

"Restoring Romance In Marriage" (3 of 4)

Cornerstone Church of Poway

Pastor Ed Turley

February 16th, 2025

Big Idea: Restoring romance in marriage isn't about grand gestures—it's about daily faithfulness, intimacy, and intentional love.

Three Truths To Restore Romance In Marriage:

1. Set Healthy Boundaries To Honor And Reassure Your Spouse's Trust

"I made a covenant with my eyes not to look with lust at a young woman.

Job 31:1 (NLT2)

For the lips of an immoral woman are as sweet as honey, and her mouth is smoother than oil. ⁴ But **in the end** she is as **bitter as poison**, as dangerous as a double-edged sword. ⁵ Her feet go down to death; her steps lead straight to the grave. ⁶ For she cares nothing about the path to life. She staggers down a crooked trail and doesn't realize it. ⁷ So now, my sons, listen to me. Never stray from what I am about to say: ⁸ Stay away from her! Don't go near the **door** of her house! ⁹ If you do, you will **lose your honor** and will lose to merciless people **all you have achieved**. **Proverbs 5:3-9 (NLT2)**

Drink water from your own well— share your love only with your wife. ¹⁶ Why spill the water of your springs in the streets, having sex with just anyone? ¹⁷ You should reserve it for yourselves. Never share it with strangers. ¹⁸ Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. **Proverbs 5:15-18 (NLT2)**

For the LORD sees clearly what a man does, examining every path he takes.

²² An evil man is held captive by his own sins; they are ropes that catch and hold him.

²³ He will die for lack of self-control; he will be lost because of his great foolishness.

Proverbs 5:21-23 (NLT2)

Marriage should be **honored** by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. **Hebrews 13:4 (NIV)**

Notes: _____

2. Prioritize Emotional and Physical Intimacy

"Haven't you read," he replied, "that at the beginning the **Creator** 'made them **male and female**,' ⁵ and said, 'For this reason a man will **leave** his father and mother and be **united**

to his wife, and the two will become **one flesh**'? ⁶ So they are no longer two, but **one**. Therefore what God has joined together, let man not separate." **Matthew 19:4-6 (NIV)**

"My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry" **James 1:19 (NIV)**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity. **Colossians 3:12-14 (NIV)**

Now concerning the things of which you wrote to me: *It is* good for a man not to touch a woman. ² Nevertheless, **because of sexual immorality**, let each man have his own wife, and let each woman have her own husband. ³ Let the husband render to his wife the **affection due her**, and likewise also the **wife to her husband**. ⁴ The wife does not have authority over her own body, but the husband *does*. And likewise the husband does not have authority over his own body, but the wife *does*. ⁵ Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

1 Corinthians 7:1-5 (NKJV)

Notes: _____

3. Pursue Love By Celebrating The Simple Joys of Life

Go, eat your food with gladness, and drink your wine with a **joyful heart**, for it is now that God favors what you do. ⁸ Always be clothed in white, and always anoint your head with oil. ⁹ **Enjoy life with your wife**, whom you love, all the days of this meaningless life that God has given you under the sun-- all your meaningless days. For this is your lot in life and in your toilsome labor under the sun. **Ecclesiastes 9:7-9 (NIV)**

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. ¹⁹ We love because He first loved us. **1 John 4:18-19 (NIV)**

➤ How Can I Honor Marriage?

My Next Right Step, I Will:

[] Set Healthy Boundaries To Honor And Reassure Your Spouse's Trust

[] Create a safe space for emotional and physical connection.

[] Pursue love by celebrating the simple joys of life —date nights, deep conversations, go for a walk together and expressions of love.

Build To Last: God's Blueprint For Strong Marriages

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[This is only a guide – select the points you want to discuss.]

Big Idea: Restoring romance in marriage isn't about grand gestures—
it's about daily faithfulness, intimacy, and intentional love.

Icebreaker: What's one of the most memorable or meaningful things your spouse (or a couple you admire) has done to keep romance alive?

Open in Prayer: "Lord, thank You for the gift of marriage and the love You designed for us to share. Help us grow in faithfulness, intimacy, and intentional love. Guide Our discussion, Amen.

Three Truths To Restore Romance In Marriage:

1. Set Healthy Boundaries To Honor And Reassure Your Spouse's Trust

Read: Job 31:1

What kind of boundaries with friends and online activities help reassure our spouse of our faithfulness?

Read: Proverbs 5:15-18

What are some practical ways couples can protect their marriage from temptation?

How does emotional faithfulness (not just physical) impact romance and trust?

Why do you think emotional connection is so vital in marriage?

2. Prioritize Emotional and Physical Intimacy

Read: Ephesians 4:29 & Colossians 3:12-14

How does emotional connection influence physical intimacy in marriage?

3. Pursue Love By Celebrating The Simple Joys of Life

Read: Ecclesiastes 9:7-9

How can couples pursue romance in everyday life?

How does busyness or routine affect the romantic connection between spouses?

What are some creative ways to continue dating your spouse, no matter how long you've been married?

Final Reflection & Challenge:

“A cord of three strands is not quickly broken.” – Ecclesiastes 4:12

How can seeking God together strengthen intimacy in your relationship?

For Couples Only; to be discussed privately at home:

Identify one way this week you can reaffirm your commitment to your spouse through words or actions that build trust and faithfulness.

This week, plan one intentional act of affection for your spouse (a thoughtful note, a surprise date, or a meaningful conversation).

Read: 1 Corinthians 7:3-5

Which of these barriers often get in the way of prioritizing closeness:

Lack of Emotional Connection? Busyness & Fatigue? Unresolved Conflict

How can couples overcome them?

Why is regular intimacy (both emotional and physical) important for a healthy, God-honoring marriage?

Reflection: Marriage is like a fire—what are ways you and your spouse can keep the flame burning?

Plan one fun or romantic activity together this week (a walk, a date night, cooking together, or a shared hobby).

What is one practical change you can make to restore or deepen romance in your marriage?

Marriage is like a bank account—if you only withdraw and never deposit, it runs empty. What deposits of love can you make this week?