

**SESSION #1 - KEY INGREDIENTS OF AN EFFECTIVE MARRIAGE**

**I. RIGHT PRIORITIES**

**A. EPHESIANS**

**B. I TIMOTHY 3:1-5**

**C. GEN. 2:24 (MATT. 19:5; EPH. 5:31)**

The term "**leave**" is a strong Hebrew word—it means to "abandon."

From a "put off" perspective:

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From "put on" perspective:

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- 

**cleave--**

The term means "to glue."

**one flesh—**

**II. FAITHFULNESS**

Gen. 2:24

Eph. 5:22

Eph. 5:25

YOU MUST BE FAITHFUL TO YOUR SPOUSE IN EVERY WAY.

Prov. 5:15-18

**A. *IN THOUGHT LIFE***

Matt. 5:27-28

**B. *IN AFFECTIONS--EMOTIONS, DESIRES***

**C. *IN BEHAVIOR***

Prov. 7

Prov. 22:3

**III. PERSEVERANCE**

**A. *A commitment to the PERMANENCE of the marriage relationship.***

Malachi 2:13-16

Matthew 19:5-6

Proverbs 5:19

**B. *A commitment to WORK HARD.***

Prov. 24:30-34; Prov. 6:6-1; 15:19

**C. *A commitment to PATIENCE.***

**IV. FORGIVENESS**

Eph. 4:26-27

Eph. 4:31-2

DON'T REACT—this is 90% of the problem.

Prov. 19:11

Psa. 86:5

## V. A CHRIST-FOCUS

Colossians 1:18

Matthew 6:33

- A. *Look to God and His Word for directions in life.*
  - B. *Depend on God for strength.*
  - C. *Love the church and be involved in it.*
  - D. *Love God's people and make them your best friends.*
  - E. *Desire God to be pleased and glorified in your marriage.*
- 2 Cor. 5:9
- F. *Develop and maintain your personal relationship with God.*

## CONCLUSION

Psa. 127:1

- Do some evaluation as an individual and as a couple.

Examine your strengths and weaknesses.

Set some goals.

Then outline some specific steps to take to reach them.

- Commit yourself to insuring that the key ingredients/elements of the foundation are visible in your marriage:

And God will bless your life and your marriage.

## **SESSION #2 - TAMING THE TONGUE**

Eph. 4:25-32

### **INTRO**

When there are problems in a marriage, the source of the trouble can be understood on two levels:

Ultimately – *selfishness*

Functionally – *poor communication*

Here are a few verses that illustrate just how important communication is:

Prov. 11:9, 11

Prov. 12:18

Prov. 18:21

James 3

What happens in a marriage relationship when husbands and wives don't communicate effectively? Some pretty unfortunate things occur:

- a. relationship is superficial and shallow
- b. boredom sets in
- c. wise decision making is thwarted. Prov. 12:15
- d. issues remain unclarified.
- e. wrong ideas are uncorrected.
- f. disagreements turn into conflicts.
- g. conflicts remain unresolved.

Some principles to guide us:

### **I. SPEAK HONESTLY (v. 25)**

*to pseudos*

Other examples of dishonesty:

- deceit
- exaggeration
  - always*
  - never*
- evasion
- disguising the real message
- conflict between non-verbal communication and the content

## II. SPEAK CONTINUOUSLY (vv. 25-27)

*be angry...and...do not let the sun go down on your wrath*

Prov. 29:11

1 Kings 11:9; 2 Kings 17:18; Psa. 7:11; 79:5; 80:4-5; Heb. 12:29

Psa. 2:12; Mark 3:5; John 2:15-17

Anger in Eph 4 is the idea of *passion*—an *energy* that moves you to seek solutions to problems out of a motive to please God and magnify His glory.

Anger is sinful when it is:

1. selfishly motivated
2. sinfully handled

How do you keep your anger from becoming sinful?

- recognize the truth about anger
- pray daily for God's help in being exercised only about the things that He also hates
- examine your heart motivation for your anger
- confess and repent

But also put-on CONTINUOUS, REGULAR, BIBLICAL COMMUNICATION.

1<sup>st</sup>...the term in v. 25 is a command.

Since this is a command, clamming up (not speaking) is not an option for the Christian.

This command is in the present tense, so we are to speak continuously.

2<sup>nd</sup>...

v. 26 *Do not let the sun go down on your anger.*

What are the results of not solving problems quickly?

- Distorts subsequent problems
- endangers sexual relationship
- sets stage for discouragement
- opens way to resentment, hatred, and bitterness

v. 27 ...this gives the devil an *opportunity*

### **III. SPEAK GRACIOUSLY (vv. 29-30)**

What is your purpose for communicating?

#### **A. TO EDIFY THE OTHER INDIVIDUAL**

**B. TO GIVE GRACE**

How?

Speak **lovingly**

*Let no unwholesome word proceed from your mouth...*

This includes being concerned with **how** you say it.

Pro. 15:1-2

Pro. 16:21

Col. 3:8

Col. 4:6

Mat. 12:36

And it includes being concerned with **when** you say it.

Pro. 25:11

Pro. 15:23

**There is someone else who is interested in this:**

v. 30

**CONCLUSION**

Test your words.

## SESSION #3 - HOW TO RESOLVE CONFLICTS

### INTRO

The Bible has a lot to say about the importance of living together *peacefully*.

Rom. 12:14-21; Rom. 14:19; 1 Cor. 1:10; Gal. 5; Eph. 4:2-3; Phil. 2:3-4; 4:2; Heb. 12:14; Matt. 5:23-24

God of Peace; Gospel of peace; Prince of Peace

### I. MUST HAVE A BIBLICAL PERSPECTIVE ON DISAGREEMENTS

#### A. EXPECT THEM

Rom. 7:15-20; 2 Cor. 12:7-10; Acts 15; Jms. 1:2-3

#### B. SEE THEM AS BENEFICIAL

Rom. 8:28-29; Acts 6:1-7; James 1:2-5; Prov. 27:17; Matt. 7:1-5; Psa. 119:67, 71; Phil. 4:6; 2 Cor. 12:10

#### C. KNOW THAT THEY CAN BE RESOLVED

- Paul & Mark: *Acts 15:36-41* vs. *Col. 4:10* & *2 Tim. 4:11*
- Luke 1:37 *Nothing* is impossible with God.

### II. MUST UNDERSTAND HOW DISAGREEMENTS TURN INTO CONFLICTS

#### A. BECAUSE OF DIFFERENCES

- Different backgrounds:
- Unique personal tendencies:
  - personality...*how we express ourselves*.
  - giftedness



- male/female differences
- convictions/likes/dislikes

**B. BECAUSE WE RESPOND SINFULLY TO THESE DIFFERENCES**

- ⇒ just keep quiet
- ⇒ stay away from one another
- ⇒ change the subject
- ⇒ let time heal it
- ⇒ pretend it never happened
- ⇒ wait for the other person to initiate the resolution process
- ⇒ punish the other person until they change and take all the blame.

SEE CHARTS

**III. MUST FOLLOW THE BIBLICAL SOLUTION**

FORGIVENESS through REPENTANCE

**A. COMPREHENSION**

Repentance: *metanoia*... 'change of mind'

**B. CONFESSION**

Pro. 28:13; 1 Jn. 1:8-9

*homologeo*

A contrast 1 Sam. 15:27

**C. CONVICTION**

Psa. 51; Psa. 32  
2 Cor. 7:10

**D. CHOICE**

Isa. 1:16-17; Eph. 4:22-24; Col. 3:8-10

1. Put off

2. Put on

Eph. 4:28

## CONCLUSION

Each must be committed to the practical Lordship of Jesus Christ

Pursuing: a Common Standard...no longer a case of *his will* or *her will*, but instead the *will of Christ*...and a Common Cause... 2 Cor. 5:9; Gal. 1:10

<b>DESIRE</b>	<b>LUST</b>
<p><b>Examples:</b></p> <ol style="list-style-type: none"><li><b>1. Happy Marriage</b></li><li><b>2. Promotion at work</b></li><li><b>3. New Clothes</b></li><li><b>4. Get Married</b></li></ol>	<p><b>Defined:</b></p> <ul style="list-style-type: none"><li><b>• I'm not happy if I don't get it.</b></li></ul> <p><b>and/or</b></p> <ul style="list-style-type: none"><li><b>• I'm willing to disobey God in order to get it.</b></li></ul> <p><b>James 4:1-3</b> <b>James 1:14-16</b></p>

EXPECTATIONS (LUSTS)

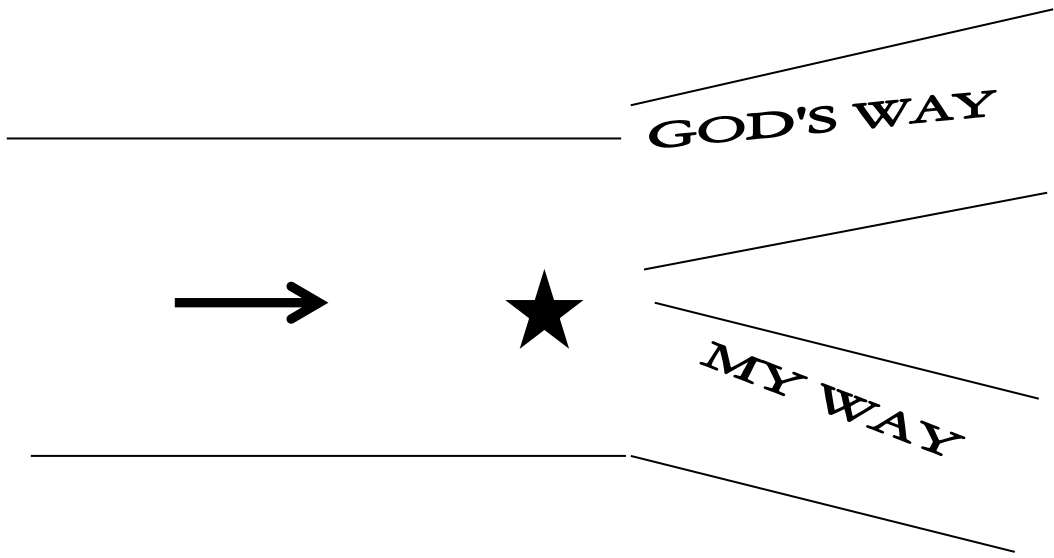


Depression  
Anger  
Bitterness  
Frustration  
Discontentment  
Discouragement  
Irritation

REALITY



WHAT I REALLY DESERVE



- My feelings
- My rights
- My expectations
- My desires (lusts)
- My plans

TWO RESPONSES TO CONFLICT  
 JAMES 4:1-10

