

Brigham Young University Women's Conference  
April 30, 2009  
**Bringing Heaven into a Home; Bringing God into a Marriage**  
Diane and Dennis Karpowitz  
Outline and Selected References

**Learn by the Spirit**

D&C 50 – both speaker and hearer should seek the Spirit and all will be edified  
Mosiah 5:15 – Be steadfast and immovable always abounding in good works  
There are several stages of marital and family development

**The Importance of Being a Daughter of God**

Proverbs 31- Qualities of a virtuous woman  
D&C 46:11 – Everyone is given one or more spiritual gifts  
The First Presidency & Council of the Twelve (1995). The Family A Proclamation to the World. *Ensign*, May, 102.

**Equal and Unequal Yokes – Many Different Marital Situations**

2 Corinthians 6:14 – “Be ye not unequally yoked together”

**Agency and Responsibility**

2 Nephi 28:30 – “Line upon line . . . here a little, there a little . . .”

**Difference in Marriage – Are They Good?**

Each individual in the marital relationship is unique. This uniqueness results in differences, differences which can enhance marital and family relationships.

Barlow, Brent (2007). Identifying differences in marriage. *Mormon Life*, January 23, 66-74.

Synergy which can make us more together than we could ever by alone.

**Marital Equality and Unity**

1 Corinthians 11:11 – “Neither is the man without the woman, neither the woman without the man in the Lord”  
In the family husband and wife function as equal partners.

Oaks, Dallin H. (2005). Priesthood authority in the family and the church. *Ensign*, Nov., 24. Husband and wife are equal partners

The First Presidency & Council of the Twelve (1995). The Family A Proclamation to the World. *Ensign*, May, 102.

President Spencer W. Kimball said, “When we speak of marriage as a partnership, let us speak of marriage as a *full* partnership. We do not want our LDS women to be *silent* partners or *limited* partners in that eternal assignment! Please be a *contributing* and *full* partner” (*The Teachings of Spencer W. Kimball*, ed. Edward L. Kimball, 1982, 315).

Couples in egalitarian relationships report greater happiness (Olson, David H. & Olson, Amy K., 2000, *Empowering Couples: Building on Your Strengths*).

Hinckley, Gordon B. (2004). The women in our lives. *Ensign*, November, 82.

Eyring, Henry B. (2008). The women in our lives. *Ensign*, November, 68-71.

We can achieve greater unity by “Trying To Be Like Jesus” (Perry, J. K., *Children's Songbook*, 78-79).

**Communication**

Communication includes every thought, feeling, act or desire shared verbally or nonverbally (Olson, David H. & Olson, Amy K., 2000, *Empowering Couples: Building on Your Strengths*)

Cline, Victor L. (1993). Healing wounds in marriage. *Ensign*, July, 16.

Effective communication in marriage requires a softening of the heart (Cline, Victor L., 1993, *Ensign*, July, 16.

Don't stonewall by not talking.

Bridle the tongue

James 3:5 – The tongue is a little member with great capacity for good or ill.

Holland, Jeffery R. (2007). The tongue of angels. *Ensign*, May, 16-18.

Three rules of effective communication: 1. Know yourself. 2. Know your partner. 3. Recognize that you can only change yourself.

Chapman, Gary (1992). *The five Languages of Love*.

1) Words of affirmation. 2) Receiving gifts. 3) Acts of service. 4) Quality time together and 5) Physical touch.

## **Problem Solving and Rift Repair**

Christensen, Joe J. (1995). Marriage and the great plan of happiness. *Ensign, May, 64.* - Couples can resolve their differences

The rule of three for making simple decisions

Steps of problem solving - Gordon, Thomas (1975). *P. E. T. Parent Effectiveness Training.* Heitler, Susan (1994). *From Conflict to Resolution.* There are eight steps:

1. Find a convenient time to talk.
2. Define the problem to be solved and stick to solving only that one problem.
3. Look for underlying concerns.
4. Brainstorm every possible solution.
5. Throw out solutions that won't work for either of you. If between the two of you, you throw out all of the solutions, stop, come back to the task later and begin with step 2, defining the problem.
6. Pick the best solution.
7. Implement the solution.
8. Follow-up in a week or two to discuss how the solution is working.

Wells, Robert E. (1987). Overcoming those differences of opinion. *Ensign, January, 60.* – differences can be positive

Dunn, Loren C. (1991). Before I build a wall. *Ensign, May, 81* – learn to disagree without being disagreeable. D&C 82:1

Monson Thomas S. (2008). Finding joy in the journey. *Ensign, November, 84-87.* “Never let a problem to be solved become more important than a person to be loved.”

## **Looking for Happiness- Not Unhappiness**

Children see the positive, so can we.

Regular dating is important and it need not take money.

## **The Attributes of the Savior**

The golden rule is especially relevant in marriage.

Stuart, Richard (1980). *Helping People Change.* Little acts of kindness increased couple's satisfaction in their marriage.

The Savior treated others with patience, love and kindness

## **Relying on the Savior's Love**

Matthew 14:28-31 - The Savior lifted Peter from the water when his faith was weak.

Ether 12:27 – God gives us weaknesses and promises us strength as we rely on Him.

## **The Atonement**

Benson, Ezra Taft (1989). Born of God. *Ensign, July, 2* – The Savior changes us from the inside out.

Mosiah 27:25-26 – We can be born again and become new creatures.

16 times in the Doctrine and Covenants the Lord offers forgiveness.

Alma 7:12 – Through the atonement the Lord succors us in infirmities, our challenges, our weakness.

Hymn 129 “Where can I turn for peace?” “He, only One.”

## **The Interpretations of Life's Troubles**

D&C 122:7 – All things give us experience and shall be for our good.

Galatians 5: 22-23 – The fruits of the spirit.

Maxwell, Neal A. (1977). *Deposition of a Disciple, 23.* “Why not me.”

Hymn no. 85, *How Firm a Foundation.*

## **Despair or Hope, Faith**

Uchtdorf, Dieter F. (2008). The infinite power of hope. *Ensign, November, 21-24* – Choose hope not despair.

Mark 9:22-24 – “All things are possible to him that believeth.”

Holland, Jeffery R. (2008). *Broken Things to Mend.* – Hold fast to your faith.

## **Sacred Places, Sacred Times**

Temples, prayer and meditation allow real opportunities to commune with God.

D&C 109: 22 – “And thine angels have charge over them.”

1 Corinthians 2: 9-12 We can commune with God and with Him all things are possible.