

# Loving Your Mate Through The Seasons Of Life

## Part II



*Indicative of the servant heart that permeates a Christian marriage is the desire to know the needs of the spouse and the willingness to adjust to try and meet those needs. What are the needs of husbands and wives and how practically can they be met? Guaranteed to make you laugh while you learn, this energetic session provides the answers!*

### IV. Be Willing to Adjust

#### A. She needs...

1. \_\_\_\_\_

“Do not \_\_\_\_\_”

2. \_\_\_\_\_

3. \_\_\_\_\_

#### a. At least 30 minutes a day

Goal: \_\_\_\_\_

Suggestions:

Walk together

“Hot drink” time

#### b. Date your mate

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

#### c. Retire at night together



4. Security

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

B. He needs...

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- a. \_\_\_\_\_
- b. \_\_\_\_\_

C. Both need...

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_

3. A good sexual relationship

a. He needs his wife to...

- 1) sometimes \_\_\_\_\_
- 2) be \_\_\_\_\_
- 3) be \_\_\_\_\_

b. She needs...

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_