



# Seeing Each Other In Marriage

Indian Creek Community Church

“One of the deepest cries of the human heart is to be held in the mind of another.”

–Anonymous

# What Happens When We Go Unseen?



# The Reason Why Being Seen is Important



# An Example of Being Seen is Found in Christ's Baptism

- Mark 1:11
  - Holy Spirit descended on Him.
  - Father "You are my Son, the Beloved; with you I am well pleased".
  - "Beloved" term of endearment, tender, intimate love.
  - "Christ's ministry started in a moment of being seen.





# Unseen Moments

- When we go unseen the relationship starts to experience injuries.
- “I can’t count on you to be there for me when I need you! I am just not on your radar screen.”
- The message is.....
  - Take care of yourself! You are alone in this.
- This erodes both reliability and heart trust!

# Two Primary Ways of Seeing Each Other!

- Cognitive Understanding
  - Partner is able to communicate accurately what they hear.
- Emotional Understanding
  - Partner is able to communicate emotional understanding through empathy.



# Feel Felt Empathy



What does it look like?



# Staying Seen by offering CARE

- **C**urious- Asking questions and staying away from quick fixes and judgments.
- **A**ccessible- Ordering my life in a way that I can be reached when needed.
- **R**esponsive- Connecting with something in myself that connects with what your feeling.
- **E**ngaged- Communicate emotional and cognitive understanding.

