

# How Deep is Your Love? Part2 The Four Seeds of Marriage

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What do you  
**KNOW**  
about an  
apple?



What do you  
**UNDERSTA**  
**ND** about an  
apple?



Do you  
**ACCEPT** what  
you **KNOW &**  
**UNDERSTAN**  
**D** about the  
apple?



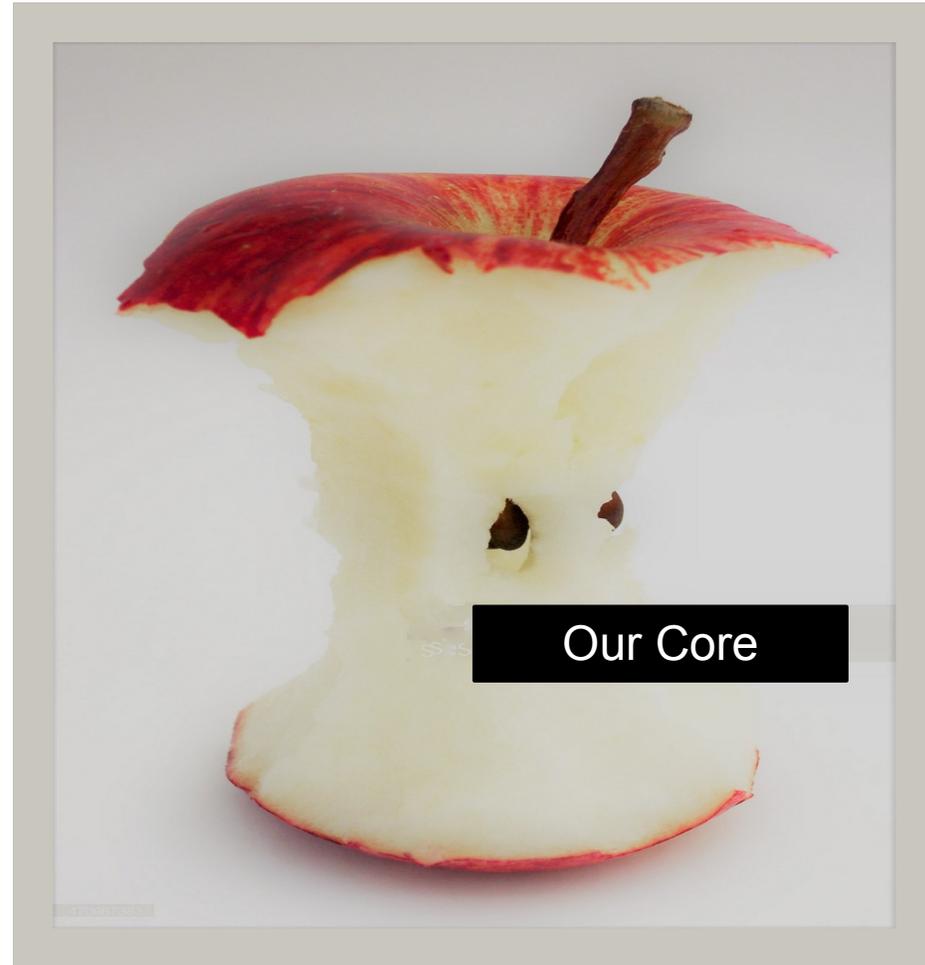
Do you  
**VALUE** what  
you **KNOW**,  
**UNDERSTAN**  
**D & ACCEPT**  
about the  
apple?



What do you  
**Know,**  
**Understand,**  
**Accept &**  
**Value** about  
your  
spouse?



The first thing  
we should  
**KNOW** about  
ourselves is  
that we all  
have a **CORE.**



# The Core of Men & Women



The Core Of Men & Women

Infants and children were given permission to express their emotions.



Boys &  
Girls

# Boys

When we  
were  
punished,  
we heard  
this:



“I better not see any  
tears!”

# Boys

When we  
received advice,  
we were told this:



“I know you’re 13 years old, but real men  
don’t talk about his feelings”

# Boys

When we shared our feelings and if we were rejected, we thought this:



“I’ll never share how I feel again!”

# Boys

For some boys it started at 4 years old.



“I don’t care what they did, you better not cry!”

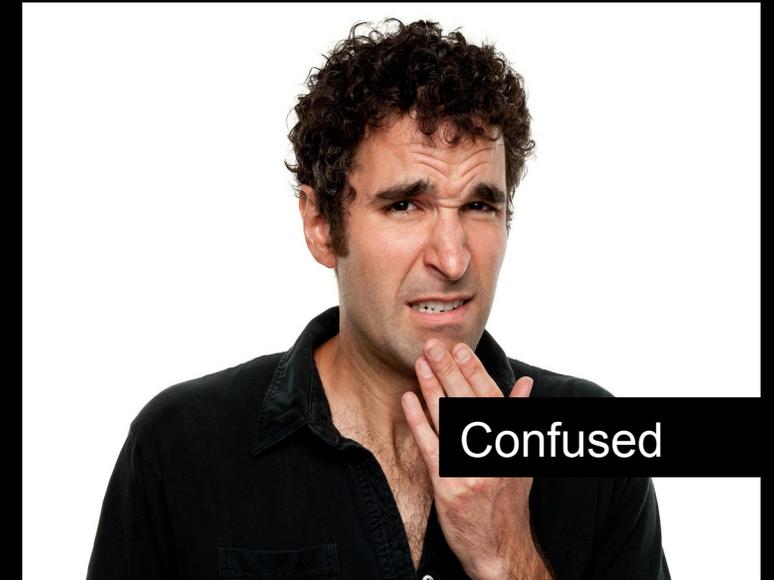
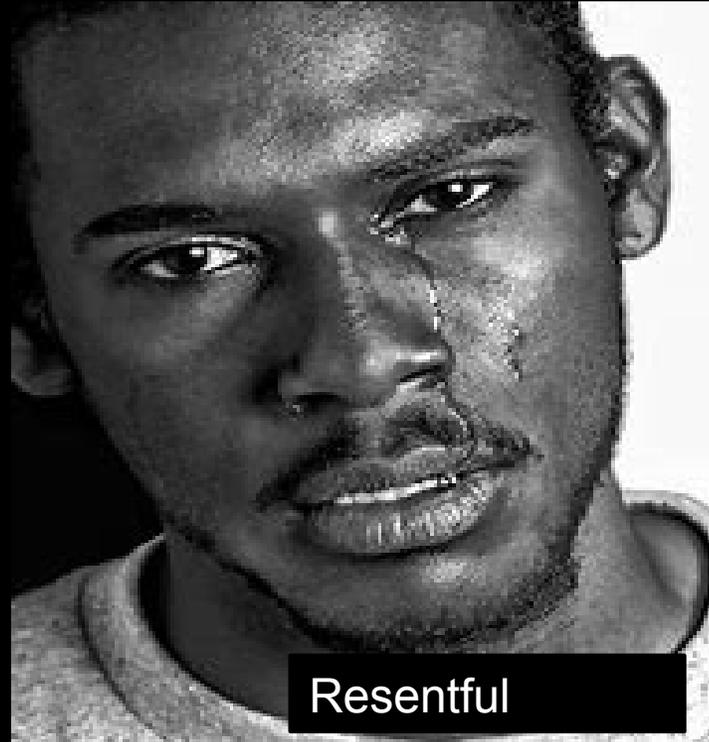
# Boys

The feelings that boys experienced growing up were:



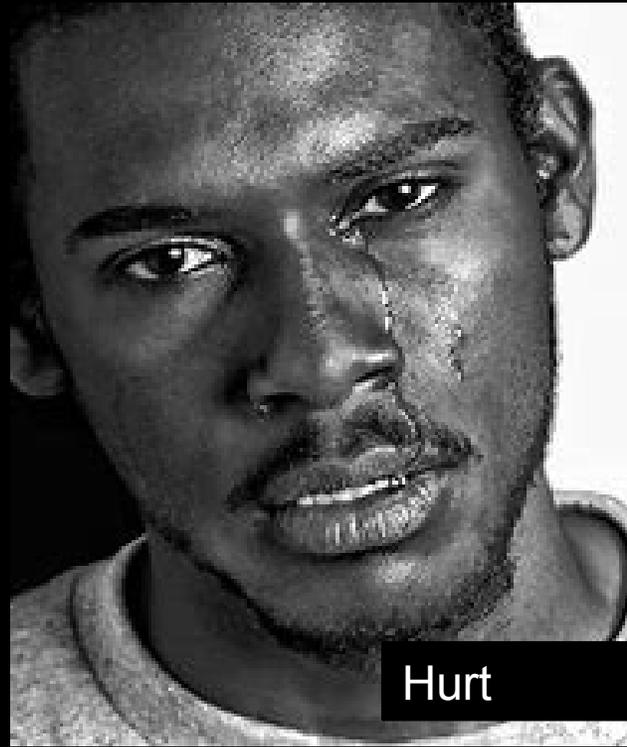
# Boys to Men

And those feelings  
turn into these  
feelings:



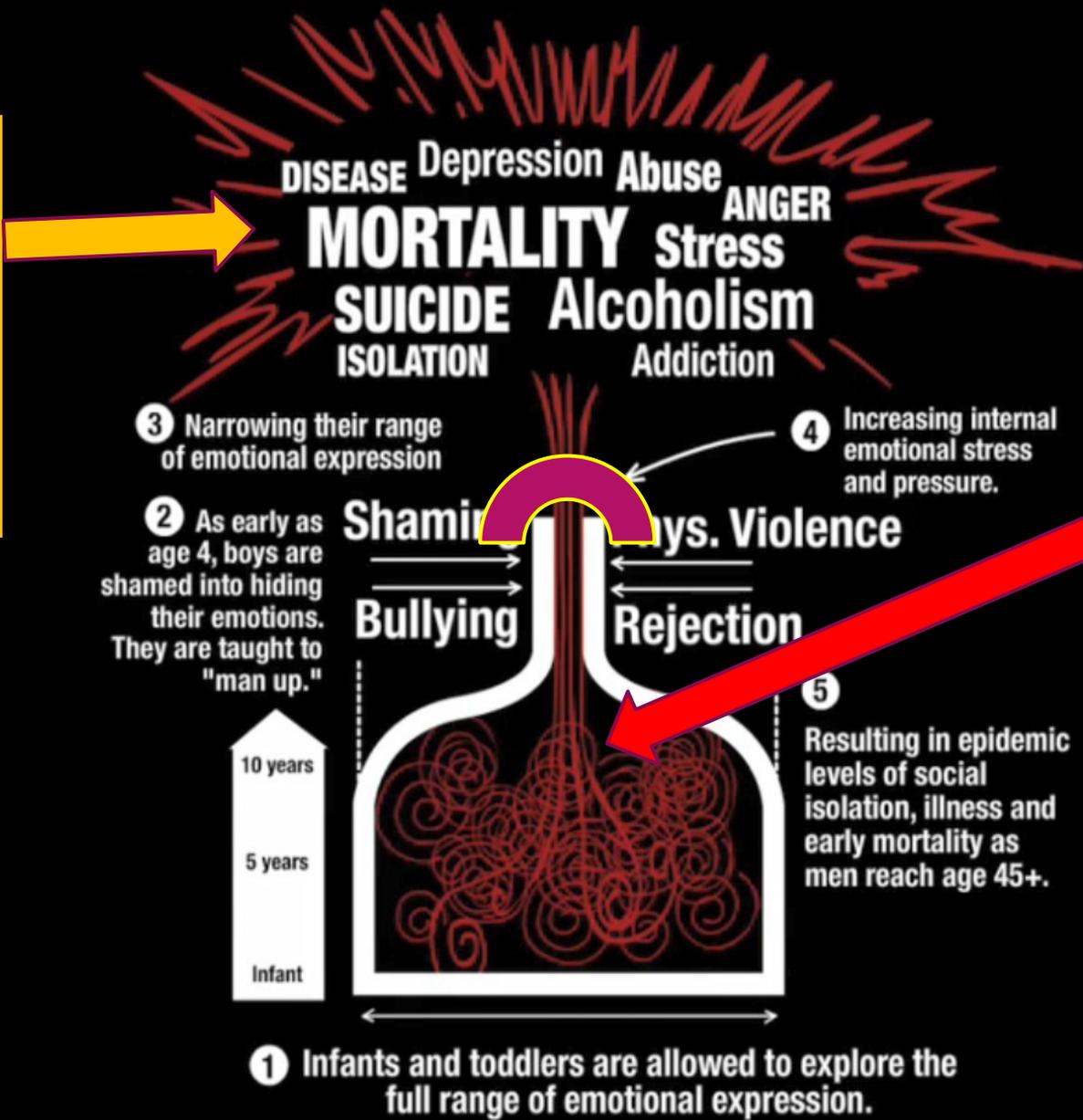
# Men

Let's take a look at what happens when men suppress their emotions.



The Male Emotional Suppression Cycle

Coping from the feelings never released.



Feelings are neither lost or destroyed they are just transfer to someone else.

# The Male Emotional Suppression Cycle

# Husbands

Husbands, there are things in our core that no one knows about.

True intimacy with our wives will come when we have true intimacy with God.

# Girls

Girls were given permission to identify pain.



“Tell me where it hurts”

# Girls

Girls were given affirmation after experiencing pain.



# Girls

Girls were given permission to express themselves.



“How do you feel now?”

# Wives

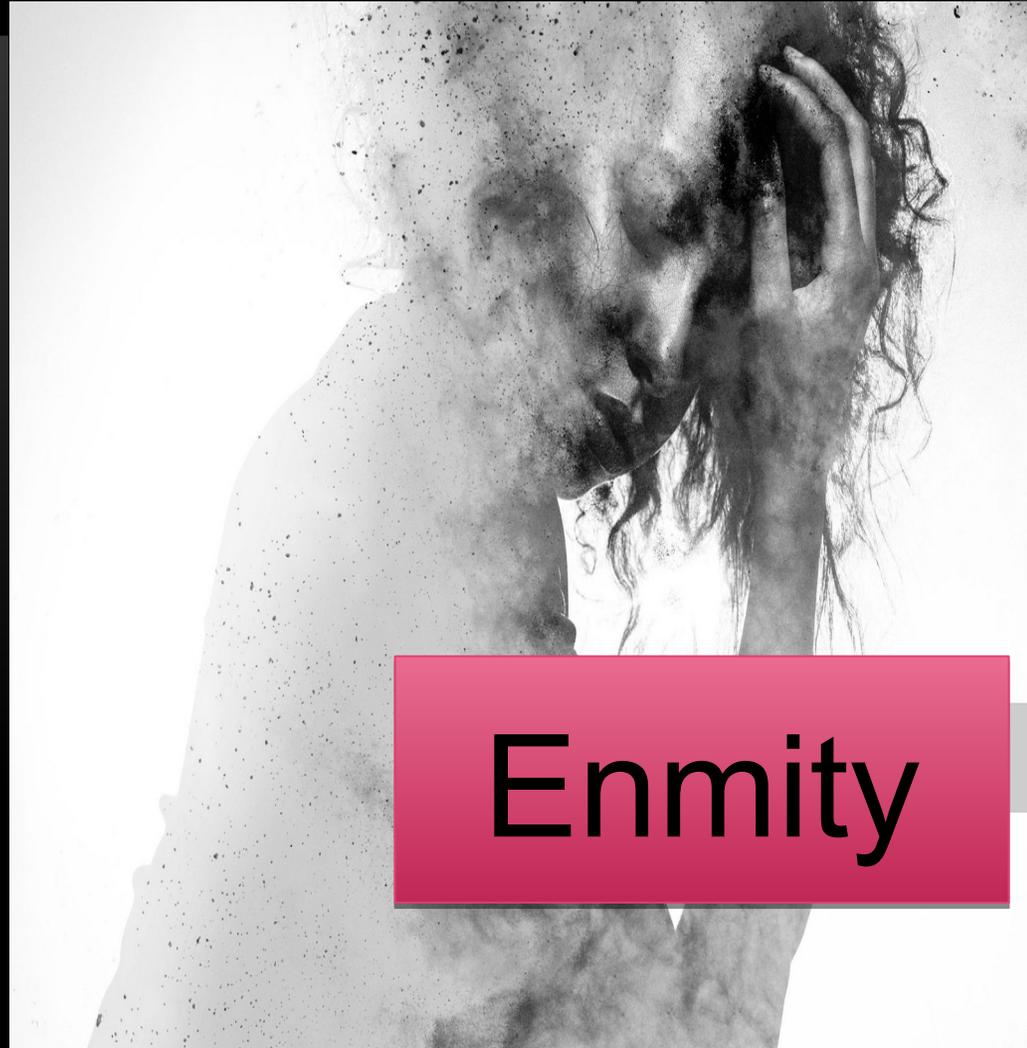
When God created women as a help-meet, He provided three gifts.



“The helper”

# God's gift to Women

Gift #1-  
Spiritual  
Enmity



Enmity

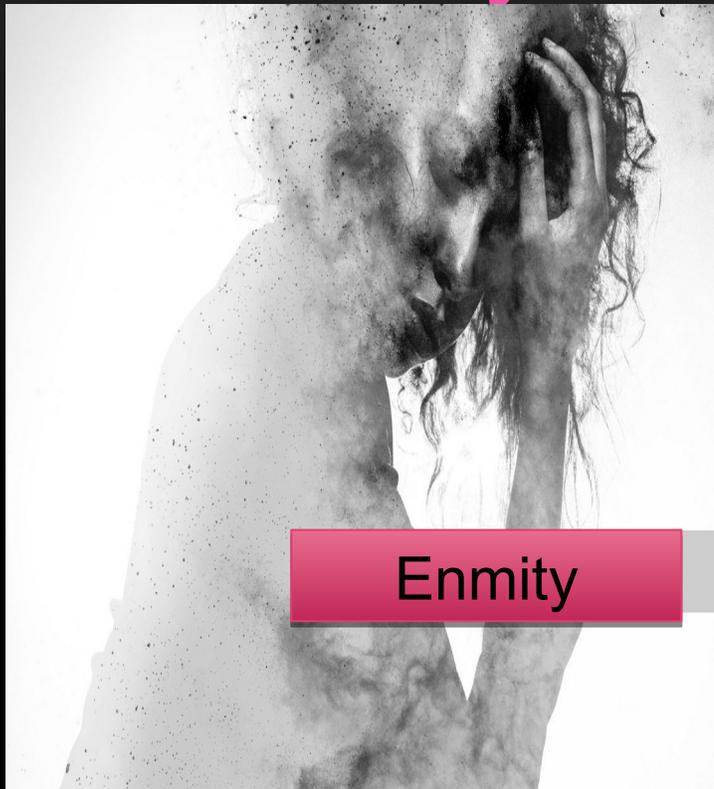
**Genesis 3:15**

<sup>15</sup> And I will put  
enmity between you  
and the **WOMAN**,  
and between your  
offspring and hers;  
he will crush your  
head, and you will  
strike his heel.”

# God's gift to Women

Gift #1-Spiritual

Enmity



Enmity

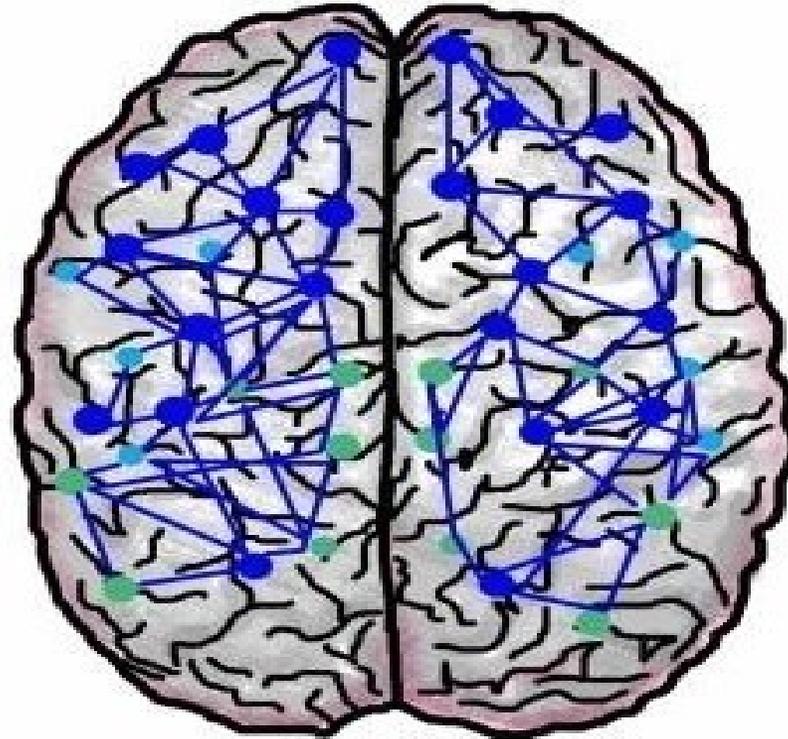
ENMITY-MEANS HATRED FOR  
SIN

A SPIRITUAL FORCE FIELD  
PUT BY GOD BETWEEN SATAN  
AND THE WOMAN.

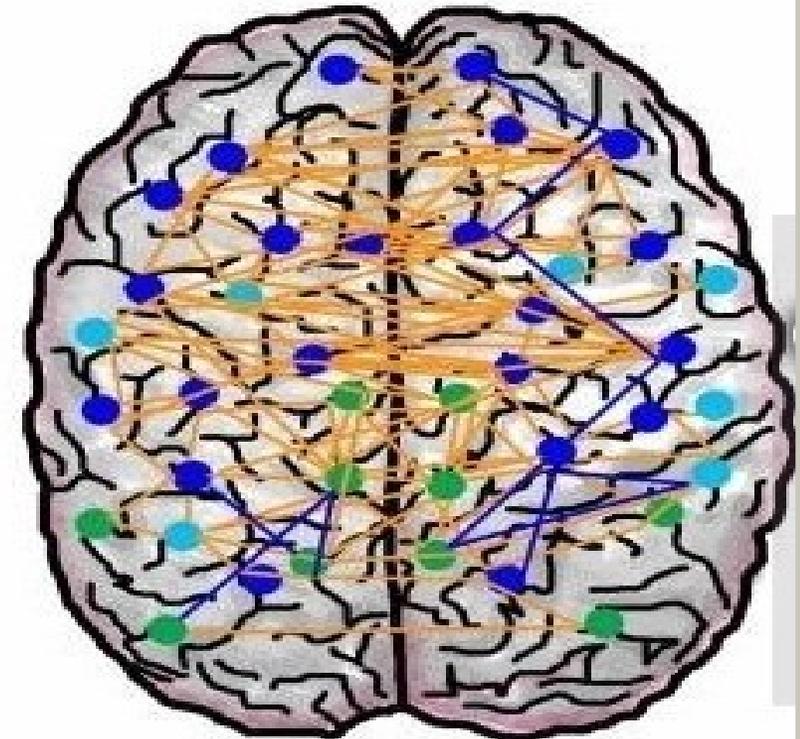
# God's gift to Women

## Gift #2-Mental

A woman has two verbal centers that interconnect.



**MALE  
BRAIN**



**FEMALE  
BRAIN**

# Functional Differences

MALE BRAIN

FEMALE BRAIN



ONE SIDE

ONLY

USE ONE SIDE



neurons on

BOTH SIDES

BOTH SIDES

# God's gift to Women

Gift #3-  
**Emotional**  
Oxytocin  
(Love Hormone)



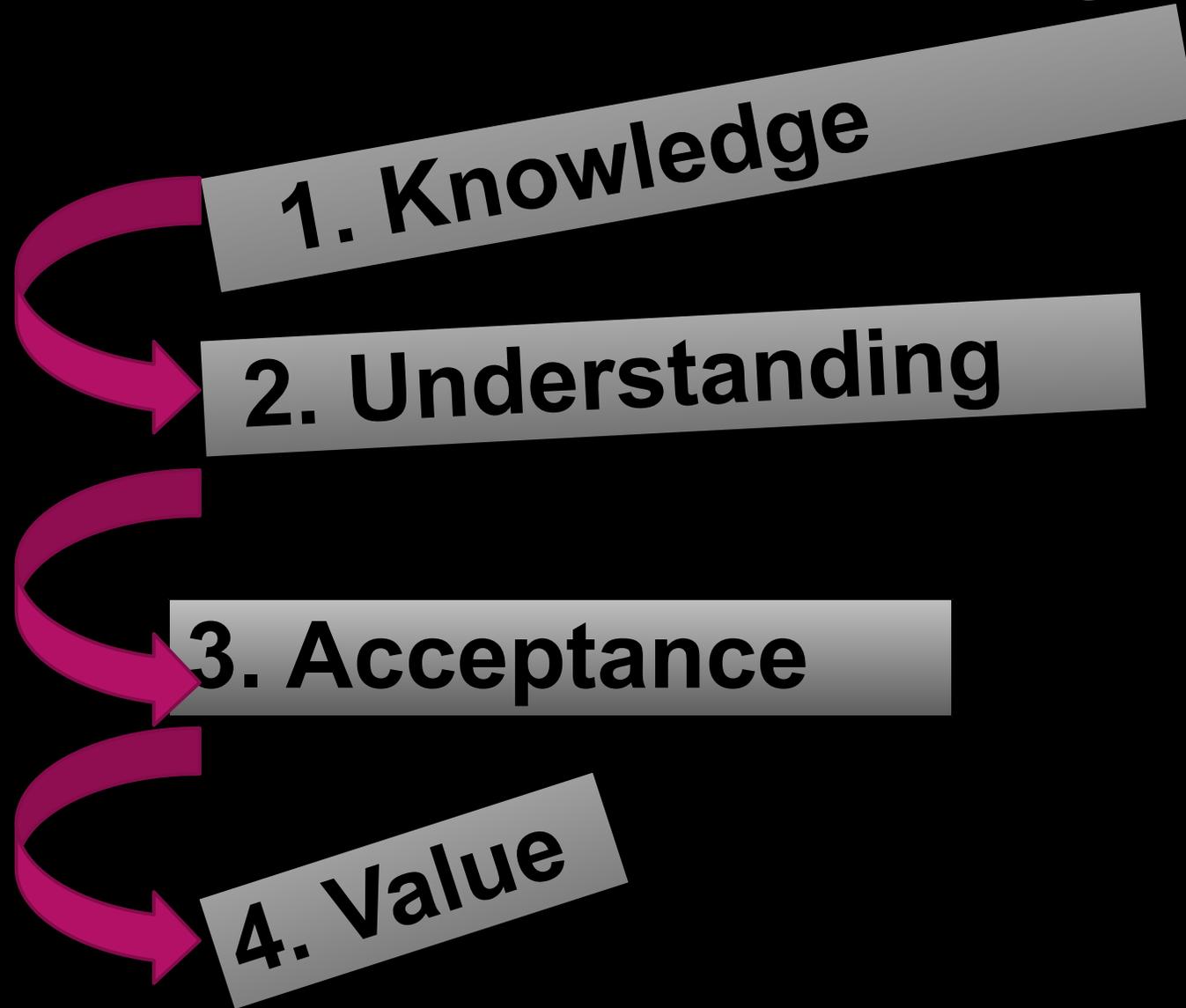
Oxytocin is a hormone related to empathy and bonding. Women have significantly more oxytocin than men.

Just as an apple has seeds, there are seeds in marriage that are essential for marital growth.

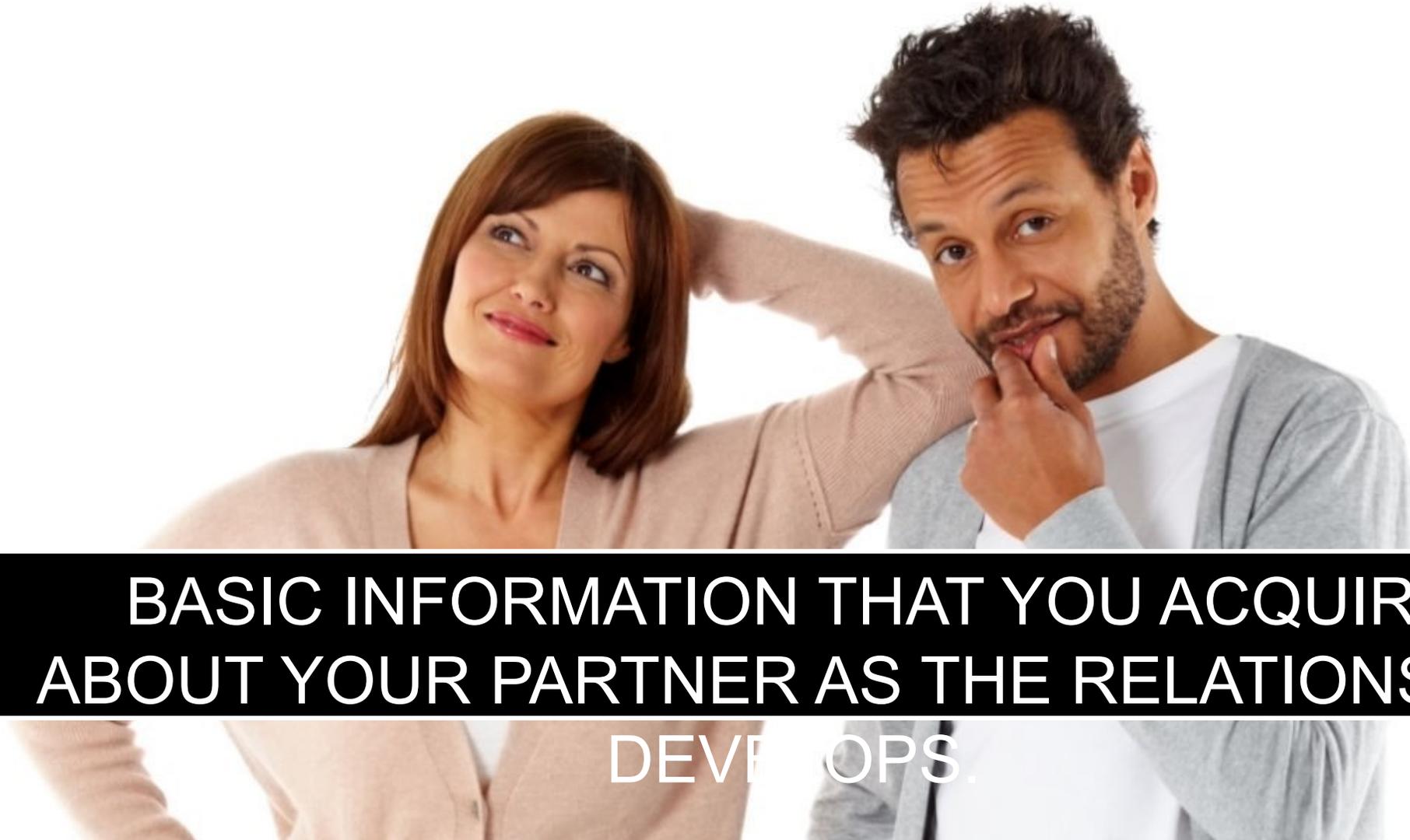


The Four Martial Seeds

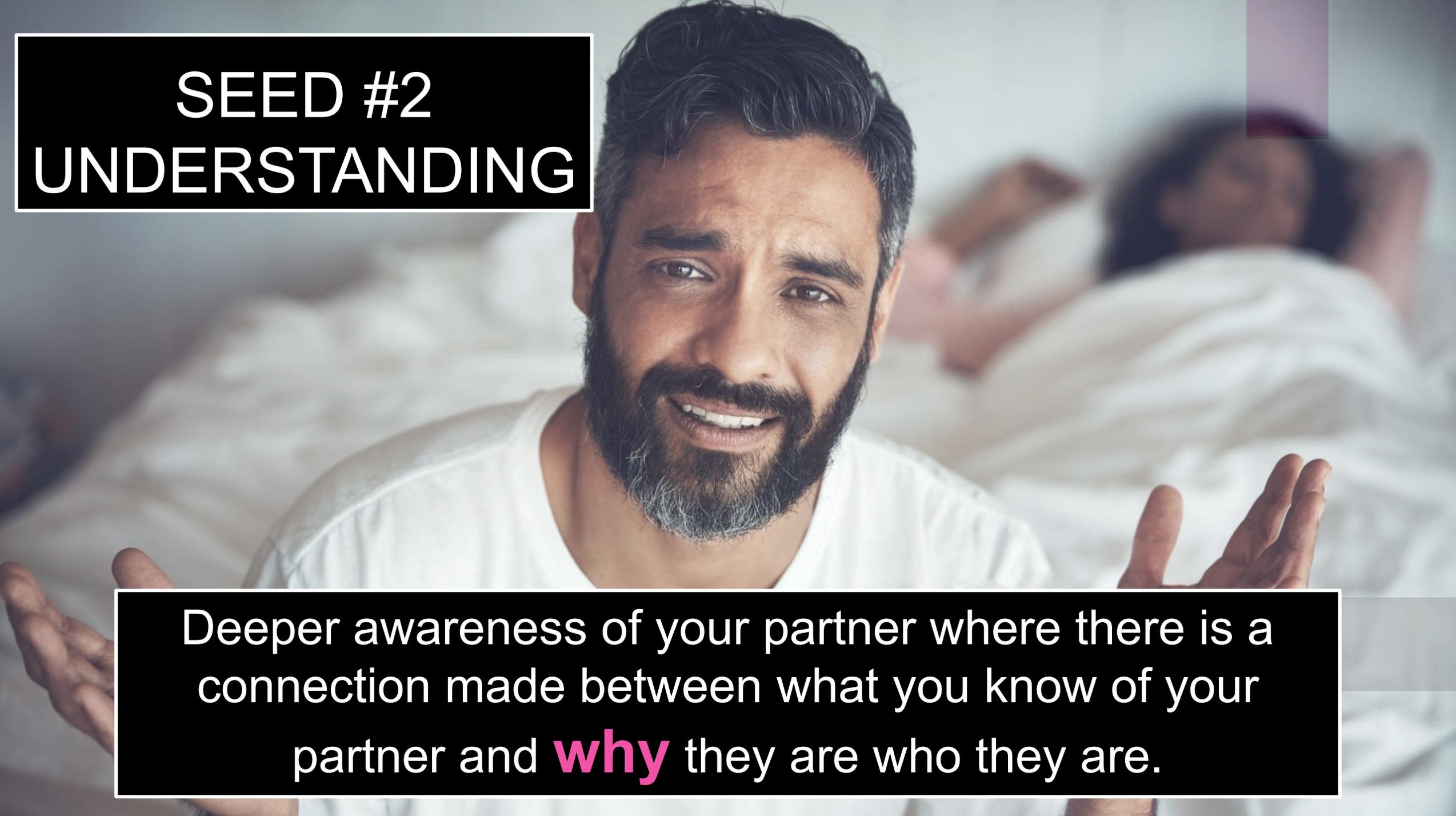
# The Four Seeds of Marriage



# SEED #1-KNOWLEDGE



BASIC INFORMATION THAT YOU ACQUIRE  
ABOUT YOUR PARTNER AS THE RELATIONSHIP  
DEVELOPS.



## SEED #2 UNDERSTANDING

Deeper awareness of your partner where there is a connection made between what you know of your partner and **why** they are who they are.

# SEED #4-VALUE



Respect of who your partner is and the desire to **protect** your partner from violations of those aspects of their core.

An elderly couple is shown in profile, looking towards the left. The man is in the foreground, wearing a light blue shirt, and the woman is behind him, wearing a light-colored jacket. The background is dark. A semi-transparent dark grey box is overlaid on the bottom half of the image, containing white text.

Which seeds are planted in  
your marriage?

Now that you know, what are you going to do with it?





Confidential Questions  
Text-770-904-1709  
Live Chat-[www.marriagemenders.org](http://www.marriagemenders.org)