

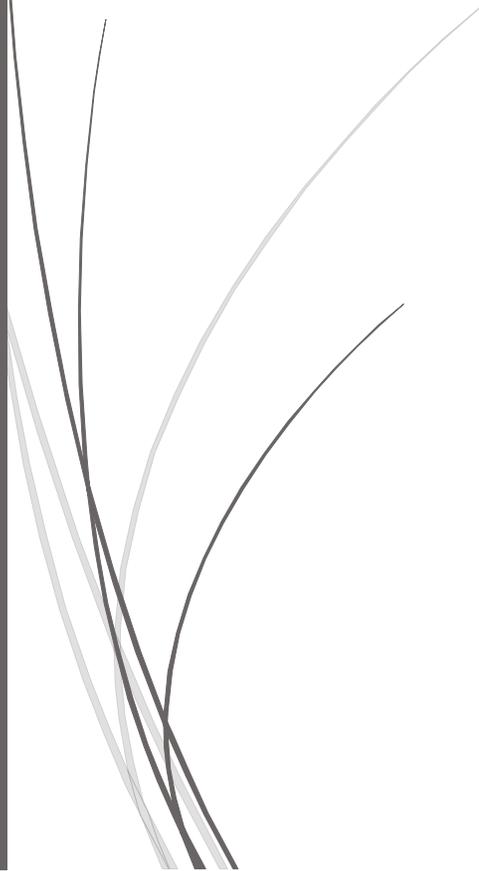
Lesson 5

THE PATH TO SOUL SATISFYING LOVE

ATTACHMENT



MarriageHelper





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UNDERSTANDING THE KEY TO RELATIONSHIP...

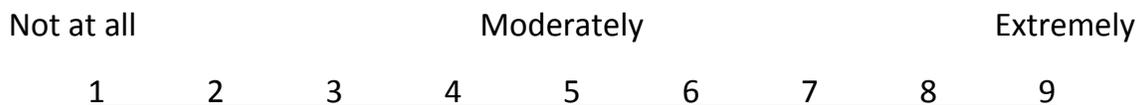
Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. (Genesis 2:24)

In chapter three we said that acceptance is the key to love. Now we wish to make a point that is just as important on the LovePath - **Attachment is the key to relationship**. The concept of “leave, cleave, and weave” – leaving your parents, cleaving to your spouse, and weaving a life with them – has been an integral part of relationships since Adam and Eve.

What makes a relationship work when the other dimensions of love fluctuate? Attachment. The “C” word that accompanies attachment is **commitment**. Commitment means not just being with the person you are committed to, but that you will also be there for him or her.

IF YOU ARE IN A RELATIONSHIP

Rate your commitment to your spouse on this nine-point scale.



What does your score tell you about your commitment to this relationship? If you are not sure, ask your partner to rate your commitment on this scale. Then talk about the ratings each of you gave yourselves and each other.

BIBLICAL VIEW OF ATTACHMENT

One of the most entrancing stories of commitment in the Bible is that of Jacob and Rachel in Genesis 29.

Now Laban had two daughters; the name of the older was Leah, and the name of the younger was Rachel. And Leah's eyes were weak, but Rachel was beautiful of form and face. Now Jacob loved Rachel, so he said, "I will serve you seven years for your younger daughter Rachel."...So Jacob served seven years for Rachel and they seemed to him but a few days because of his love for her. Then Jacob said to Laban, "Give me my wife, for my time is completed"...in the evening that he [Laban] took his daughter Leah, and brought her to him [Jacob]...So it came about in the morning that, behold, it was Leah! And he said to Laban, "What is this you have done to me? Was it not for Rachel that I served with you? Why then have you deceived me?" But Laban said, "It is not the practice in our place, to marry off the younger before the first-born. "Complete the week of this one, and we will give you the other also for the service which you shall serve with me for another seven years." And Jacob did so and completed her week, and he gave him his daughter Rachel as his wife...indeed he loved Rachel more than Leah, and he served with Laban for another seven years.

This story provides an example of the attachment step of the LovePath. Not only did Jacob demonstrate commitment to his beloved Rachel, but also to his father-in-law, Laban, and his first wife, Leah.

- He offered seven years of service in exchange for taking Rachel as his wife. Faithful to his word, he served every day of those seven years.
- Though deceived into taking Leah as his wife, Jacob kept his commitments as her husband. Loving Rachel more, he nevertheless fulfilled his role as Leah's husband, giving her Reuben, Simeon, Levi, and Judah. Her sons would become heads of four of the twelve tribes of Israel.
- His commitment to marrying Rachel made his tasks a joy rather than a burden. The seven years he worked for her hand "seemed to him but a few days because of his love for her." When he discovered he must serve additional years to have her hand in marriage, he "served with Laban for another seven years."

Why would Jacob stay focused on his commitment, even to a woman he did not love (Leah)? It is because of this Biblical principle taught by Jesus Himself in Matthew 5:33-37:

You have heard that the ancients were told, “You shall not make false vows, but shall fulfill your vows to the Lord.” But I say to you, make no oath at all, either by heaven, for it is the throne of God, or by the earth, for it is the footstool of His feet, or by Jerusalem, for it is the city of the great King. Nor shall you make an oath by your head, for you cannot make one hair white or black. But let your statement be, “Yes, yes” or “No, no”; and anything beyond these is of evil.

How would you sum the teaching of those verses? It means that you should do what you say. Your “yes” means “yes” and your “no” means “no.” No hedging by claiming that you did not swear by something valuable or holy. If you say it, you commit to it. God expects that.

Another passage teaches the same point in Psalm 15:1-5. The New International Version makes it clearest:

LORD, who may dwell in your sanctuary? Who may live on your holy hill? He whose walk is blameless and who does what is righteous, who speaks the truth from his heart...who keeps his oath even when it hurts...He who does these things will never be shaken.

Those who live righteously, who wish to live in God’s sanctuary and on His holy hill, keep their word even when it hurts. That is the commitment of the attachment step. It is the bedrock of relationship.

IF YOU ARE NOT IN A RELATIONSHIP

To help you consider some of the reasons people choose not to commit to a relationship with a particular person, we list some of the more commonly stated reasons, along with our comments on each of those reasons.

- I may be in love with the picture but find that I do not love the person that is later revealed.
- *Then make sure you know whom the person really is.*
- I fear the person may love their picture of what I am instead of the person that I really am.
- *Is it time for you to share your secrets?*



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- What if I commit and then later find my true soul mate?

What if you do not? You will miss a lifetime of love waiting for a fairy tale. Besides, there are no perfect soul mates.

- I'm afraid the person will abandon me (including death).
We all take that risk. Does it hurt if they leave? Yes. If you truly cannot trust the other person with your heart because of whom or what s/he is, stop the relationship now. If you cannot trust the other person with your heart because of whom or what you are, it is time to change. Ask yourself; is this person worth the risk?
- I'm afraid that I may abandon the other person at some later date.
If you can keep your word, even on the days you do not want to, then your own integrity will not allow this to happen.
- I'm afraid I will fail.
You can but you do not have to. There are many wonderful tools available to help you be successful in a relationship.
- I fear the changes I would have to make.
Would you rather make a few changes or be alone for the rest of your life?
- I'm afraid of what the future holds.
That is why wise people live one day at a time.
- I'm afraid of replicating a bad situation that I once endured (in romance or in growing up).
Smart people learn from the bad and do what it takes to keep it from happening again. Can you be that smart?
- I'm afraid of having financial difficulties if we commit.
Make sure all finances are in order with both people before you do. Then make ground rules for finances before you commit to each other.

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- I'm afraid of being a parent.
Look at all the people in the world. All of us had parents. Most of us turn out pretty good no matter what mistakes our parents made. So will your children if you love them.

- It scares me to be in any relationship I cannot walk away from anytime I want to.
In reality, we have little control over any portion of our lives and only think we do when we remain isolated and aloof. Life is much easier with a loving partner than when alone.
If you develop a relationship that begins to get serious, talk about the above list with the other person to find what s/he thinks about each of these fears. Ask what other fears s/he can think of that keep people from committing, and then talk about those. Listen very carefully to what the person is telling you about him-
herself.
There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. (1 John 4:18)

IN CONCLUSION

There is much more to attachment. We urge you to purchase and read chapter five in *The Art of Falling In Love* and watch the corresponding video together.

If you read the chapter in *The Art of Falling In Love*, you will see many more things about attachment, particularly the four glues that hold a relationship together and how to fulfill each other in body, mind, heart, and soul. These are important and deserve to be discussed by you and the person with whom you are in a relationship.

MOVING ON

After the next section **Daily Thoughts and Prayers** are questions that you need to answer before sharing with your spouse. Please make sure you write your answers to those before before sharing.



DAILY THOUGHTS AND PRAYERS

DAY ONE

Spend a few minutes meditating and talking with God about Psalm 15:1-5. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me always keep my word is....

DAY TWO

Spend a few minutes meditating and talking with God about times in your life when you failed to keep your word. Jot your thoughts here.



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The one thing that I will make sure I pray about today that will help me always keep my word is....

DAY THREE

Spend a few minutes meditating and talking with God about times in your life when you kept your word even though it was painful to do so. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me always keep my word is....

DAY FOUR

Spend a few minutes meditating and talking with God about His grace and mercy for you, even when you stumbled or didn't do as you should have. Jot your thoughts here.



Attachment

The one thing that I will make sure I pray about today that will help me always keep my word is....

DAY FIVE

Spend a few minutes meditating and talking with God about what you need from Him to live your life as one who keeps his or her word. Jot your thoughts here.

The one thing that I will make sure I pray about today that will help me always keep my word is....



Attachment

NOTES AS YOU WATCH THE VIDEO

IF YOU KNOW A MARRIAGE IN CRISIS.....

Maybe your marriage needs help. Maybe the marriage of someone you love needs help. Since 1999, our three-day intensive workshop has a success rate of 77% in turning marriages around and saving them.

We can help by God's grace. We want to help. We invite you to enroll in Marriage Helper 911 or any of our online courses designed to bring healing and restoration to marriages in crisis – www.marriagehelper.com.

WHAT IS MARRIAGE HELPER 911?

Marriage Helper 911 is an intense turnaround weekend for marriages that are struggling or in trouble.

WHAT HAPPENS IN MARRIAGE HELPER 911?

In addition to the LovePath model, Marriage Helper 911 consists of several segments, each building on the one before. Segments include:

- assessing your relationship as it is now
- discovering how to stop hurting each other
- gaining revealing insight into yourself
- analyzing what would truly fulfill you in life, individually and/or as a couple
- dealing with anger
- overcoming hurt and pain
- learning new communication methods
- requiring and receiving respect
- forgiving
- achieving win/win solutions that make each of you happy
- understanding and mastering personality conflicts
- understanding and overcoming extramarital affairs
- solving sexual conflict or discontent
- and more.

IS THIS WORKSHOP A TYPE OF COUNSELING OR THERAPY?

Though workshop leaders typically have advanced degrees in psychiatry, psychology, or marriage and family therapy, this workshop is *not* counseling or therapy. It actually works on a different – remarkably different – level. That’s why many counselors and therapists send couples to the workshop. It’s also why many couples that have not had success in counseling or therapy come to us.

HOW SUCCESSFUL IS MARRIAGE HELPER 911?

Since 1999, three of four couples who attend save their marriages. That holds true even if one or both do *not* wish to be there or to save their marriages. Some come to ease their consciences. Others come to make their children, parents, friends, or ministers happy. Some come with full intention of leaving their spouse for their lover and come only to get a better deal in the divorce. No matter the reason they come, our success rate is still 3 of 4 couples.

WHAT IF ONE OF US IS IN LOVE WITH SOMEONE ELSE?

Quite a few couples attend Marriage Helper 911 while one or both partners are in love with someone else. So why would you come if one or both love someone else?

1. If children are involved, you need to find a way to get along with each other even if you divorce.
2. You’ll have a clearer conscience if you take at least three days to examine your current marriage before you leave it.
3. You may discover that there is an unknown, but very real factor that is affecting your view of your spouse and of your lover. Regardless of your ultimate decision, knowledge of this hidden factor will benefit you greatly.
4. You will have a better future – even if you divorce – if you learn why this marriage failed and what to do to make sure you never fail again.
5. The best reason of all is that though you may not be able to imagine it – and think that you don’t even want it – you may learn to fall in love with each other again and have a wonderful future together.



WHAT IF I WANT TO COME BUT MY SPOUSE DOESN'T?

Call us toll free at 866-903-0990 to learn more about this workshop and how God may use it to turn your marriage completely around and make it what you have always wanted it to be...

It's not unusual that one mate wants to come to Marriage Helper 911 but the other does not. If you would like more information on how you may get your spouse to come, email us at info@marriagehelper.com or call us at 866.903.0990.



MARRIAGE HELPER

If your marriage is in crisis—or if you love someone whose marriage is in crisis—our success rate since 1999 is three out of four marriages. It doesn't matter if one spouse comes reluctantly or under pressure. It doesn't matter if one is madly in love with someone else. Our success rate remains just as high. It is, of course, by the grace of God Almighty.

If you wish a miracle for you or someone you love, call now toll free 866-903-0990 or visit us at www.marriagehelper.com.