

The wedding ceremony is where you **tie the knot**, but this is really just the beginning. After you say “I do” the most rewarding part of the marriage journey begins. Marriage is where you **tighten the knot**, day in and day out, by establishing Christ at the center of your marriage and investing time to nurture your relationship.

Left unattended, uncared for and unchecked, a knot can come undone. The same is true for the bond of marriage. We often begin strong, tightly bound in our commitment and love. Over time, in the midst of life and struggles, the marriage knot can loosen or can completely unravel.

Protect your marriage by **tightening the knot**. Be intentional daily, weekly, monthly, and yearly. Whatever season your marriage is in, there is something you can do to **tighten the marriage knot** and make sure that the bond and commitment remain strong.

Going Further

Suggested Reading

The Marriage Knot: 7 Choices that Keep Couples Together

by Ron and Jody Zappia

Created for Connection: The "Hold Me Tight" Guide for Christian Couples

by Dr. Sue Johnson with Kenneth Sanderfer

Love and Respect: The Love She Most Desires; The Respect He Desperately Needs

by Dr. Emerson Eggerichs

5 Love Languages: The Secret to Love That Lasts

by Gary Chapman

Created for Connection: Marriage Intensive

A relationship enhancement workshop. Repair, enhance and continually grow the connection in your marriage. For more information, please go to lakepointe.church/counseling

re|engage

A ministry that offers hope to marriages by helping couples move toward oneness through stories of grace, teaching and small groups. re|engage utilizes small groups led by qualified facilitators offering support, openness and scripture-guided conversations rather than giving advice. For more information, go to lakepointe.church/marriage

Additional Resources

We want to walk alongside you in tightening the knot. If you need additional help or assistance, please consider:

Texting **Marriage Help** to 20411 to connect with one of the Lakepointe pastors.

Completing the form found at lakepointe.church/marriagehelp

Contacting the Lakepointe Counseling Center to set up an appointment to help you invest in your marriage. Call 469.698.2250 or visit lakepointe.church/counseling

Tighten the Knot Date Challenge:

We challenge you and your spouse to intentionally strengthen your marriage knot by committing to **3** dates over the next **3** months. Use the date ideas included in this kit to connect, communicate and dream. Text **3for3** to 20411 to join the challenge.

TIGHTEN THE KNOT



What therefore God has joined together, let no man separate.

Mark 10:9

The Value of a God-Centered Knot

From the beginning, God's design has been for a lifelong, thriving marriage rooted in Him. When a husband and wife are united in marriage, a bond is formed. With just two strands the knot can be easily loosened. When the Lord is at the center of the marriage a strong covenant bond is formed that is not quickly or easily broken. It's the third strand that makes the knot or bond much stronger. God holds the marriage together when both spouses commit to live under His authority and guidance.

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Ecclesiastes 4:12

3 Ways to Tighten the Knot

CONNECT

We were created for connection, first and foremost with God. God is a relational God; it is part of His nature. This is seen in the mysterious reality of one God in three persons: the Father, the Son and the Holy Spirit. In Genesis, the first marriage was created by God as a beautiful gift and picture of this mystery. The heart of a loving, relational God is that we connect deeply with Him and with each other.

The marriage bond grows stronger when we invest the time to connect with each other. There are many things that can benefit our marriage, but if we are disconnected it will be irrelevant. Throughout the ups and downs of life, your marriage must provide the security of unconditional love and acceptance by being a safe place or a safe haven. This isn't something that happens just by trying harder. It grows out of our reliance on God as He transforms us into His own image. God, as the third strand of our marriage cord, gives us the direction and strength to do the tangible things that **tighten the marriage knot**. Start by setting up dates and accepting the "Tighten the Knot Date Challenge" included in this kit.

It is critical that we keep doing the work to **tighten our marriage knot**, to keep that bond and connection strong. Put down the devices. Go to those deeper places. Share and validate emotions and feelings. Become that safe place. Talk about things-the good, the bad, the fun, the hard. Build trust. Be there for each other. Be honest. Be humble. Be available. Move forward together. Share your heart and hurts with each other. Listen. Celebrate with each other. Connect. Make memories. **Tighten the knot.**

COMMUNICATE

Communication is a crucial ingredient for keeping the marriage **knot tightened**. A strong marriage requires real, healthy communication. Create moments to bond through meaningful, life-giving conversation by appreciating each other, sharing needs and extending forgiveness. Make every effort to create moments for connection and bonding where the environment is set for great communication. This might be difficult if there is tension or unresolved hurt in the relationship. So, start where you are and ask God to help you draw toward one another. Try to rebuild trust and restore that safe place God designed for your marriage. He commands us to extend grace and forgiveness to one another in the same way that He extends grace and forgiveness to us (*Matthew 6:14-15*). As you strive to **tighten the knot** in your marriage, find time to reconnect through healthy conversations.

DREAM

Dreaming with your spouse can revolutionize your marriage. Dreaming together and looking ahead to your future will help:

- Foster a close connection and strengthen your marriage bond
- Provide a great way to support, encourage and pray for each other
- Create an environment for your marriage to grow as you share your heart and passions
- Give common goals and dreams to work toward together

You are either moving toward connection, communication and dreaming, or you are moving away from these things. Which direction are you moving? Commit to the "Tighten the Knot Date Challenge" included in this kit to help you move in the right direction.