



**Walls in Marriage that Effect
Everything**

Henry Reyenga

Walls That Effect Marriage

Spiritual Walls

Time

Prioritizing

Balance

Emotional Walls

- Women Specifically pray for help
 - Intense emotion first goes to God, then to husband. Let these emotions push you to Christ.
 - Express your emotional temperature
 - Taking Care of yourself (take a nap)

Emotional Walls

- Emotional Walls

Men who don't share emotion

Women who let their emotions control them and their husbands

Emotional Walls

- Men Specifically pray for help
- Don't overreact to the emotions of your Wife.
- Just Listen, don't fix
- Ask your wife to help you with expressing your feelings. Beyond...Sad, glad bad and mad.

Emotional Walls

- General Emotional Wall
 - Previous Relationships, “I can’t trust men now”
 - Parents
 - Children

Sexual Walls

Attitudes that hinder a healthy sexual relationship.

Shame

Porn

Past sexual abuse

Sexual Walls

Shame for Men

“Your husband’s mother might have made him feel ashamed, and as a consequence, your husband might have learned to hide his sexuality from his mom, just as your husband might very well be hiding the depth and frequency of his sexual interest today because he has similar fears-that you will ridicule or shame him for being so sexual. He thinks, That’s just the way women are.” Making Sense of the Men in Your Life, Dr. Kevin Leman

Sexual Walls

Shame for Women

Sex is dirty, lower, therefore my
husband is perverted

Previous Abuse Issues therefore sex is
emotionally painful

Sexual Walls

What is O.K. to do in the marriage bed?

Private Decision between the two of you

The Bible does not condemn oral sex,
sexual creativity and fantasy between
husband and wife exclusively.

Abusive forms of sexual expression are
OUT

Review of Love Languages

On a scale of 1-10 what expressions of love mean the most to you?

Affirmation

Quality Time

Physical Affection

Gifts

Service