

LOVING MARRIAGE COVENANT/CONSTITUTION

In this Covenant _____ and _____ pledge their love and lives to one another as husband and wife in an indivisible bond of marriage as the bible describes as one flesh*.

- To create a loving union of marriage with Christ at its center.
- To nurture a strong faith in Christ.
- To vow unconditional love, respect and grace for one another always.

**For this reason a man shall leave his father and his mother, and be joined to his wife; and . shall become one flesh. Genesis 2:24, Matthew 19:5, Ephesians 5:31*

PURPOSE:

A mutually fulfilling marriage relationship that is God's gift to brothers and sisters in Christ. An intimate relationship that personally illustrates God's love to the world. A God-centered marriage brings glory to God and pointing a fallen world to a reconciling Creator.

...For the husband is the head of the wife, as Christ also is the head of the church, He Himself being the Savior of the body. But as the church is subject to Christ, so also the wives ought to be to their husbands in everything. Ephesians 5:23

An excellent wife is the crown of her husband, but she who shames him is like rottenness in his bones. Proverbs 12:4

Wives, be subject to your husbands, as is fitting in the Lord. Husbands, love your wives and do not be embittered against them. Colossians 3:18-19

In the same way, you wives, be submissive to your own husbands so that even if any of them are disobedient to the word, they may be won without a word by the behavior of their wives, 1 Peter 3:1

You husbands in the same way, live with your wives in an understanding way, as with someone weaker, since she is a woman; and show her honor as a fellow heir of the grace of life, so that your prayers will not be hindered. 1 Peter 3:7

GOAL:

To be godly spouses (loving, respecting, praying and putting the needs of the other before our own), best friends (no secrets, seeking each other's council), companions (enjoy experiencing life together), lovers (sexual and non-sexual intimacy), completing one another as one flesh, honoring God's design for a man and woman in love and in marriage.

PLEDGE OURSELVES:

- We pledge to view ourselves as a single unit, one flesh and not as individuals. Our relationship is an integral part of our ministry.
- Communication is the life blood of our marriage and the heart beat of our romance.
- We will resolve conflict with confession. We value our relationship more than we do asserting our rights, preferences, or wishes. Compromise is the cement of fellowship. A relationship instilled with the values of forgiveness, selfless love and sacrifice for one another.
- We will nurture our relationship to create a healthy marriage steeped in love for one another.
- We commit to loving each other as we are, praying for each other to become God's desire. Our health is not our responsibility alone, but a shared responsibility with our spouse. Always encouraging and building up one another.
- We will not withhold our bodies from one another. God has brought us together to delight in each other's body. We will honor and celebrate this most beautiful God given gift within our marriage. We may not think it is a perfect body, but it is our only one to give, in love. Loving each other as we live and work side by side, sleeping together and sharing intimacy with each other.

Nevertheless, each individual among you also is to love his own wife even as himself, and the wife must see to it that she respects her husband. Ephesians 5:33

So husbands ought also to love their own wives as their own bodies. He who loves his own wife loves himself; for no one ever hated his own flesh, but nourishes and cherishes it, just as Christ also does the church... Ephesians 5:28-29

- Giving respect to each other is an obligation, an expression of love, not a favor. Respecting each other brings light and life into our lives. Respect is conceived with expressions of gratitude.

Each of you should look not to your own interests, but also to the interests of the other."
Philippians 2:3-4

- We commit ourselves to daily prayers together and in our own quiet time. We assume responsibility for each other. We will honor one another even when we know only too well each other's character flaws.
- Our sexual intimacy will be exhilarating. We will glorify God by cultivating a sexual desire for each other and by welcoming the sexual desire within us.

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her, Ephesians 5:23-25

As a loving hind and a graceful doe, let her breasts satisfy you at all times; Be exhilarated always with her love. Proverbs 5:19

- We vow to a loving marriage that will preserve for the rest of our lives. We will extend grace to one another, just as God does. Grace that relieves pain and encourages perseverance.

*“May the Lord direct your hearts into God’s love and Christ’s perseverance.”
2 Thessalonians 3*

We embrace these rituals between a husband and wife as the agents of joy and happiness within our marriage.

- 1) Praying, studying God’s Word every morning and doing ministry together.
- 2) Each evening sharing with one another the events of each day.
- 3) Eating meals together.
- 4) Cuddling and embracing one another each evening.
- 5) When apart, we will communicate “I love you” in mid-day texts or emails.
- 6) Saying “I love you” in words, an embrace and long passionate kiss (10 sec or more) when leaving one another or when returning to each other’s company.
- 7) Going out on date night each week.
- 8) Walking hand in hand, arm in arm when traveling together.
- 9) Enjoying intimacy every day –touching, massaging, caressing, playing footsie in the hot tub..... love-making.
- 10) Supporting each other’s need for personal me time.
- 11) Practice the five love languages.
- 12) Together, reading books and attending conferences for the sole purpose of enriching us both in the ways of a more perfect marriage.
- 13) To tease and laugh together as an expression of “I love you and enjoy you”.

He who finds a wife finds a good thing and obtains favor from the Lord. Proverbs 18:22

Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, ⁵ does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails; but if there are gifts of prophecy, they will be done away; if there are tongues, they will cease; if there is knowledge, it will be done away. For we know in part and we prophesy in part; but when the perfect comes, the partial will be done away. When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things. For now we see in a mirror dimly, but then face to face; now I know in part, but then I will know fully just as I also have been fully known. But now faith, hope, love, abide these three; but the greatest of these is love. 1 Corinthians 13:4-13

Signature _____

Signature _____

Covenant

Between Israel and Yahweh Covenant

1. No other Gods.
2. No graven image.
3. Not taking the Lord's name in vain.
4. Remembering the Sabbath day.
5. Honoring father and mother.
6. No murder.

7. No adultery.
8. No stealing.
9. No false testimony.
10. No coveting.

Between Wife and Husband

1. Exclusive loyalty to my spouse.
2. Truthfulness and faithfulness.
3. Honoring my spouse in public and private.
4. Giving my spouse time and rest.
5. Rightly relating to parents and parents-in-law.
6. Freedom from hatred, destructive anger and uncontrolled emotion.
7. Sexual faithfulness; controlled appetites.
8. True community of property with the gift of privacy.
9. Truthful communication.
10. Contentment: freedom from demands.

May be copied and used for Bible Study, discipleship purposes and marriage classes. Not to be sold.

DKM
P.O. Box 150
Ralston, OK 74650 USA