

STRESSES – Part #1

For the unmarried, these principles apply to all close relationships as they have the same dynamics without the sexual component.

1. Def: Marital stresses for the purpose of this study include any form of adversity that faces the relationship with the opportunity to grow together or split apart.

- a. Stress of daily adversities of life in the devil's world – finances, health, children
- b. Stress of combining of personalities into one home – compatibility issues
- c. Stress of combining different home traditions and lifestyles
- d. Stress of subconscious programming – habituated beliefs & defense mechanisms
- e. Stress of being the object of the spiritual conflict between God & evil ones.

2. Every intricate detail of earthly life has been foreknown & included in the divine decrees, meaning that God has stacked the deck in the believer's favor

Job 1-2 – hedge of protection around him until God allowed the devil to attack him

2Kings 6:15-17 – Elisha – those who are with us are more than those against us

- Just the protection aspect of God's plan for the believer

3. God has so designed our earthly existence so that both positive and negative experiences are intended to be used to bless us and make us more like Christ.

Rom 8:28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

Agathos – good that furthers God's plan for your life – growth, virtues, fruits.

- Anything – Everything that happens is part of His plan and is under His control

Jam 1:2-4 Consider it all joy, my brethren, when you encounter various trials, ³ knowing that the testing of your faith produces endurance. ⁴ And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing.

- Knowing that all of the stresses allowed on your marriage are intended to make it stronger, you can anticipate them and embrace them when they come.
- Selfish Nature sees adversity as a frustration to our own plan, so we are afraid because our default plan for happiness is our human agenda and image of circumstances.

4. Years of using human devices & mechanisms seeking to improve your marriage eventuates in total failure, fatigue so that we tend to give up on it.

- a. Manipulation – trying to induce change in your partner to accommodate your desires
- b. Complaining – same idea but as a reaction to your partner's behavior
- c. Withdrawing – sin of self protection, failure to keep an open heart to God & mate
- d. Counseling – seeking to use a third party to whip your partner into shape
- e. Threatening – to leave, divorce, affair, take/leave assets & children

5. All spiritual growth and successful spiritual compromise is accomplished by using Faith-Rest & completing the faith cycle.

Heb 3-4 – they did not profit from God’s promises because they refused to believe them.

Heb.4:2 sunkerranummi – to unite two things together – unite God’s promise with your faith

- We attach our faith to the promises, principles & relational strategies of God’s love.
- We wait on God to work on our behalf while ceasing from our own manipulations.

6. Divine strategies & promises relating to different types of stressors.

- a. Stress of daily adversities of life in the devil’s world – finances, health, children

Mat 6:25 "For this reason, do not be anxious for your life, what you shall eat, or what you shall drink; nor for your body, what you shall put on. Is not life more than food, the body than clothing?"

- b. Stress of combining of personalities into one home – compatibility issues

Romans 14:12 So then each one of us shall give account of himself to God. God’s plan is for us to stop judging one another’s ways and accept them as they are, seeking to help them grow.

- c. Stress of combining different home traditions and lifestyles

Eph 6:1-4 – raise your children in the Lord & when they marry, many of their traditions will be overshadowed by life in the Lord, enabling them to compromise & form their own traditions.

- d. Stress of subconscious programming – habituated beliefs & defense mechanisms

Rom 6:6-7; 12:2; Eph 4:22-24 – breaking old man patterns of habitual thinking and behaviors & replacing them with new man in Christ beliefs, thoughts and behaviors.

- e. Stress of being the object of the spiritual conflict between God & evil ones.

Eph 6:10-18 – put on the armor of God & through prayer, utilize these mighty spiritual assets.