

FINDING MARITAL HARMONY



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IRRECONCILABLE DIFFERENCES

- Leading trend for divorce.
- **DON'T BUY THIS LIE!**
- Your marriage is not hopeless.
- Just as God breathed life into a man, He can breathe life into your marriage if you let Him.
- It is time to stop fighting **IN** your marriage and start fighting **FOR** your marriage.



IT TAKES AT LEAST TWO
TO FIGHT AND IT WILL
TAKE THE SAME
NUMBER TO MAKE-UP

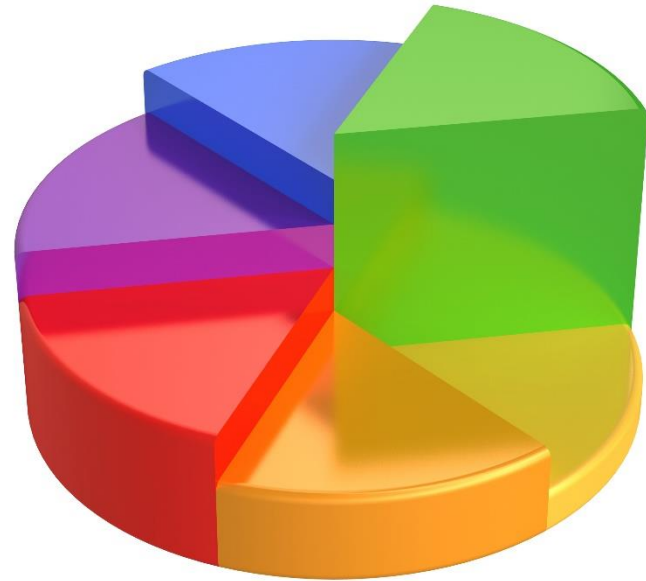


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MANY LESSONS ON BALANCE WILL PROVIDE A PIE CHART

- SPIRITUAL
- SOCIAL
- WORK/SCHOOL
- PHYSICAL
- BIOLOGICAL



- It is important to decide what the priorities are in our personal and family life.
- It is easy to get lopsided in life and give too much attention to one or two functions and miss **LIVING.**

*“The great tragedy in life
is to come to its end only
to realize you never
lived.”*

Henry David Thoreau



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- The Bible tells us our life is like a vapor that appears for a short time and fades. (James 4: 14)
- Consider the rich fool , who put his focus on things that fade. (Luke 12: 13-21)
- This lesson goes beyond a pie chart and deals with putting quality into each day. Enough quality days will equal a quality life.
- So, how do we put quality into living and especially into our family time?



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

- Turn to Ephesians –
not chapter 5, but
chapter 4
- Ephesian 4: 25 – 5:2)



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

A. BE TRUTHFUL (v. 25)

- 1. Who lies?
 - 91% of Americans lie routinely about matters they consider trivial
 - 1 out of 3 lie about important matters
 - 86% lie on a regular basis to their parents
 - 75% lie to their friends
 - 7 out of 10 people lie to their spouses



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

2. LYING EFFECTS RELATIONSHIPS

- a. Disrupts unity
- b. Creates conflict
- c. Annihilates trust
- d. Destroys relationships
- e. Shows Christ is NOT in the communication (I AM the TRUTH) (Satan is a liar and the father of lies)



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

B. YOU CANNOT BUILD A RELATIONSHIP IF HONESTY, INTEGRITY, AND TRUTH ARE NOT VALUED.

- 1. You can never have a marriage of oneness if you and your spouse fail to value authenticity.
 - a. If you cannot be real, you are living a lie (sneaking around at ANY level betrays truth and trust).
 - b. A life of unity cannot be lived with someone who is two-faced.



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

2. Get mad, but don't sin (v. 26)

- a. Do not bottle up your anger (health problems, stress).
- b. Learn not to explode in your anger (much damage is done by a loose tongue).
- c. Resolve your issues quickly (don't go to bed angry).



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

3. Play nice (v. 29)

- a. Watch the words that come from your mouth.
- b. Do they benefit the one listening?
- c. Words can heal or hurt – build up or tear down.
- d. Be careful using words like Never or Always.



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

4. Defining Your Spouse

- a. Don't define in the negative.
- b. See your spouse the way God does.
- c. Edify your spouse
- d. Pray for your spouse.
- e. Consider each other (Hebrews 10: 24)



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

C. ASSURE THAT CHRIST IS IN THE CENTER OF YOUR MARRIAGE

- 1. Master forgiveness (v. 32) – let past hurts go – build on a foundation of forgiveness



Living With the Past

Where will spend your time?

- What percentage in past/present/future ?
- Healthy is around 10/80/10



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Living With the Past

Results of trying to avoid issues/events of the past = a pile up of emotions that leak out:

- **Anger** – turned outward rage (layered effect). Turned inward = depression. Whichever or both, anger's 3 Rs: regret, resent, retaliation. On the heels is bitterness, malice.
- Emotions are tied to the past – when in survival mode emotions shut down... witness horror, shock, first love, relationships.



Living With the Past

Making peace with your past:

- Indiana State Prison.
- Releasing the anger: letter to abuser, vengeance is the Lord's, doesn't mean he will "get them" (consider Saul and families in Jerusalem church, esp. Ms. Stephen).
- Vengeance (Deuteronomy 32:35; Romans 12:19)
Not everyone will get "what is coming to them"
what if they are converted as was Saul? Can you live with this?



Living With the Past

What are your alternatives if you hold onto your bitterness and anger?

- Answer: You will carry it like a cancer. It will occupy your conscious thoughts and will lurk in the background at your every move. The offended goes on his/her merry way, but you become a slave to bitterness, harshness, lashing out...and it effects everything about you. This is why you must turn it over to God. He is the score settler ...not you.



PRINCIPLES TO LIVE BY FOR A QUALITY LIFE AND SUCCESSFUL HOME

2. Love as Christ loved (5: 1-2)

- a. Christ's love meant He confronted in truth.
- b. Christ's love meant He became angry, but He did not sin.
- c. Christ loved, therefore everything that came out of His mouth benefitted those who would receive what He said.
- d. Christ loved, therefore He led a life of worship.
- e. Christ loved, therefore He forgave.



CONCLUSION

**If each loves as Christ loved,
we will not have to worry
about “irreconcilable
differences.”**

