

MARRIAGE TODAY: IT STILL MATTERS!
Part Two: God's Guidance for a Stable and Fulfilled Marriage
Sunday, March 8, 2020
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INTRODUCTION:

- Our Longing for a Stable – Loving – Fulfilled Marriage Relationship

The number one thing that causes stress in your life is broken relationships. The closer a person gets to you, the more conflict is possible. Therefore, marriage could possibly be the most stressful thing in your life because your spouse is the person closest to you.

Rarely do marriages cave in from external pressure alone but there are the internal pressures. There are three great stresses in marriage. A lack of consideration, a lack of communication, and a lack of commitment. Those three will get you down. I hear it all the time in counseling. I have couples talking to me saying, "She never thinks about me... All he cares about is himself... He won't talk to me... She doesn't make any sense... Maybe we chose the wrong person to get married to..."

The good news is that you can overcome these things because they're all choices. Internal stresses are choices. The passage we're going to look at this morning tells us how to overcome these stresses in our lives.

"Husbands, love your wives as Christ loved the church and gave himself up for her... He died so that he could give the church to himself as a Bride in all her beauty... In the same way, husbands should love their wives as they love their own bodies... No one ever hates his own body, but feeds and takes care of it. And that is what Christ does for his church, his body. The Scripture says, 'a man is united with his wife, and the two become one body.' This is a profound mystery—but I am talking about Christ and the church! **So, each husband must love his wife as he loves himself, and each wife must respect her husband.**"

Ephesians 5:25-33

STEP ONE: BE C _____

Husbands -- love your wives. Wives -- respect your husbands. Be considerate. Act lovingly toward each other. Treat each other with respect. Give each other dignity. Don't be concerned just about your own rights.

HOW CAN I BE MORE CONSIDERATE OF MY SPOUSE (OR ANYONE ELSE)?

LOSE YOUR _____

"The tongue has the power of life and death"

Proverbs 18:21a (NIV)

"No one can tame the tongue. It is restless and evil, full of deadly poison." **James 3:8 (NLT)**

"Love is patient, love is kind and is not jealous; love does not brag and is not arrogant,"

I Corinthians 13:4 (NASB)

ACCEPT YOUR _____

"Accept one another in the Lord, just as Christ has accepted you." **Romans 15:7 (NIV)**

***** BE NICE TO EACH OTHER!

"So, in everything, do to others what you would have them do to you." **Matthew 7:12 (NIV)**

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." **Ephesians 4:32 (NIV)**

STEP TWO: COMMUNICATE _____

Ephesians 4:15 *"speaking the truth in love"*

Ephesians 4: 26- 27; 29 *"In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."*

"Do nothing out of selfish ambition or vain conceit, but, in humility, consider each other better than yourselves. Each of you should look not only to your own interests but also to the interests of others. Your attitude should be the same as that of Christ Jesus who, being in the very nature God, did not consider equality with God something to be grasped but He made himself nothing, taking the very nature of a servant being made in human likeness and being found the appearance as a man He humbled Himself becoming obedient even to death on the cross. Therefore, God has highly exalted Him to the highest place and given Him the name above every name that at the name of Jesus every knee should bow."
Philippians 2:3-4

THE BLAME GAME:

- | | |
|-----------------|---------------------|
| 1. EXAGGERATION | 2. _____ |
| 3. FAMILY _____ | 4. LOADED QUESTIONS |

STEP THREE: BE C _____ !

"For this reason a man will leave his father and mother and be united to his wife and the two will become one flesh." **Ephesians 5:31 (NASB)**

- Throw away your _____.

1 out of 3 / 1 out of 50 / 1 out of 1105

- Concentrate on developing your _____.

"Unless the Lord builds the house, its builders labor in vain." **Psalms 127:1a**

Two Examples: The impact of "one flesh" // The strand of 3 cords

Prayer Response