ways of God, until they have learned to love and follow Jesus FIRST!!**

**and he is the saviour of the body. Ephesians 5:23**

**Jesus is the Savior of us all, if we allow Him to be!**

Husbands are the head of the wife like Christ is the head of the church BUT if husband's are not partaking in their headship position properly then a wife will not understand how to submit. Husbands must first understand their role as head and start applying it into their marriage.

**Therefore as the church is subject unto Christ, so let the wives be to their own husbands in every thing. Ephesians 5:24**

Please read, [Christ and the Church, the Living Symbol of Marriage](#)

<http://www.heavenministries.org/PremarriageStudy.htm>

Once couples understand their role and position in marriage the marriage becomes remarkably content and much more satisfying in all the areas we have just explained. There is no bullying or domination but rather, team work.

We can't control another person to be something we want, they have to "want it" and "understand it" on their own. The minute a woman is "made" to do something like "submit", her instincts tell her to rebel, and especially since most women have been indoctrinated somehow by feminism, even if it is in indirect ways. **She needs to voluntarily submit...that's the key. She has to know that giving her life to her husband is God's will for her.** And...

In the same way, the husband needs to understand his role as "the man", "the head" the spiritual cleanser", "the overseer" of his marriage, "the etc". Once he understand and begins to apply his role, the wife can then "understand better" her role as a "helpmeet". ITS ALL FOR THE GLORY OF GOD! Marriage was made for God!!

You see, this is what is meant by putting God, through Christ, first in your life.  
Both husband and wife must submit to Jesus Christ before they can partake in

their marital roles appropriately, meaning the way in which God outlines and intends for them.

It's between YOU and GOD!

**Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, so that He might sanctify her, having cleansed her by the washing of water with the word, that He might present to Himself the church in all her glory, having no spot or wrinkle or any such thing; but that she would be holy and blameless....Ephesians 5:23-27**

**More helpful articles**

[The feministic attitude and wifely submission](#)

[How a Husband Helps His Wife take the Lead](#)

[The Head of Woman is Man](#)

For those people who have recently subscribed to this newsletter, [please go here](#) to read past issues of ["Angie's Marriage Columns"](#).

Be Blessed through Jesus Christ!

Angie and Frank

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Do you have a marriage question that you want biblical answers to? Let us know and we'll pray about it, research it and answer it with the understanding and wisdom God has blessed us with. It's not what Frank or Angie can do for your marriage; it is between YOU and God. We're just the messengers.

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