

# Christ Centered Eft Tapping For Marriage - Rekindle the Flame with Divine Guidance

Marriage is a sacred union between two individuals, built on love, trust, and mutual understanding. However, as time goes by, couples may face challenges that can shake the foundation of their relationship. When the flame starts to dim, it's essential to find ways to reignite the love and bring back the joy that once lit up their lives.

One powerful tool that couples can use to strengthen their bond is called EFT Tapping, short for Emotional Freedom Technique. EFT Tapping is a holistic healing modality that combines elements of traditional Chinese medicine with modern psychology. It involves gently tapping on specific acupressure points on the body while focusing on the emotional issue at hand.

But what makes Christ Centered EFT Tapping unique and impactful for marriages is its strong foundation in Christian principles and the inclusion of divine guidance throughout the process. By incorporating faith, couples can tap into God's love, grace, and wisdom to restore their marriage and rediscover their purpose together.



## Christ-Centered EFT Tapping For Marriage

by Arbor Winter Barrow(Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 426 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 1 pages



## How Does Christ Centered EFT Tapping Work?

Christ Centered EFT Tapping recognizes that marriage is not just a union between two individuals but also a reflection of the sacred relationship between Christ and His Church. By inviting Jesus into the process of healing and restoration, couples can align their hearts, minds, and souls with His divine presence, allowing transformation to take place.

The practice involves four key steps:

### 1. Prayer and Intention Setting

Before beginning a Christ Centered EFT Tapping session, couples come together in prayer, seeking God's guidance and setting their intentions for the healing process. They surrender their concerns and invite the Holy Spirit to work through them, leading the way towards a deeper connection and understanding.

### 2. Tapping on Acupressure Points

During the tapping process, couples gently tap on specific acupressure points while repeating affirmations and biblical declarations that target their emotional challenges. These points correspond to the body's energy meridians, which, in Chinese medicine, are believed to be connected to the various aspects of our beings.

The physical act of tapping, combined with the power of prayer, helps release emotional blockages, clears negative energy patterns, and opens channels for divine healing and restoration within the marriage.

### **3. Exchanging Vows and Declarations**

As the couples tap together, they also express their commitment and love for one another through spoken words and vows. By aligning their hearts and minds, they create a powerful synergy that strengthens their bond and invites God's presence into their union.

### **4. Closing with Gratitude and Blessings**

At the end of each session, couples express gratitude for the healing they have experienced and bless one another with words of affirmation and love. It is a moment of reflection, appreciation, and further surrendering to God's plan for their marriage.

## **The Benefits of Christ Centered EFT Tapping for Marriage**

Christ Centered EFT Tapping offers numerous benefits for couples seeking to revive their relationship. By focusing on aligning their hearts with God's love, the practice can:

1. **Deepen Communication** - Couples learn to express their emotions more effectively and compassionately, leading to better understanding and connection.
2. **Heal Emotional Wounds** - By releasing emotional blockages and addressing past hurts, couples can experience emotional healing and forgiveness, fostering a healthier marital environment.

3. Strengthen Spiritual Connection - Through the inclusion of faith and prayer, couples can deepen their spiritual connection, leading to a more profound sense of purpose and unity.

4. Reignite Passion - Christ Centered EFT Tapping can reignite the flame of love, intimacy, and passion that may have dwindled over time, bringing back the spark in the relationship.

5. Enhance Problem-Solving Skills - By addressing emotional challenges through EFT Tapping, couples develop better problem-solving skills and a more collaborative approach to conflict resolution.

### **Incorporating Christ Centered EFT Tapping Into Daily Life**

To make the most of Christ Centered EFT Tapping, couples should integrate it into their daily routine. Here are a few suggested practices:

1. Daily Scripture Reading and Reflection - Start each day by reading scripture or devotionals together. Reflect on how the teachings can be applied to your marriage and emotional well-being.

2. Regular Tapping Sessions - Set aside dedicated time for Christ Centered EFT Tapping, ideally at least a few times a week. Consistency is key for long-lasting results.

3. Prayer and Gratitude - Continue to pray together regularly, expressing gratitude for God's guidance and blessings. Emphasize the importance of seeking His wisdom and understanding in your marriage.

4. Seek Professional Guidance - If needed, consider reaching out to a Christian marriage counselor or therapist specializing in EFT Tapping. They

can provide additional support and guidance tailored to your unique needs.

Christ Centered EFT Tapping offers couples a powerful and faith-based approach to healing and strengthening their marriages. By incorporating prayer, scripture, and tapping techniques, couples can reconnect with God's love and grace, allowing them to rekindle the flame and build a thriving, Christ-centered relationship.

Remember, the beauty of Christ Centered EFT Tapping lies in its ability to bring couples back to their divine purpose, enabling them to experience the fullness of love and joy within their marriage. So, why wait? Embrace this transformative practice and embark on a journey towards a deeper, Christ-centered connection today!



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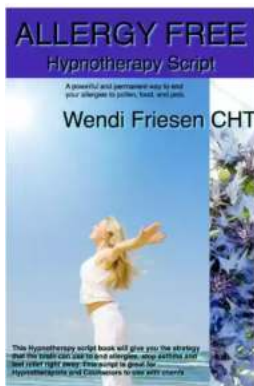
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Over the years as I have visited with people, I often find that there are many people are living in emotionally painful marriages. Also, even good marriages have room for improvement. The details are unique, but there are common principles that can help in almost every situation. I am writing

this book with the hopes that more marriages can heal and people can truly experience happy, joyful marriage relationships. Of course there are already many good books and resources on how to have a happy marriage, so I don't need to reinvent the wheel here. I am not a marriage counselor, and I am not claiming that this book will be the thing that fixes all the problems in a marriage. I am going to focus on how use Emotional Freedom Techniques (EFT) in a Christ-centered way to help remove the emotional pain in marriage. I believe that makes this book somewhat unique. As I have visited with many couples, I have seen that this process has helped save many from divorce. If this book only helps to save one marriage it will be worth it.



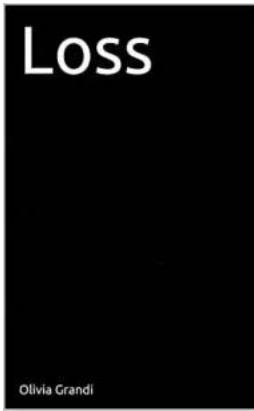
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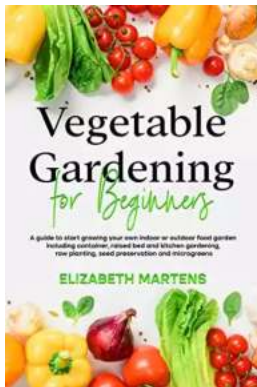
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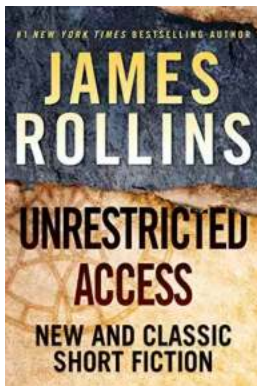
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