

# Building Marriages to Last

April 27

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Part of All In For The Next Generation May 2025

## Worship Setlist:

🎵 Praise

🎵 Good Plans

🎵 Firm Foundation (He Won't)

🎵 [Listen to Preston Trail's Playlist](#) 🎵

To be all in for the next generation, you have to be all in for marriage.

- While marriage may not be for you, you can be for marriage.

“In your love, you see only your two selves in the world, but in marriage, you are a link in the chain of the generations.” – Dietrich Bonhoeffer

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh. - Genesis 2:24 (ESV)

“Have you not read that he who created them from the beginning made them male and female, and said, ‘Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh’? So they are no longer two but one flesh. What therefore God has joined together, let not man separate.” - Matthew 19:4-6 (ESV)

A healthy, thriving marriage will not just happen as the result of your love. It has to be built. It's God's design, lived out day by day, with intentionality.

To build a marriage that lasts, you must know your true identity.

“Your value is not determined by what you achieve, but by who you are

in Christ.” John Eldredge

To build a marriage that lasts, you must stay connected.

The quality of your conversation determines the quality of your connection.

“10-minute rule”

3 times during the day to pay special attention to:

1. Mornings
2. When you get off work
3. Before you go to sleep

To build a marriage that lasts, you need to become skilled at resolving conflict.

Make every effort to live in peace with everyone and to be holy.

Hebrews 12:14 (NIV)

Love is not easily angered; it keeps no record of wrongs. 1 Corinthians 13:5 (NIV)

### **Resolving Conflict**

Listen to understand, not just to respond

Take a break when needed

Focus on the issue - Don't attack your person

Practice forgiveness

Know when to get help

Marriages built to last intentionally create a healthy community.

To build a marriage that lasts, you must intentionally invest in the oneness of intimacy.

“When you carve out a satisfying life under God, sin loses its allure.”—  
Dallas Willard

“When you carve out a satisfying intimate marriage under God, sin loses its allure.”—Jim Johnson

Mental Intimacy: Engaging minds together

Emotional Intimacy: Sharing your heart

Physical Intimacy: Touch, affection, and sexual connection

Spiritual Intimacy: Shared meaning and values

To build a marriage that lasts:

- Know your true identity
- Stay connected
- Resolve conflict
- Create healthy community
- Intentionally invest in intimacy

Find resources at [prestontrail.org/marriage](https://prestontrail.org/marriage)

**Additional Notes:**