

## **STRESSES – Part #2**

Marriage is a critical part of God's plan for the human race and especially for Christian marriage.

### **1. God has multiple purposes for marriage, and especially Christian marriage. His purposes are seen & understood in layers as each of us grows spiritually.**

a. Meet each other's human needs for an intimate partner & fellow parent with kids.

Gen 2:18 – not good for man to be alone, make him a helper suitable for his needs

Prov 18:22 – man who finds a wife finds a great blessing and grace from the Lord

b. Visual aid so unbelievers can see that God loves them & wants intimacy with them

Eph 5:32 – Paul uses Christian marriage to visualize Christ and the church

c. Teaching fallen angels about God's character & grace using our marriages as visual aids;

Eph 3:7-11 – Paul's mission to teach the church so that our lives teach the angels

Eph 5:22-33 – when believers accept their roles in marriage & practice them, everyone watching can see the beauty of GF's desire to be intimate with the whole human race.

### **2. Your marriage plays an important role in God's purpose for reaching the lost and for encouraging fellow believers in the church.**

a. Visual aid of Christ, the husband & His love for His bride, the church. This is seen as the husband loves his wife because he loves the Lord and she responds to the Lord's love directly to her and through her husband by being submissive in the relationship.

- Wife's submission is always mentioned first – a gift from the woman to the Lord. Eph 5:22-33; 1Pt 3:1-7; Col 3:18-19.

- Husband's role is to nurture & lead his wife through his life example – Love/Respect

b. Adopting these roles as a way of life is a very personal & voluntary gift to the Lord.

- We must allow our mate to take on this challenge w/out duress or pressure

- These challenges can only find persuasion from God Himself – not mankind

### **3. Conflict is inevitable in marriage**

Conflict is good for marriage if handled with divine strategies for resolution but will destroy marriage if handled by human viewpoint,

### **4. Subconscious Programming – Rom 6:6**

**Habituation** – we adopt specific ideas by faith, transfer new idea to heart-conscience, use idea to deal with life, becomes habituated, automatic thinking, loss of conscious awareness, reflex

**(Rom 6:6) knowing this, that our old self was crucified with Him, that our body of sin might be done away with, that we should no longer be slaves to sin**

- Old Man crucified – breaking of the dominance of Old Man beliefs at point of salvation
- Done away with – *katargeo* (Aor.Pas.Subj) [to destroy] – future possibility
- Positional freedom from Old Man enabling believers to erase Old Man beliefs & replace them with New Man beliefs
- RB Thieme – clean out garbage from the subconscious hindering your ability to live out the doctrine in your soul. Erase Old Man beliefs from subconscious, replace with New Man beliefs.

## 5. Conflict Escalation leading to an unproductive marriage – living out of Old Man Beliefs

Dr. John Gottman, *The Four Horsemen - conflict-resolution-strategies*

<https://www.infidelityfirstaidkit.com/destructive-marriage->

- Defensiveness** – viewing any-all conflicts as attacks intended to demean & dominate
  - Victim mentality based on past tragedies & hurt; self-pity based on false view of self
  - Transference: all neg experiences from opposite sex are combined & transferred to mate
  - Avoiding responsibility & refusing to come out of fantasy to face reality of your flaws
  - Making excuses for behavior rather than resolving them – blaming partner
- Criticism** – disappointment - trying to change partner by complaining about behaviors
  - Objectively discussing specific behaviors turns into an attack on His/her person – YOU
  - Generalizing – you always – you never – immediate feelings; fantasy world
  - Always being right – can't be wrong; must win the argument – refuse to compromise
  - Judging – mind reading of motives; making assumptions based on past behaviors
- Contempt** – attempting to demean partner through ridicule & mocking behaviors
  - Avoid looking at your own OM beliefs-behaviors, ridicule partner to avoid exposure
  - Lose hope that your marriage can be based in reality – forgiveness, agreement, growth
  - War of Words – expressing anger & bitterness toward one another not giving it to God
  - Insults intended to transfer your own pain to them – pointing out weakness to embarrass
- Stonewalling** – détente – having given up, seek our own space & freedom from mate
  - Increasingly numbing your emotions & finally detaching altogether from your mate
  - Survival strategy – rebuild your interests & efforts to form a life apart from your mate
  - Seek legit activities that take you out of the home; giving you legit excuse for not relating
  - Disappointment → resentment → bitterness → numbness → cease to care → hatred
  - Rather than continue the fight, we withdraw into our stronghold & live w/out feeling
  - Col 3:21 – *athumos*: w/out emotion or passion, Eph 4:19 – *apalgeo* – Pf total callousness

## 6. Marriage Recovery Strategies

- Confession of sin: re-establish fellowship with GHS & begin to ask God to help you both
- Accept Responsibility – recognize your **own** choices to use OM ideas in your marriage
- Recognize Freedom – respect your partner's freedom to make choices as unto the Lord
- Study & Pray Together – find pertinent studies to see together, discuss & pray together
- Observe your OM Beliefs – monitor your inner dialogue and visualizations – thinking
  - Image + Inner Dialogue are sourced in either OM beliefs or NM beliefs – battle in the soul
- Initiate Affirmations – offer praise to mate for their strengths, contributions & gifts
  - Harvard Study – most successful business teams had 6x more pos comments than neg.
- Trust God's Promises – return to His word, trusting that hard hearts can be softened