



1 Corinthians 13:1-8

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever!

Philippians 2:3-4

Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too.

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The Giver says...

Do whatever you can to make the other person happy and avoid anything that makes the other person unhappy, even if it makes you



unhappy.

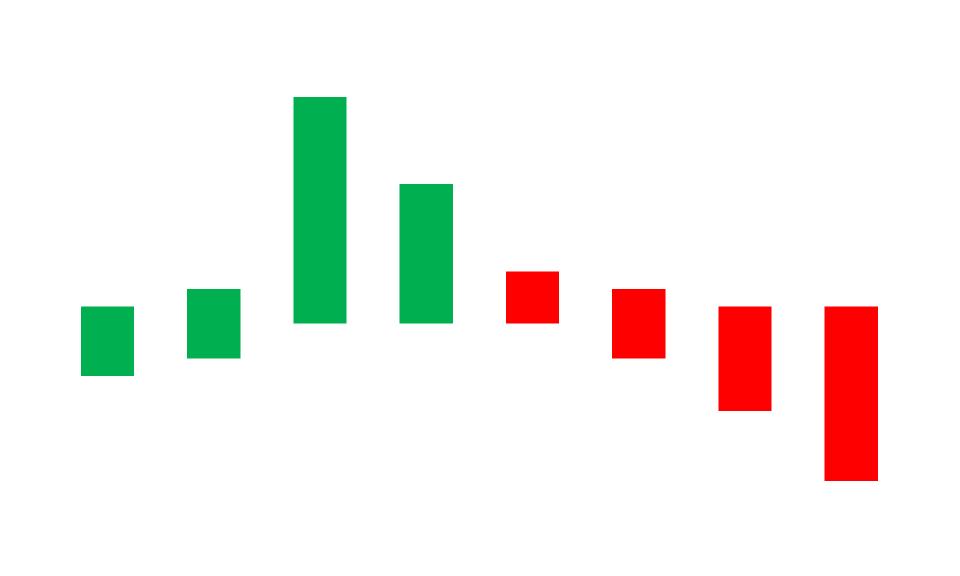
The Taker says...

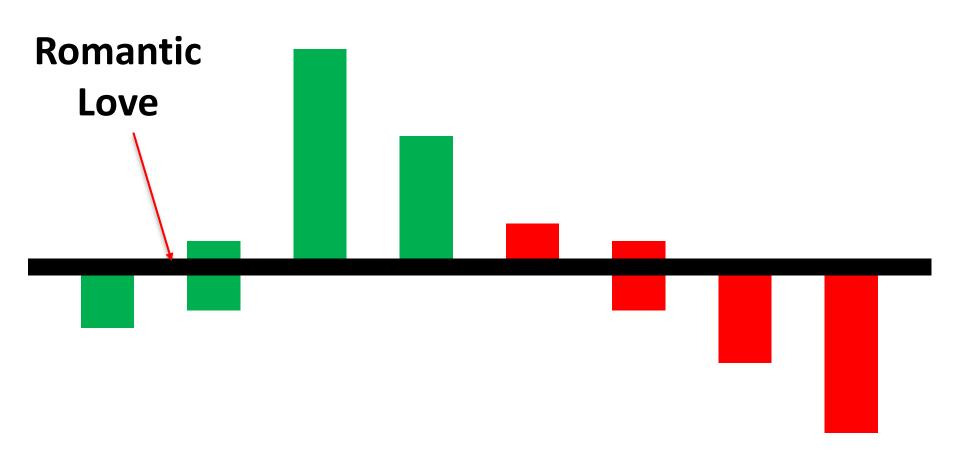
Do whatever you can to make yourself happy and avoid anything that makes yourself unhappy, even if it makes others unhappy.



It's the effort of the Giver to give our spouses anything they want that sets up the Taker for its destructive acts.

When these people are associated with our good feelings, "love units" are deposited into their accounts, and when they are associated with our bad feelings, love units are withdrawn.





If Love Bank balances drop below the romantic love threshold, a couple not only lose their feeling of passion for each other, but they lose their instinct to make each other happy.



If a couple wants to have a happy and fulfilling marriage, they must make as many Love Bank deposits as possible and avoid making withdrawals.



1 Corinthians 13:4-7

Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about injustice but rejoices whenever the truth wins out. ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

When you do something that makes your spouse happy, you're making a deposit. But when you do something that makes your spouse unhappy, you're making a withdrawal.



Lack of empathy helps makes thoughtlessness possible.



Whenever one spouse is the cause of the other's unhappiness, one thing's for sure — Love Bank withdrawals are taking place.



Selfish Demands
Disrespectful Judgments
Angry Outbursts
Dishonesty
Independent Behavior
Annoying Habits.



Instead of Selfish Demands, try using Thoughtful Requests



Instead of Disrespectful Judgments, try using Respectful Persuasion



Instead of Angry Outbursts, try using Self-Control

Instead of Dishonesty, try using Radical Honesty

Reveal to your spouse as much information about yourself as you know; your thoughts, feelings, habits, likes, dislikes, personal history, daily activities, and plans for the future.



Instead of Independent Behavior, try using the Policy of Joint Agreement

Never do anything without an enthusiastic agreement between you and your spouse



Instead of Annoying Habits...

Well, just don't do 'em!



Intimate Conversation

If you are engaged in intimate conversation with opposite sex outside of marriage, it will deposit so many love units that you may fall in love with that person.



Enemies of Intimate Conversation

1 Corinthians 13:4-5

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.



Enemies of Intimate Conversation

Making demands

Being disrespectful

Expressing anger

Dwelling on mistakes of the past and present



Friends of Intimate Conversation

Inform, investigate and understand each other.

Develop an interest in each other's favorite topics of conversation.

Balance the conversation

Give each other undivided attention when conversing with each other.



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