



## Beauty of Eden

### THE VISION OF BEAUTY OF EDEN

In the Garden of Eden, God planted trees, flowers, shrubs, rivers, animals and man. All these together, were very beautiful to the eye.

The real beauty however was not to be found in the trees, animals or even man. **The true beauty of Eden was in the relationship God created when He brought man and woman together as man and wife, making them 'one flesh'. (Gen.2:24, Prov.18:22)**

Marriage was created and instituted by God. (Gen.2:18-24). It was God's idea, not man's.

The devil came in and perverted God's institution and created another form of marriage different entirely from God's original plan. (Gen.3)

We therefore, see two marriages in the beginning. One in Genesis chapter 2 and the other in Genesis chapter 3.

The later marriage in Genesis 3 will eventually end in divorce, but we will focus our study on the Marriage in Genesis 2.

Since God instituted marriage, if we follow the instructions in Genesis chapter 2, (and the instructions are many) we will have beautiful, fruitful, blessed and happy marriages.

Even if your marriage (or someone's you know) is in or almost at the divorce courts, applying God's principles will turn things around.

Today we will look at marriage as God intended focusing on the theme "Why I Love You' is Not Enough"

May the Lord bless and enrich our lives and marriages in Jesus name

Thank you

Femi & Jumoke

## THE BEAUTY OF EDEN

(Marriage Enrichment School)

# When 'I love you' Is Not Enough

A 1-day conference for married couples  
newlyweds, people in relationships  
and singles

**Sat 8th September 2018**

MINISTERING

**Pastors Femi & Jumoke Popoola**

INFORMATION

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### Why 'I Love You' is Not Enough To Sustain A Relationship

Every relationship needs 'chemistry'. Something that would endear to each partner. For married couples or those in courtship, it is love. For other relationships it could be a likeness, fondness or some common attraction.

How many times have you heard the words 'I love you' or 'I love him' or 'I love her'. However no relationship on the long run thrives, grows or is sustained by love only. Relationships are there for the long haul, not the short run.

Short term relationship, in some cases, 'smell' a lot of exploitation particularly when you remember that no one comes into a relationship 'baggage free'.

We all have issues that have shaped or are shaping how we relate with one another. For this reason, it is difficult for 'love' (if it is not agape love) to sustain any relationship between two imperfect people

There are some other important friendship elements that are necessary to hold up long term relationships such as care, support, trust, commitment, understanding, selflessness etc.

Without these important elements in a relationship, it is easy to fall out of love. It is easy for fondness and likeness to thin out.

A marriage that starts out in love needs an on-going friendship to sustain it so it does not become an endurance relationship



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### INTRODUCTION

All relationships must have foundation stones or pillars on which they are built. All these pillars (like those of a building) must be strong.

If you try to make up for one weak pillar by strengthening another, the whole structure will be out of balance.

These pillars are necessary for a strong and lasting relationship.

There are actually many pillars that support relationships, but we will talk about four of them:

- Love,
- Respect,
- Understanding and
- Trust

The most neglected one is respect or honour.

The one that takes the longest to develop is understanding or knowledge.

The most fragile of these four pillars is trust.

These are like four pillars of a house. Each of these pillars must be nurtured. If one is weak you can't make up for the lack in that area by adding to another. Love won't make up for mistrust, nor understanding for disrespect.



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### 1.

#### The Pillar of Love

This pillar has several important characteristics for it to be a strong support:

- **Safety and Security.** In a loving relationship, you should be able to relax, feel safe and secure with each other. You can relax and let your guards down. You can 'be yourself'.
- **Support.** A supportive relationship helps you know you're not facing the world alone. You can depend on others to stand with you in difficult times, even when they don't necessarily agree with your stand. This is in good and also challenging /difficult times. In a relationship where this characteristic is present, you encourage, help and lean on each other. You receive & give it.
- **Sense of Belonging.** We need for a sense of belonging that comes from being included by others. You are part of each other. This pillar gives a feeling/sense of being significant.
- **Care.** When you care/nurture someone, you invite him or her to take a special place in your heart. Care is expressed through words as well as through deeds. When you really care about someone, you are willing to move out of your comfort zone for that person's benefit. It's easier to connect with someone who goes out of his or her comfort zone for you.



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- **Acceptance.** We are different. Acceptance in a loving relationships means that you accept each other's differences, celebrating areas of strength and lovingly in a loving relationship.

### 2.

#### The Pillar of Respect

The second pillar of a healthy relationship, which is the most neglected, is respect or honour. For a relationship to be significant there must be mutual respect.

Basically, respect is recognizing and acknowledging the other person's worth or value.

How do we honour and respect another person?

- You show acceptance.
- You give recognition
- You give affirmation and encouragement
- You believe in others (even when they don't believe in themselves).
- You build them up.
- You don't take for granted what they do or who they are.
- You give admiration. (private and public admiration)

### 1Th.5.11

Paul counsels, ***"Therefore encourage one another and build each other up, just as in fact you are doing."***



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All these ways of showing respect and giving honour are communicated by what you say and what you don't say to each other - verbal and non-verbal communication

### 3. The Pillar of Understanding

The third essential element of a close relationship, and the one that is so often sidestepped, is understanding. The other three elements are dependent upon this one

Understanding only develops over time. It's based on knowledge. You understand others by getting inside of them and seeing life from their perspective, through their eyes.

It involves tremendous amount of communication.

It involves asking, sharing and listening. Your partner will never understand you unless you reveal yourself. Nor will you ever understand another unless he or she is open with you.

Understanding is based on how well you know one another

### 1Pet.3.7

*7 Husbands, likewise, dwell with them with understanding, giving honour to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.*



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### 4. The Pillar of Trust

When it comes to trust, a sign should be hung over it saying, "**Fragile: Handle with Care**". Some people find it easy to trust, while others find it very difficult.

Trust is making oneself dependent upon another person for some result or outcome. It's a healthy dependency.

You can't be forced into it. It's a voluntary response. It's an attitude, and it has three parts.

- First, you believe in your mind that the other person is trustworthy.
- Second, there is an emotional response in trust. You feel assurance or confidence in trusting the other person.
- Finally, your behaviour has to come into play when you act on the trust you perceive.

*Trust is when you're in the water and a friend reaches down his hand to pull you out and you reach up and grasp it. You don't hesitate or debate whether he really wants to rescue you.*

*You believe.*

*You feel confident.*

*You reach out.*



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Note that there is risk in trust. The other person could let you down.

Although all life involves some risk, loving makes you especially vulnerable.

In fact, you can't be in a loving relationship unless you're willing to run the risk of being hurt.

**Q:** How do you know if you really trust the other person or not?

**A:** You don't have a backup plan in case the other person lets you down. You don't have a plan "B" in case he or she fails you.

When two people in a relationship have mutual trust, they are sending messages to one another.

They are saying,

- I have confidence in you.
- I will be here for you when no one else is.
- You can depend on me for little things and large things.
- I will be consistent, not changeable or impulsive.
- You can depend on me to speak the truth.

For the purpose of this seminar, we will concentrate on the **Pillar of Trust.**



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### THE PILLAR OF TRUST

Trust is extremely important. It contributes to the success of a healthy, meaningful, and loving relationship. It increases intimacy, and strengthens love.

We say with confidence that a relationship not built on trust will suffer.

#### **Trust is not automatic.**

It takes time to build and develop.

It's very important to discuss the meaning of trust with the person you are in relationship with, what it means and how it impacts the relationship.

Having this discussion will help you develop an understanding about each other and your views about trust.

It's important to create an atmosphere of honesty when building trust in your relationship. Some of the ways this can be done are:  
By making sure you don't keep secrets,  
By making sure you are aware of each other's intentions  
By making sure you both know who you are and that your identity is created based on reality and not fantasy.  
By making sure your behaviour matches your words.

#### **UNDERSTAND AND DEFINE TRUST**

Understanding and defining trust are the keys to developing honest perspectives when it comes to creating a healthy, loving, and strong relationship.



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### BREAK OUT SESSION 1

#### ANALYSIS OF BREAKOUT SESSION

#### IMPORTANT CHARACTERISTICS EVERY PERSON NEEDS TO BUILD TRUST

Trust is the most important foundation and key component to building a healthy, loving, and stable relationship, and there are some characteristics that you must possess in order to build trust.

- Honest
- Faithful
- Dependable
- Predictable
- Consistent
- Open
- Reliable
- Loyal

One of the most wonderful gifts of a loving marriage is the ability to trust your spouse

trust that he/she will be true to you emotionally

trust that he/she does what they promise to do.

trust that he/she is the same person on the inside that is presented on the outside

trust that he/she has your best interest at heart.

This creates safety, security and a deeper capacity to love.

Successful marriages are built on trust.



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### HOW TO BUILD TRUST

- Be Trustworthy - Let your words and actions synchronize
- Keep your promises
- Show honesty
- Be accountable
- Be totally open with your spouse
- Try to please your spouse

Give time to build trust

Confront and discuss issues of bother

#### CONCLUSION

If you want to build trust in your marriage, you must realize how important it is to the survival of your marriage, understand it, and take steps to be a trustworthy person yourself, and to build bridges that will make you trust your spouse.

Building trust will help you to make a happy marriage, and make your marriage succeed.

### BREAK OUT SESSION 2

#### ANALYSIS OF BREAKOUT SESSION



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## **REBUILDING TRUST**

The trust between a husband and wife can be severely damaged when major problems such as infidelity, lies, broken promises, lack of transparency, deceit, to mention a few, invade the marriage.

Rebuilding trust in your marriage can be challenging when your spouse has done something significant to breach your trust. However, this does not mean that the marriage isn't salvageable.

Trust in an intimate relationship is about feeling safe with another person. When something happens to cause one, or both, of you to feel unsafe with each other due to a one-time event or series of events, trust is eroded. It takes much time and effort to re-establish the sense of safety you need for a marriage to thrive.

Trust is something that has to be earned. It's a mistake to assume that a person is worthy of trust simply because he's expressed remorse and you've offered him forgiveness. That's just the beginning.

As has already been indicated, trust can be broken fairly quickly, but the rebuilding process can be lengthy and tedious. This is especially true where the offenses in question were unusually hurtful or if they've been repeated numerous times. When you've been wounded, it's difficult to trust again unless you can see tangible evidence that things are going to be different in the future.



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Here are a few suggestions and help for rebuilding trust in your marriage

- There must be an acknowledgement that hurt and pain has been caused by the bad behaviour or betrayal.
- Take responsibility for your own actions and decisions.
- Avoid being defensive.
- Make a decision to love by trying to let go of the past.
- Both of you must renew your commitment to your marriage and one another.
- Forgive: Decide to forgive or to be forgiven.
- Be Honest - no more secrets, lies, infidelity, etc. There must be complete transparency.



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- Set specific goals for getting your marriage back on track.
- Listen completely to one another and with your heart, not just your head.
- Be humble
- Time and patience. Rebuilding trust requires time and patience.
- Commitment
- Love (1Peter.4.8) *"And above all things have fervent love for one another, for love will cover a multitude of sins."*
- Prayer – The role of praying together cannot be over emphasized

Other Beauty Of Eden Seminars are available for sale

@ £5

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(Marriage Enrichment School)

# Loving Forward

No Grudges  
 Act of Fighting Fairly  
 Forgiving Fleetingly

*Instead, be kind to each other, tenderhearted, forgiving one another... Eph. 4:32 (NLT)*

**Saturday 13th May 2017**  
**1.00pm - 6.00pm**

HOSTS  
**Pastors Femi & Jumoke Popoola**  
GUEST SPEAKERS  
**Pastors Sola & Bimbo Fola-Alade**

VENUE  
1 Marsh Road, Alperton  
Wembley  
Middlesex HA0 1ES  
*Refreshments will be served!*

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THEME  
**Building A Stronger Marriage**

SEMINAR TOPICS  
 Assessing Your Marriage  
 Decision Making in the Home  
 Unrealistic Expectations in Marriage

DATE/TIME  
**Saturday 7th February 2015**  
**1.00pm - 6.00pm**

VENUE  
1 Marsh Road, Alperton  
Wembley  
Middlesex HA0 1ES

MINISTERING  
**Pastors Femi & Jumoke Popoola**

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*Refreshments will be served!*

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THEME  
**The Beauty of Eden**

DATE/TIME  
**Sat 24th & Sat 31st August 2013**  
**11.00am - 2.00pm**

VENUE  
1 Marsh Road  
Wembley  
Middlesex HA0 1ES

MINISTERING  
**Pastors Femi & Jumoke Popoola**

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*Refreshments will be served!*