

# FINDING MARITAL HARMONY



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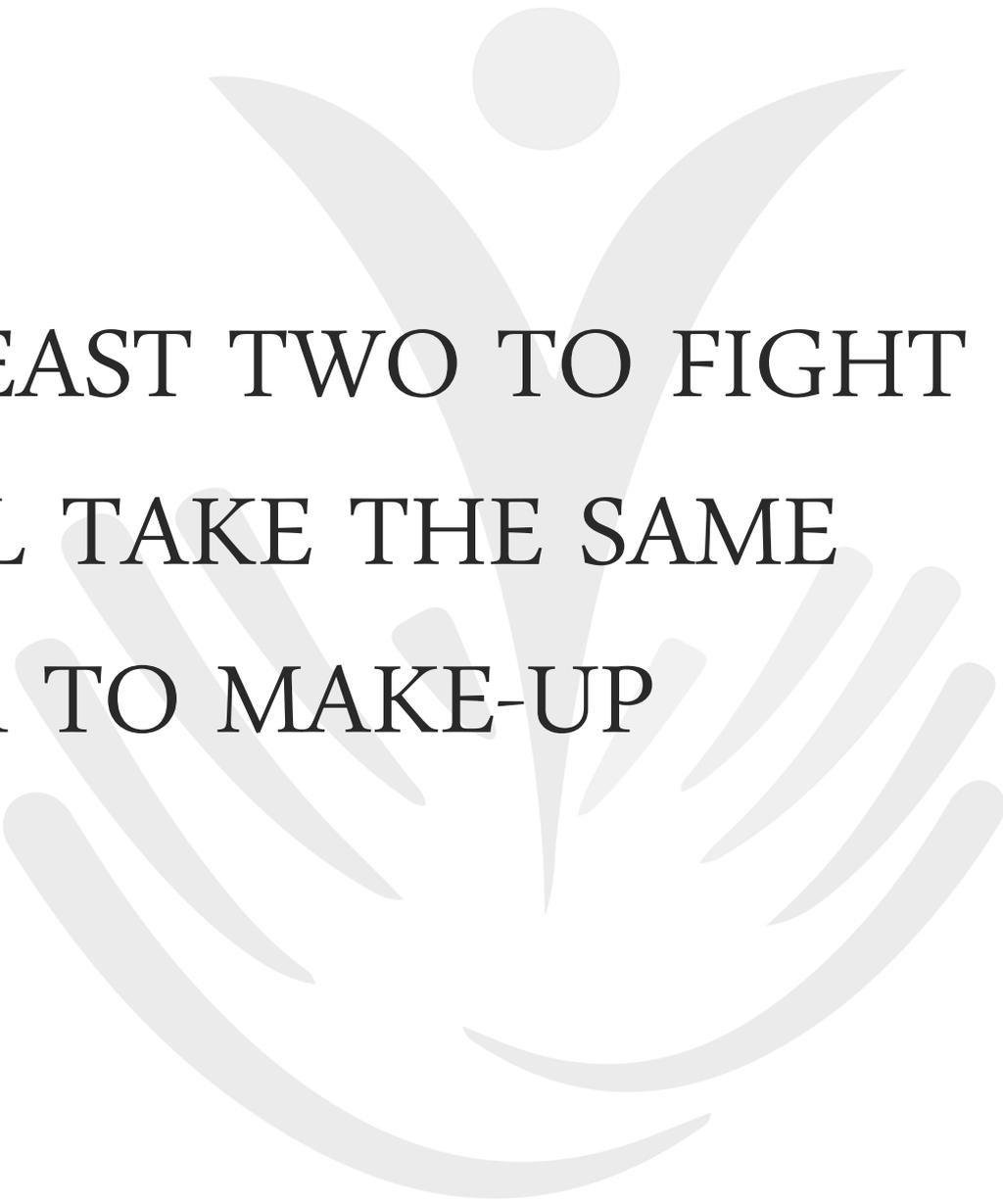
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# IRRECONCILABLE DIFFERENCES

- 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?**

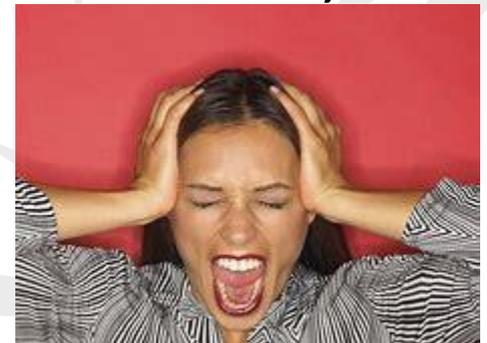
- What percentage in past/present/future ?
- Healthy is around 10/80/10



# 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.”**

