

# Foundation for Perfection

## Learning to Eliminate Resistance in a Marriage

### 3 Causes of Resistance

#### 1) Self Preservation

- Due to lack of confidence

*Wife – Doesn't feel love from her husband*

*Husband – Doesn't feel respect from his wife*

**(Dr. Emerson Eggerichs: “Love and Respect”)**

#### 2) Lack of Communication

- Horse needs more time, patience, teaching

*Husband/Wife needs more time building confidence (**shown by evidence**) that their spouse is becoming the husband/wife God has called them to be.*

**Time** – The biblical principle of “what you sow you will reap” is never failing in all walks of life. A couple must sow **time** alone with the Lord (letting Him remove their self-preservation) and **time** with their spouse growing together in the Lord. If as a couple you don't sow **time** to the Lord and **time** to the marriage it will fall apart and crumble, or just never function to its full potential. Make sure that your family, job, friends and even your kids do not become more important than spending quality **time** alone with your spouse (this will be easy in the beginning, but as careers take off and kids come this will be **very** difficult, make sure to make it a priority).

*Also take the **time** to learn to communicate with your spouse. Learn your spouse's love language and make sure you take **time** throughout the day/week to communicate it to them.*

- 1) Words of Affirmation
- 2) Acts of Service
- 3) Receiving Gifts
- 4) Quality Time
- 5) Physical Touch

**(Gary D. Chapman: “5 Love Languages”)**

**Patience** – Be patient with your spouse! God has created you different! Not only has God made you totally different being a man and women, but more than likely you are totally opposite on the personality and spiritual gift spectrum. Learn your spouse's spiritual gifts (how the Holy Spirit wants to carry out Jesus' ministry through you). Often God will bring total opposites together (in personality and spiritual gifting) so that

*together as they die to self (or I should say as their spouse exposes their fleshly carnal nature that needs to be killed off) they can become balanced in Christ.*

**Teaching** – *If a person wants to be a successful team roper or bronc rider they need to be teachable and able to swallow their pride and get some help when they encounter resistance. The same is true with being a successful husband, wife or parent. If every time you enter a rodeo you end up getting bucked off and hurt, there are probably some foundational things that you need to address before you enter again. If you don't, you might be hurt so badly you will not be able to recover. The same is true with learning to communicate with your spouse. If every time you try to have a conversation it ends up in a big fight and somebody always gets hurt, you both had better swallow your pride and get some foundational marriage counseling before one of you is hurt beyond recovery. Not that the Blood of Christ and power of the Holy Spirit can't heal any wound, but just like shattering the confidence on a green colt, it is much easier to not let it get that far, slow down and get things right and life is much easier in the long run.*

### 3) **Disobedience** (Resentment to commands)

- Due to unwilling submission

*Wife/Husband giving into pressure of spouse because they are tired of their spouse nagging them instead of:*

*Wife: **Submitting** to her husband because she loves God more than anything and wants to grow in her relationship with Him.*

*Husband: **Loving** his wife like Christ loved the church because he loves God more than anything and wants to grow in his relationship with the Lord.*

## **4 Factors to Eliminate Resistance**

**1) Willing Submission** – When a request is made the horse willingly performs the task requiring little to no pressure; **it is the horse's idea**. After initial contact the horse performs the task on a loose rein and with no leg pressure.

*Husband actually does what wife wants because he wants to, it gives him comfort.*

*Wife actually does what husband wants because she wants to, it gives her comfort.*

**2) Good Communication** – Learning to read, feel, and understand what the horse is saying in response to our request (Communication involves two individuals, what is the horse saying? Ex. head level). We communicate through the horse's driving and underlying factors along with **feel, timing, and balance**.

3 Primary Driving Factors: **Self-preservation, Comfort and Companionship**

1 Variable Factor: Hormones

2 Underlying Factors: **Confidence, Energy** (motivation and determination)

Increase in **Confidence** = Decrease in **Self-Preservation** (vice versa)

**Comfort and Companionship** Increase = Increase in **Confidence** (vice versa)

**Comfort and Companionship** Increase = Decrease in **Self-Preservation** (vice versa)

As the **Energy level** decreases ~ **Self-Preservation** decreases ~ which opens the door to increase **Comfort** and **Companionship** (when presented in the correct manner)

**In order to have a good communication level a person must be operating with feel, timing, and balance.**

*Feel – the ability to see something wrong*

*Timing – the wisdom to know when to address it*

*Balance – the judgment to know how much to say*

*Self-Preservation: What are 3 main things you do that brings out your spouse's self-preservation? (3 things they absolutely hate)*

1)

2)

3)

*Comfort: What are three things you could do to make your spouse's life more comfortable?*

1)

2)

3)

*Companionship: What are three things you could do to be a better friend to your spouse?*

1)

2)

3)

**3) Balanced direction to life ratio** – The ratio is determined by the speed which we can willingly bring the life up and willingly direct it on set line (straight or curved), without losing “direction.”

**Life** – The ability to move the horse, with any given speed at any given time.

*The ability to bring a sense of urgency into your spouse and have them do what you have asked in the speed that you would like (with no resentment coming out).*

**Direction** – When the slack is taken out of the rein, the horse puts the slack back in the rein with suppleness through the poll and loin.

*The ability to ask spouse to do something without any resentment or self-preservation coming out.*

**Stiff Poll and Loin** – Self-preservation, unwilling submission, no confidence

**Supple Poll and Loin** – Willing submission, comfort, companionship, confidence

#### **4) Solid Foundation of Maneuvers (2 parts)**

**Part 1 (Mechanical)** – Ability to move the horse’s feet in any direction to accomplish any job.

##### **Four stages:**

Stage 1 – Stop inside front foot and walk all the other feet forward around it.

Stage 2 – Using the hindquarters to pull the horse in a reverse motion.

Stage 3 – Lateral movement of shoulders and hindquarters together.

Stage 4 – Stop inside hind foot and pull the other feet forward around it.

**These are the necessary revelations that must be accomplished in order to have a solid foundation to do any job.**

*Husband: Wives submit to your husband (Respect)*

*Desires of a man’s heart:*

1) *A battle to fight*

2) *An adventure to live*

3) *A beauty to rescue*

*The heart of God in Man: He wants to take you on an adventure*

*(John Eldredge “Wild at Heart”)*

*Wife: Husbands love your wife like Christ loved the church (Love)*

*Desires of a woman’s heart:*

1) *To be fought for (wanted)*

2) *An adventure to share*

3) *A beauty to unveil (to be captivated by what you see)*

*The heart of God in Women: He wants to be pursued*

*(John and Stasi Eldredge “Captivating”)*

**Part 2 (Mental)** – Horse and rider begin to receive insight, into how they can move together in perfect unity to accomplish a job: Horse experiences willing submission, good communication, a balanced direction to life ratio, and a mechanical foundation of maneuvers all at the same time.

It's like you are riding in the dark and somebody switches on a light, all resistance leaves and it makes perfect sense to *you* and the *horse*. The horse becomes as light as a feather, moving in perfect unity with the person; no resistance in doing the job. We are able to pick up the feet and move them wherever we want. These are the "ah-ha" moments when riding a horse. It is by multiplying these moments that we are able to *build* and *keep* a "foundation for perfection." The goal is to multiply these moments from brief seconds, to minutes, to hours; until we are left with no more resistance and find ourselves riding, in absolute perfection.

*As the man and woman both get fed daily receiving revelation of "who they are in Christ" and are transformed into the image of Jesus Christ from "glory to glory" and it "is no longer they who live, but Christ in them" it is then that they can start eliminating resistance in a marriage. In order to truly eliminate resistance both man and woman must first learn to get out of self-preservation and start moving in perfect unity with Jesus being led by the Holy Spirit.*

**Three Stages:**

- Stage 1 – Brief seconds during the ride
- Stage 2 – Minutes during the ride
- Stage 3 – Consistency during the ride

**These are the necessary stages of having a solid foundation "with no resistance" to do any job.**

***Three Stages:***

- Stage 1 – Brief seconds during the day (conversations)*
- Stage 2 – Minutes during the day (conversations)*
- Stage 3 – Consistency during the day (conversations)*

***God created women to be Doc O Lena's***

- 1) Sensitive to pressure, sensitive to detail*
- 2) Emotional*
- 3) Often over-react and need reassurance*

***God created men to be Peppy San Badgers***

- 1) Can wear a lot of pressure, not sensitive to detail, more big picture, can be hard headed and easy to get set in their ways*
- 2) Often put up a fight when try to change them, if are not ridden with willing submission become numb*
- 3) Want to be turned loose to go do a job*