

Protecting Your Marriage From Total Destruction

Outline – February 23, 2025

Galatians 5:22-23; Colossians 3:12-14; Hebrews 12:15-16

Family Often Brings Joy, Love, Protection, & Tradition (But Here Is What We Don't Like To Admit)

I. Family can cause our greatest suffering

- A. If we don't learn how to suffer successfully we will quit & give up
 - 1. On our marriage
 - 2. On our family
 - 3. On ourselves
 - 4. On God
- B. "Long suffering" is a Biblical principle
 - 1. As we call on God to lead us through it
 - 2. To fix something inside of us
 - 3. To create an opportunity to give or receive blessing
 - 4. Help us to see what we couldn't see before
- C. Some of the greatest leaders endured suffering to reach the goal before them
- D. Jesus suffered in order to pay the price for our sin
 - 1. 2 Corinthians 5:21
 - 2. Luke 23:34
- E. Suffering is real (for everyone)
 - 1. Beware of quitting too soon
 - 2. Beware of blaming everyone else
 - 3. Beware of taking all the blame

II. Analyzing the source of suffering

- A. Our spouse and/or our family
 - 1. Expectations
 - 2. Neglect
 - 3. Criticism

- 4. Contempt
 - 5. Inconsideration
 - 6. Used/Abused
 - 7. Detachment
- B. Jesus said a prophet not honored by his own
 - 1. Familiarity breeds contempt
 - 2. Taken for granted
- C. Many do not know how to create a "happy environment"
 - 1. 75% of all people surveyed declared they did not come from a happy home
- D. Defensiveness is a common reaction
- E. A lack of knowledge
- F. A lack of understanding
- G. Not taking responsibility for our actions
- H. Keeping shame, pain, & suffering in darkness
- I. Arrogance
 - 1. Closes our hearts
 - 2. Opens our mouth in foolishness
- J. Allowing bitterness to take over our life
 - 1. When bitterness takes over we lose control of who we are

III. The destructive force/emotion of bitterness

- A. It is caused/fueled by unforgiveness
- B. If bitter with one, you become bitter with many...
- C. It brings out the worst version of you
- D. Bitterness controls you
 - 1. Stay in your "junior high" brain
- E. Puts us at odds with God, who has forgiven us
- F. You begin to see your spouse or other members of your family as the enemy
- G. Gives you a "false excuse" to do what is wrong
- H. Creates entitlement
- I. Creates contempt

J. Creates infidelity

IV. How do we overcome bitterness?

- A. Recognize there can't be a relationship unless the bitterness cause by pain & suffering are addressed
 - 1. Can't be close as long as there is pain between you
 - 2. Can't have a relationship without the element of forgiveness, it is the oil to any relationship
- B. Understand what forgiveness is and is not
- C. Remember if you have a relational problem with people you will have a relational problem with God
- D. Jesus dies to forgive our sin & rises from the dead to prove it
- E. What we get from God we are to give away: Love, forgiveness, grace, & truth

V. The dynamic duo of relational healing - repentance & forgiveness

- A. Creates a healing in a relationship
- B. Forgiveness is the starting line, what follows is
 - 1. Prayer
 - 2. Blessing
 - 3. Repenting
 - 4. Healing
- C. Repentance is owning your part in the relationship
 - 1. Being honest with yourself
 - 2. Turning from the sin
 - 3. Wanting to change

VI. The healthy results of repentance & forgiveness

Physically -

- A. Fewer ulcers
- B. Less likely to get a heart attack
- C. Fewer headaches
- D. Less sleepless nights

E. Less depressive episodes

Emotionally -

- F. More likely to heal from brokenness
- G. More likely to heal from trauma
- H. More likely to heal from bitterness
- I. More likely to heal from hopelessness
- J. Less need to control others
- K. Less need to dominate others

Relationally -

- L. Healthier relationships
- M. Happier relationships
- N. Lasting relationships
- O. Meaningful relationships
- P. Relationships that are real

Spiritually -

- Q. Closer to God
- R. Enjoy things of God
- S. Experience grace of God
- T. No longer quenching/grieving the Spirit of God

Let Go Of The Bitterness That Wants To Bring You Down & Destroy Your Family

Protect Your Family From The Cancer Of Bitterness