

NOTES

Chapter 1: The Imperfect Couple

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Chapter 2: The Problem

1. Wendy Wang and Kim Parker, “Record Share of Americans Have Never Married,” Pew Research Center, September 24, 2014, <https://www.pewsocialtrends.org/2014/09/24/record-share-of-americans-have-never-married/>.
2. Maggie Gallagher, “Why Marriage Is Good for You,” *City Journal*, Autumn 2000, <https://www.city-journal.org/html/why-marriage-good-you-12002.html>.
3. Ibid.
4. Claire Cain Miller, “Study Finds More Reasons to Get and Stay Married,” *New York Times*, January 8, 2015, <https://www.nytimes.com/2015/01/08/upshot/study-finds-more-reasons-to-get-and-stay-married.html>.
5. “Marriage and Divorce,” American Psychological Association, accessed October 5, 2020, <https://www.apa.org/topics/divorce>.
6. “UK Has the Fastest Fall in Divorce Rates Across Europe,” Marriage Foundation, accessed October 5, 2020, <https://marriagefoundation.org.uk/research/divorce-rates-are-falling-across-europe-and-the-uk-is-leading-the-way/>.
7. “Divorce Since 1900,” UK Parliament, accessed October 5, 2020, <https://www.parliament.uk/business/publications/research/olympic-britain/housing-and-home-life/split-pairs/>.
8. “Divorce Rates Data, 1858 to Now: How Has It Changed?,” *The Guardian*, January 28, 2010, <https://www.theguardian.com/news/datablog/2010/jan/28/divorce-rates-marriage-ons>.
9. See Mark 10:1–10. Rabbis engaged in vigorous debates as to what a man could divorce his wife for (women could not

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institute divorce then). In this passage, they asked Jesus' viewpoint. One rabbi, Shammai, held that a man could divorce his wife only if she was unfaithful, but a rabbi Hillel taught he could do so "for any cause." As is so often the case, Jesus did not go for the either/or. He reiterated that marriage is God's idea, not a human construct, and the reason divorce happens is because one or both parties harden their hearts (we get the word *sclerosis* from the text here), unwilling to reconcile.

10. Matthew 7:24–27 MSG.
11. Matthew 19:5.

Chapter 4: B for Blessing

1. *Merriam-Webster*, s.v. "blessing" (definitions 1a and 2), last updated December 11, 2020, <https://www.merriam-webster.com/dictionary/blessing>.
2. Harry Benson and Steve McKay, "Commit or Quit: Living Together Longer?," Marriage Foundation UK and University of Lincoln, May 2020, <https://marriagefoundation.org.uk/wp-content/uploads/2020/05/NEW-STUDY-Living-Together-Longer-Commit-or-Quit-Marriage-Week-May-2020.pdf>.
3. Dietrich Bonhoeffer, "A Wedding Sermon from a Prison Cell: May 1943," in *Letters and Papers from Prison*, ed. Eberhard Bethge (London: SCM Press, 1981), 7–8.
4. "The Marriage Service," The Church of England, accessed October 8, 2020, <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship-marriage#mm095>.
5. Gary D. Chapman, *The 5 Love Languages: The Secret to Love That Lasts* (Chicago: Northfield, 2015), 16.
6. Genesis 2:18.
7. Thanks to my friend Danielle Strickland who first showed me about *ezer* and writes powerfully on its implications in her fascinating book, *The Liberating Truth: How Jesus Empowers Women* (Oxford: Monarch, 2011).
8. Acts 20:35.
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10. David Ferguson et al., *The Pursuit of Intimacy: What Being in Love Was Meant to Be* (Nashville: Thomas Nelson, 1993), 46.

Chapter 5: E for Encouraging

1. See Ephesians 5:21–22.
2. *Cambridge Dictionary*, s.v. “encouragement,” <https://dictionary.cambridge.org/us/dictionary/english/encouragement>.
3. As quoted in Malcolm Gladwell, *Blink: The Power of Thinking without Thinking* (New York: Little, Brown and Company, 2005), 21.
4. John M. Gottman and Nan Silver, *The Seven Principles for Making Marriages Work: A Practical Guide from the Country’s Foremost Relationship Expert* (New York: Three Rivers Press, 1999), 61–77.
5. Online Etymology Dictionary, s.v. “encourage (v.),” <https://www.etymonline.com/word/encourage>.
6. Leonard Zunin and Natalie Zunin, *Contact: The First Four Minutes* (New York: Ballantine Books, 1972).
7. “World’s Oldest Married Man Dies,” BBC News, June 15, 2005, <http://news.bbc.co.uk/1/hi/england/hereford/worcs/4097154.stm>.
8. Ephesians 4:26.
9. “Longest Marriage,” Guinness World Records, accessed October 12, 2020, <https://www.guinnessworldrecords.com/world-records/longest-marriage>.
10. Lizzie Combs, “100+ Year Old Couple Shares Beautiful Secrets to Their 86-Year Marriage,” InspireMore, August 17, 2016, <https://www.inspiremore.com/100-yr-old-couple-shares-beautiful-secrets-to-their-86-year-marriage/>.
11. Shankar Vedantam, “Researchers Explore Pornography’s Effect on Long-Term Relationships,” *Hidden Brain*, NPR, October 9, 2017, <https://www.npr.org/2017/10/09/556606108/research-explores-the-effect-pornography-has-on-long-term-relationships?t=1602267359453>.
12. “The Jewish doctors advised their young people not to read it till they were thirty years old, lest . . . the flames of lust should be kindled.” Matthew Henry, *An Exposition of the Old and New Testament* (London: Joseph Robinson, 1839), 1053.
13. Song of Songs 4:1–2.
14. Song of Songs 4:1.
15. See Song of Songs 1:2–4.
16. Song of Songs 2:9.

17. Song of Songs 4:9–11.

Chapter 6: S for Sharing

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2. *Ibid.*, 53.
3. Genesis 3:12, emphasis added.
4. Genesis 3:13.
5. Stephen R. Covey, *The Seven Habits of Highly Effective People* (New York: Simon & Schuster, 2020), 273.
6. “Alan Redpath Quotes and Sayings,” InspiringQuotes, accessed October 12, 2020, <https://www.inspiringquotes.us/author/5419-alan-redpath>.

Chapter 7: T for Touching

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3. Milan and Kay Yerkovich, *How We Love: Discover Your Love Style, Enhance Your Marriage* (Colorado Springs, CO: Waterbrook, 2017), 13.
4. See Luke 11:11–13.
5. Kory Floyd et al., “Kissing in Marital and Cohabiting Relationships: Effects on Blood Lipids, Stress, and Relationship Satisfaction,” *Western Journal of Communication* 73, no. 2 (April 30, 2009): 113–33, <https://doi.org/10.1080/10570310902856071>.
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 10. See Genesis 2:7.
 11. See Genesis 2:24.
 12. "The Marriage Service," The Church of England, accessed October 8, 2020, <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/marriage#mm095>.
 13. See Mark 10:8–9.
 14. Proverbs 5:18–19 TLB.
 15. Song of Songs 6:12 GNT.
 16. Song of Songs 6:3; 8:6.

Chapter 8: Finally . . .

1. See Matthew 7:11; James 1:17.
2. John 2:1–10.