

Ministering to Your Mate

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I. Introduction.

- A. No one person can completely meet the needs of another person.
- B. We help a person meet his own needs through Christ.
- C. The media is all fantasy, and Christ is all reality. Realizing things for what they are helps us make a decision.
- D. Happiness comes from one's condition with Jesus Christ.
- E. See things as they are.

II. Count your blessings.

III. There are four categories of needs: Mental, physical, spiritual, social. (Luke 2:52)

A. Each of us is a person first *before* a husband, father, wife, child, etc.

B. Intellect.

1. We live 80% of our life in the mind, so we should cultivate the mind. (Luke 15:7)
2. We are to take care to listen and feed the mind. (Luke 8:18, Deuteronomy 4:9)
3. If we do not have a plan for regular memory, we will forget.

C. Physical.

1. Physical discipline goes back to the intellect.
2. Have sensible hours of eating and rest.
3. Eat modestly.
4. Have an exercise program.
5. Keep at your wife's pace. (Jeremiah 12:5)

D. Spiritual.

1. This is the key to changing one's mind.
2. Do not make excuses. (Isaiah 5:21)
3. Pray together.

4. Arrange for your wife to have protected spiritual time.

E. Social.

1. Present your wife to as many men of God whom you have fellowship.

2. Your wife should have regular contact with her own friends.

3. You have to accept yourself no matter how someone might perceive your action when you limit the giving of yourself to fellow men.

Application questions

1. With what is the speaker referring to when he shares his concern that people do not see things as they are?

2. Why is it important to nurture your mate in other areas besides the spiritual one?

3. Which area do you find it most difficult to nurture another in? What can you do to grow personally in this area?
