

The (Facebook)
Perfect
Family





behind the pretence of perfection is pain

The Perfect Family (before editing)





### Crisis Mode Living

Over-Committed and Under-Connected





## Crisis Mode Living

Over-Committed and Under-Connected





"a life of quite desperation"

"weary of doing good"

"hurried life shrinks the heart"

# Craving Companionship



#### Genesis 1-2

1:31 God saw all that he had made, and it was very good.

<sup>2:8</sup> Now the LORD God had planted a garden in the east, in Eden; and there he put the man he had formed.

<sup>18</sup> The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."

- Remember the Vision
- Restate the Vow
- Revisit and Repair
- Regain the heart



Remember the Vision





Remember the Vision



#### **Ecclesiastes 4:9-12**

<sup>9</sup> Two are better than one, because they have a good return for their labor:

<sup>10</sup> If either of them falls down, one can help the other up.

But pity anyone who falls and has no one to help them up.

<sup>11</sup> Also, if two lie down together, they will keep warm.

But how can one keep warm alone?

<sup>12</sup> Though one may be overpowered, two can defend themselves.

A cord of three strands is not quickly broken.

Restate the Vow



I ... take you ... to be my wedded husband/wife

enaar van Seburger

to have and to hold from this day forward; in good times and in bad, in sickness and in health, to love and to cherish and to honour in the Lord; Your people will be my people and your God will be my God; till death do us part and this is my solemn vow.

Revisit and Repair





## Together Again

**Begin Today** 



"We are born in one day.

We die in one day.

We can change in one day.

And we can fall in love in one day.

Anything can happen in just one day."

Gayle Forman

"Look, I make all things new!" Revelation 21:5

Regain the heart





Hold hands, dream and pray about your life together for five minutes every day this month.

### Are you hurting?

### Do you need help?

Drop a card in the box on the Info Table, and Janine will call you.



#### application for counselling 1. name and surname 2. mobile gender 4. personal email 5. birthday 6. I require counselling in the following area Marriage Relationship Identity/sexuality/eating disorders Loss or grief Fear, anxiety or depression Trauma **Other** \*Disclaimer: Please note that care and support is offered by lay counsellors and not necessarily qualified psychologists