

- God intended for His children to live a peaceful and sane lifestyle.
- "I exhort therefore that prayers be made for all men...that we may lead a quiet and peaceable life in all godliness and honesty." 1 Timothy 2:1-2
- God's plan is not for ______ to add stress to a home.
- This is why a husband and wife must protect their regular time.
- When a married couple has this, they can handle the day's pressures with calm and confidence. Why is this?

Because God created us with this built-in _____. Genesis 2:18, 21-24

 A husband and wife are designed to experience the form of friendship.

Because without it, our lives begin to _____

- 1. The _____ will feel unloved. Ephesians 5:25, 29
 - If a wife consistently feels unheard, she will eventually feel unloved.

2.	The will begin to misplace his priorities.
	Ephesians 5:31
	- Without this huddle time, the husband up his
	life with other things.
3.	Built-up frustration eventually
	tend to base their relationships on activities.
	- Women tend to base their relationships on personal
	So men keep running when there is serious
	to do.
	 "Better is a dry morsel, and quietness therewith, than a house full of sacrifices with strife." Proverbs 17:1
Beca	use it provides opportunity for three essentials.
1.	with each other.
	- "Likewise, you husbands, dwell with them according to knowledge, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered." 1 Peter 3:7
2.	with each other.
3.	Providing a for each other.
	Huddle time with your spouse is an investment. The dividends are