



MARRIAGE --

What If?

The Marriage Your Heart Longs For. ♥

GROWING TOGETHER. ♥ LOVING DEEPER. ♥ LIVING CONNECTED.

— *Not just good, but truly life-giving.* —

Marriage — What If? The Marriage Your Heart Longs For

THE PATH TO TRUE RESTORATION

Isaiah 58:12

What if your marriage could become more than simply surviving the demands of life? What if it could become emotionally safe, spiritually alive, and truly life-giving? In this Men's RoundTable series, we will explore God's design for intimacy, healing, delight, and connection through *The Deep-Rooted Marriage* by Dan Allender and Steve Call alongside *Fire and Song* by Carl W. Lehnbauer. This is an invitation for men to move beyond merely "getting along" toward cultivating a marriage that becomes truly life-giving.



GOD – MARRIAGE – GROWTH

Summary of Song of Solomon



1. **A BEAUTIFULL LOVE STORY** → The Bible was never intended to be a marriage book, but it is a beautiful love story—a story of God in pursuit of His bride. We are the bride of Christ. God created us to have a relationship with Him and with others.
2. **A DIVINE GAZE** → I am convinced that it is God's intention that we each experience a divine gaze when we look into our partner's eyes. Jesus encouraged us to move out of the house of fear and to make our home in Him (John 15:4 & Psalm 27:4).
3. **LIVE IN LOVE** → Song of Solomon is a convincing witness that men and women were created physically, emotionally, and spiritually to live in love. The Song is a prism of the intimacy of marital love between man and woman, God's deep love for His people, Christ's Bridegroom love for His church, and the Christian's love for his Lord.

IMAGINE GOD SHOWING YOU WHAT NEEDS TO HEAL!

Deep Rooted Marriage: Chapter 3 & Psalm 139:23-24

Most Couples struggle in one or more of the following areas:

1. **Lack of Delight** → A childlike joy that is founded in wonder and beauty.
2. **Loneliness** → We are created to know and be known.
3. **Contempt** → The experience of shame, humiliated, and rejected.
4. **Feeling stuck** → Give up—we learn to hate or diminish desire.

We hurt in these areas, but we also hurt in deeper places in hidden ways. These struggles are symptoms to something at the core of us:

UNADDRESSED TRAUMA: We can heal and change through the following

1. **Humility** → Attuned and Aware to myself and the other.
2. **Honesty** → Ownership – address the “log in my own eye” first.
3. **Kindness** → Enter the heartache and fear of the other with compassion.
4. **Curiosity** → An intentional desire to know and understand the other.
5. **Defiance** → Refusal to let hurt/anger/past failure determine the future.
6. **Intention to Bless** → A stance of creating beauty together.



SEEING YOUR OWN TRUAMA

Deep Rooted Marriage: Chapter 4



1. **TRAUMA** → Any violation of human dignity that comes through emotional, physical, sexual, or spiritual harm. Denial or avoidance of what is true inevitably brings about more harm.
2. **EMOTIONAL AB USE** → Dignity is undermined by criticism or contempt.
3. **PHYSICAL ABUSE** → Physical harm that intimidates or humiliates.
4. **SEXUAL ABUSE** → Brings ruin and loss of innocence. No other violation brings more shame.
5. **SPIRITUAL ABUSE** → Spiritual leaders using their power to dominate or demand acquiescence.

NOTE: It is a crucial task to look squarely at abuse, understand it, identify it, and track its impact!

EXAMINE YOUR OPERATING SYSTEM

Deep Rooted Marriage: Chapter 5

1. **MADE FOR CONNECTION - ATTUNEMENT** → Our deepest longing is to be cared for. We need someone to be attuned to us, to respond to our emotional and physical needs.
2. **ATTUNEMENT TRAUMA – WOUNDED** → When a caregiver is not attuned with a child and does not meet their needs, the child learns that communicating their anguish is unlikely to bring a response. They may come to believe— *“NO ONE is interested in meeting my needs. There is no one I can trust to nurture, protect, and care for me. Now I must find a way to cope.”*
3. **LOOK FOR PATTERNS – FAMILIAR LOVE** → The lack of attunement sets in motion well-practiced survival strategies. We learn to dismiss the need for connection and intimacy, convincing ourselves our needs were not important. *“It is safest not to need.”*



Song of Songs 6:3

1. **Poetry** → Translated from ancient Hebrew, the Song offers images meant to awaken our imagination like an impressionistic painting that conveys emotion and wonder. Their ambiguity is intended to draw us into contemplation. The question to ask is not, “What would this look like?” but rather, “What emotions do these images stir?” We are to consider the wonder of love!
2. **Song** → The Book is not a story, but a song that points to the center (3:6 – 5:1) as the couple’s wedding. The passionate romance is built on the foundation of godly marriage.
3. **Central Scene** → The structure makes the central scene, the wedding day and night, the focal point of the Book. God-centered marriage is the foundation on which this strong and beautiful love is built.



ACTION: Journal This!

- 1. KNOWING YOUR STORY**
What conflict/struggle most often shows up in your marriage (relationships)?
- 2. KNOWING HER STORY**
What wound does your wife carry that deserves greater compassion from you?
- 3. IMAGINATION** – What if your greatest marital (relationship) conflict is actually an invitation to deeper understanding? – Joel 2:25.



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