

# Cherishing Through the Busy Years

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## Cherishing Through Busy: Goals

- Identify
  - Busy
  - Cherish
- 
- Cherishing Regularly
  - Top 3 Busy
  - Top 3 Priorities

## Identify: Who is Busy?

### POLL EVERYWHERE:

What life stage do you think is the busy-est?

### POLL EVERYWHERE:

What life stage will you NOT be AS busy?

## Identify: What is Busy?

**Definition of BUSY;** *adjective, bus-i-er, bus-i-est.*

- Actively and attentively engaged in work or a pastime: *busy with her work.*
- Not at leisure; otherwise engaged: *He couldn't see any visitors because he was busy.*
- Full of or characterized by activity: *a busy life.*
- In use by a party or parties and not immediately accessible.

## Identify: What is Cherish?

### Definition of CHERISH

- *Verb (used with object)*
- To hold or treat as dear; feel love for: *to cherish one's native land.*
- To care for tenderly; nurture: *to cherish a child.*

## Synonyms for Cherish

Admire	Adore	Appreciate	Care For
Cultivate	Defend	Embrace	Encourage
Entertain	Harbor	Hold Dear	Honor
Preserve	Revere	Safeguard	Treasure
Apprise	Clasp	Coddle	Comfort
Fancy	Dote on	Foster	Guard
Idolize	Like	Nourish	Nurse
Pet	Prize	Reverence	Shelter
Support	Sustain	Value	Venerate
Hug	Nurture	Cosset	Cleave To
Love	Enshrine	Cling To	Worship
Hold in High Esteem			

## Identify: What does Cherish look like for YOU?

- Help set your spouse up for success.
- You have to know YOU!
- Love Languages
- History
- Pitfalls
  - Ever-changing
  - Natural tendencies

## Identify: Love Languages

### HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE (⌚📱💻)

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
WORD OF AFFIRMATION	Encourage, affirm, appreciate, emphasize their strengths.	Send an unexpected compliment or gift. Encourage genuine honesty.	Non-constructive criticism, negative feedback or appreciating effort.
PHYSICAL TOUCH	Non-verbal – use body language and touch to emphasize love.	Hug, kiss, hold hands, touch privacy. Express affection regularly.	Physical neglect, long periods of intimacy, receiving affection coldly.
RECEIVING GIFTS	Thoughtfulness, make your spouse a priority. Personalize gifts.	Give thoughtful gifts and gestures. Small things matter in a big way. Express appreciation when receiving a gift.	Forgetful, uncommunicative gift-giver.
QUALITY TIME	Uninterrupted and focused attention. One-on-one time is critical.	Create special moments together, take walks with your spouse. Small gestures are huge.	Distractions when spending time together. Long periods of time without one-on-one time.
ACTS OF SERVICE	Use an “I’m afraid I’ll help...” tone when you offer to do something for them. Show how you can help in your own way to help alleviate their daily workload.	Do chores together or make them breakfast to show you care. Prioritize with them.	Making the requests of others a higher priority, lacking focus, prioritizing tasks big and small.

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BASED ON "THE 5 LOVE LANGUAGES". A BOOK BY DR. GARY CHAPMAN

## Identify: For Your Spouse

- Can you gauge what your spouse is thinking right now?
- “Oh but they should just KNOW I cherish them...”
- Reflect on:
  - What has worked well in the past for you in cherishing your spouse?
  - What has NOT worked well in the past?

## Ingredients: Prioritize The Big

	URGENT	NOT URGENT
IMPORTANT	I (MANAGE)	II (FOCUS)
NOT IMPORTANT	III (AVOID)	IV (TRIVIAL)

- Crisis, Emergencies
- Deadline-driven projects
- Last-minute preparation for scheduled projects
- Preparation / Planning
- Time with God
- Values Clarification
- Exercise
- Relationship-building
- Interruptions, some calls
- Some mail / reports
- Some meetings
- Many “pressing” matters
- Trivial busywork
- Junk mail
- Time wasters
- Escape activities
- Some phone / email messages

Source: Stephen Covey, 7 Habits of Highly Effective People

## Cherishing Regularly: The How-To's

- Reflection: Top 3 BUSY things/people/etc in your life right now.
- Common Pitfall: **bus-i-er, bus-i-est**
- Focus on YOUR marriage.
- Marriage History
- Prioritize the BIG: What are the top 3 MOST IMPORTANT things/people/etc in your life right now?

## Cherishing Regularly: The How-To's

- How do we make regular CHERISHING happen?
- Habitually? (daily, hum-drum, patterns)
- Intentionally? (set aside, not otherwise occupied)
- Follow-Up Activities:
  - When you \_\_\_\_\_, I felt appreciated.”
  - I loved it when you told me \_\_\_\_\_. It was so encouraging.”
  - “A time I felt connected in our marriage was \_\_\_\_\_. ”
  - “I can honor and respect you by \_\_\_\_\_. ”
  - “One small investment I can value in my marriage is \_\_\_\_\_.”

## Conclusion: Cherishing in Busy

- It is an honor and privilege to cherish your spouse.
- It is Gospel driven.
- Healthy ministry comes from healthy church which comes from healthy marriages.
- Busy is relative.
- Is there anything I can stop doing today that helps me prioritize cherishing my spouse?
- What can I start doing today to cherish my spouse?

*Ephesians 5: 32-33*

<sup>32</sup> This is a great mystery: but I speak concerning Christ and the church.

<sup>33</sup> Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.