



MARRIAGE CONNECTION
every 3rd Friday
of the month
at 7:30 pm

**FEBRUARY - OCTOBER 2012
MARRIAGE CONNECTIONS**

A Better Home and Garden

THE MARRIAGE EDITION 2012

The Kingdom Of Marriage Is Like...

The Master Bedroom

when you enter it you enter into an institution where you are King and Queen of a Kingdom (your household, your marital purpose). And in order to run your Kingdom effectively you must get some R & R.

Questions To Ask Yourself

- What are your convictions?
- What are your spouse's convictions?
- Where do your convictions come from?
- Is it your experiences, the Word, or both?
- Did they derive from a sin that you were in, or a sin that someone did towards you. (A transgression or a transgressor?)
- Are they your convictions, or convictions someone has put on you?
- Are you bound by others convictions?
- Or are you set free by your own convictions?
- Do you push your convictions on others.
- Do you completely govern your life by your own convictions, or condemn others in order to uphold your convictions?



BEING THE KING AND QUEEN OF YOUR HOME



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Get a Masters in Your Love Life by Studying yourself, your spouse, and the Word.

Following re some websites you can visit.

<http://www.christian-marriage-today.com/sex-in-the-bible.html>

<http://site.themarriagebed.com/front-page>

<http://site.themarriagebed.com/whats-okay-whats-not>

www.marriage.about.com/cs/sex/a/sexfrequency.htm

Scriptures to Study:

Hebrews 13:4, Genesis 2:24-25, Romans 14:16 & 22, Romans 14, I Corinthians 10:29, Galatians 5:19 – 25, Ephesians 5:21, I Cor. 7:2-5, I Corinthians 10:23 – 24, I Corinthians 6:12-20, I Corinthians 10:23-11:1, I Corinthians 10:8, 11-13, Malachi 2:14-15, Song of Solomon

EMOTIONAL & PHYSICAL BENEFITS OF SAFE MARITAL SEX

- Lower mortality rates.
- Reduced risk of prostate cancer.
- Improves posture.
- Boosts self esteem.
- Makes a person feel younger.
- Firms tummy and buttocks.
- Healthier teeth.
- Improves digestion.
- Offers pain-relief.
- Reduced risk of heart disease.
- Makes a person more calm.
- Improves fitness level.
- Makes a person less irritable.
- Reduced depression.
- Improved sense of smell.
- Has a therapeutic effect on immune system.
- Produces chemicals in the brain to stimulate the growth of new dendrites.
- Lowers the level of cortisol, a hormone that can trigger fatigue and cravings.
- It can help people achieve weight loss since about 200 calories are burned during 30 minutes of active sex.
- Studies are also showing that it is a myth that abstinence can sharpen a person's competitive edge.
- Better bladder control.
- Relieves menstrual cramps.
- Helps people sleep better.
- Gives people a positive attitude on life.
- Keeps spouses connected emotionally.
- Helps folks remember more.
- Lowers feelings of insecurity.
- Increases level of commitment.
- Less-frequent colds and flu.

**BEING THE
KING AND QUEEN
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