

#WECONTEND

# 1 BEFORE 2 BEFORE 1

Contending for Marriage



### Adam's Assignment before Eve

Cultivate and tend the garden (Gen 2:15)



### Adam's Assignment after Eve

Expanded to filling the earth, subduing it, and ruling over it alongside his wife Eve (Gen 1:28)



**1 BEFORE**  
**2 BEFORE**  
**1**

Marriage – God's desire is that 2 people have a single vision together and pursue it as one – not 2 separate things side by side.



### Multiplication of Marriage

$$1 + 1 = 2$$

$$1 \times \frac{1}{2} = \frac{1}{2}$$

$$1 \times 1 = 1$$

$$\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$$

### Wholeness

Peace, completeness, soundness and wellbeing (From Hebrew Shalom)

Secure in who I am - recognition there may be room for improvement & growth

# MULTIPLICATION OF MARRIAGE & WHOLENESS

Recognise that you may have pursued or enter marriage before you were whole. This makes it harder but not impossible - the sum is not zero - you can heal



**WHAT DOES YOUR  
EQUATION LOOK LIKE?**

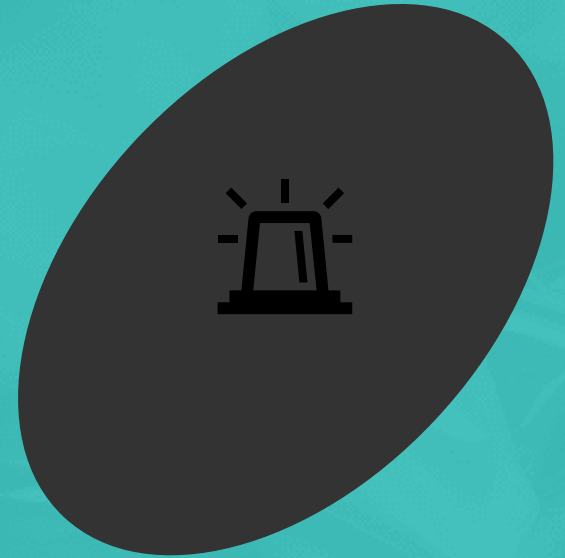


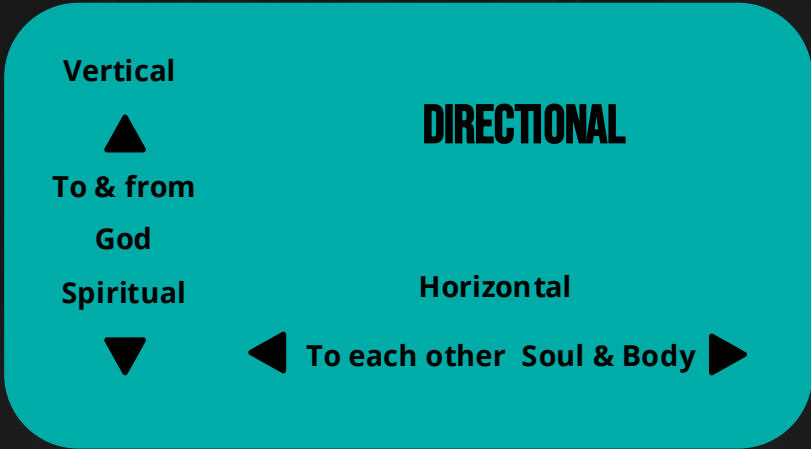
# TRAUMA

Dr T Ayodele Ajayi describes it as  
“an emotional wound in the soul as a  
result of what happened to you”

Essentially, it's not what happened but  
how you dealt with what happened.

He explains that Trauma can turn off  
your executive functioning – such as  
reasoning and inference.





# COMMUNICATION

Christians we need to keep our communication under God's influence

It is important to highlight that when issues arise, we must communicate through the spirit AND through the soul & body.



**“SILENCE OR REFUSAL TO  
COMMUNICATE IN MARRIAGE ACTUALLY  
BREAKS YOUR MARRIAGE DOWN!”**



# LEVELS OF COMMUNICATION

We need to realise that there is a difference between honesty, openness & transparency

Silence or refusal to communicate in marriage actually breaks your marriage down



## TRANSPARENCY

Proactive Disclosure

## OPENESS

Place of accessibility

## HONESTY

Responding in Truth

## REMEMBER

We should be committed to being transparent with each other.

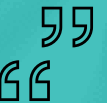
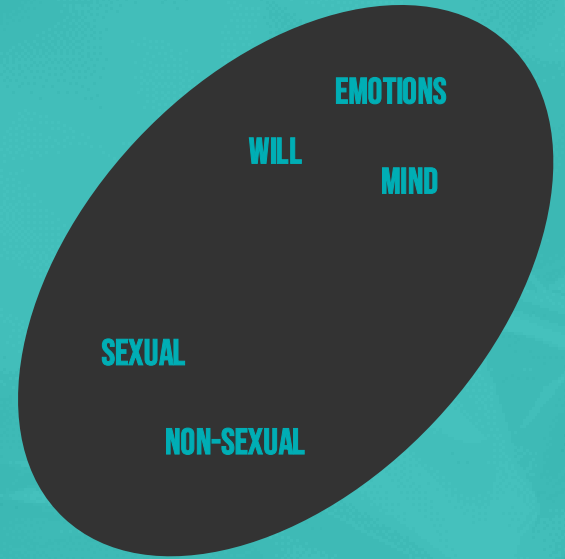
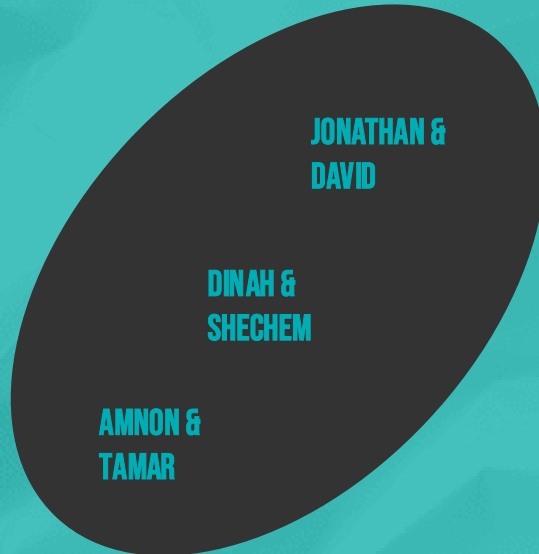


**WHAT LEVEL ARE YOU AT?**



# PREVIOUS RELATIONSHIPS & SOUL TIES

How you leave your past can affect  
how you live your future.



**“COMMUNICATION IS SOMETHING  
YOU COMMIT TO REGARDLESS OF  
HOW YOU ARE FEELING!”**

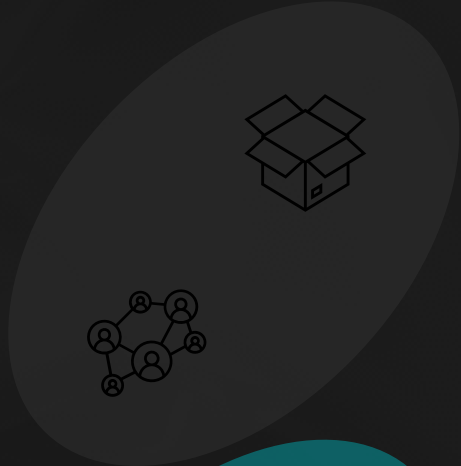


# CONFLICT

## Assumptions

Unless we communicate something, it will not be known! We cannot make assumptions about what is known!

Boxes and Spaghetti Junction!



## Is conflict bad?

Conflict is not necessarily negative or bad in itself, but it's determined by how it's managed.



# COMMUNICATION IN CONFLICT



## SENDER

the person delivering the message



## MESSAGE

the information itself



## CHANNEL

how it's delivered - (tone, body language, verbal and non-verbal)



## RECEIVER

the person retaining & interpreting the message



## FORMULATION

the building of a response based on interpretation and filters



## FEEDBACK

their response, which shows whether it was understood

The key elements that need to be in place to have effective communication



**WHERE DOES COMMUNICATION  
BREAK DOWN IN YOUR  
RELATIONSHIP?**



# ARE YOU ALLOWING SPACE FOR THE ENEMY?

Adam & Eve

Gen 3:1-6



“Practice makes Progress”



# TAKE AWAY WORK

## WHOLENESS

What are you actively doing to work on your wholeness?

## PURPOSE

How are you helping your spouse become all God wants them to be?

## COMMUNICATION

What area of communication are you going to work on?



**QUESTIONS?**



#WECONTEND

# 1 BEFORE 2 BEFORE 1

Contending for Marriage

