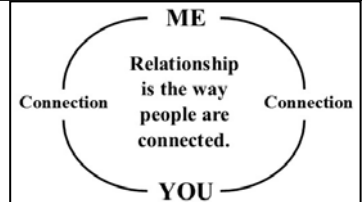


# Connection: The Links Between Two People in Relationship



Relationship is the way people are connected—connection is *how* they are in that relationship. Connection is active; we must be intentional and purposeful about connecting with our spouse—it does not happen naturally. Connection happens through verbal and non-verbal communication—the non-verbal can be a look or a touch. We connect as we share our lives together and connection should occur spiritually, emotionally, intellectually, and physically.



Marriage researcher John Gottman wrote; “Successful couples are those who are in touch with each other’s emotional worlds.” In today’s fast paced, hurried environment, it may not be easy to connect with our spouse, but it is *necessary* to build a strong, lasting marriage. Couples must connect to build and maintain a healthy marriage or the relationship will die. Many couples live in dead relationships devoid of connection—in reality, they are *not* in relationship, but they exist two separate people in the same house rather than in the marriage relationship God intended for them. Divorce often occurs, not because of some major problem, but because the couple has grown apart due to a lack of connection.

Where are you? Are there links between you and your spouse? Do you connect spiritually, intellectually, and physically? Are you in touch with your spouse’s emotional world? A long marriage doesn’t necessarily mean a good marriage. You must *intentionally* connect with your spouse no matter how long you have been married. If you aren’t connected, you *can* develop the links—the connection with your spouse. Find ways to enter into each other’s world. Make time for each other; talk and share your dreams, fears, feelings, hurts, and desires with each other. Do fun things together—seek the oneness in your marriage God wants for you.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

**Articles to check out:** *5 Steps to Emotional Intimacy with Your Spouse* by Roxann Anderson - [www.focusonthefamily.com](http://www.focusonthefamily.com)

*Build a Strong Emotional Connection with Your Spouse* by Whitney Hopler - [www.crosswalk.com](http://www.crosswalk.com)

**Book to check out:** *Everyone Communicates, Few Connect* by John Maxwell

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