

ICYMI: You Can Have a Good Marriage!

February 9, 2020

ICYMI: Part 5

Top 10 Most Stressful Life Events:

1. Death of Spouse
2. Divorce
3. Marital Separation
4. Imprisonment in an Institution
(Marriage is an Institution)
5. Death of Close Family Member
6. Personal Injury or Illness
7. Marriage
8. Marital Reconciliation
9. Retirement
10. Family Member Illness or Injury

Song of Solomon 2:1, *I am a rose of Sharon, a lily of the valleys. He 2 Like a lily among thorns is my darling among the young women. 3 Like an apple tree among the trees of the forest is my beloved among the young men. I delight to sit in his shade, and his fruit is sweet to my taste. 4 Let him lead me to the banquet hall, and let his banner over me be love. 5 Strengthen me with raisins, refresh me with apples, for I am faint with love. 14 ... show me your face, let me hear your voice; for your voice is sweet, and your face is lovely. 15 Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom. 16 My beloved is mine and I am his; he browses among the lilies. 17 Until the day breaks and the shadows flee, turn, my beloved, and be like a gazelle or like a young stag on the rugged hills.*

Song of Solomon 2:15, *Catch for us the foxes, the little foxes that ruin the vineyards, our vineyards that are in bloom.*

Criticism vs. Appreciation

James 1:19, *My dear brothers and sisters, take note of this: Everyone*

should be quick to listen, slow to speak and slow to become angry

Defensiveness vs. Openness

Ephesians 5:25, *Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.*

Ephesians 5:33, *"For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." ... 33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.*

Contempt vs. Honor

1 Peter 3:8, *Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. 9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. ... 11 turn from evil and do good; they must seek peace and pursue it.*

Proverbs 3:27, *Do not withhold good from those to whom it is due, when it is in your power to do it.*

Stonewalling vs. Acceptance

Philippians 2:14, *Do everything without grumbling or arguing...*

"Develop or Re-Develop a Sense of HUMOR!"

Proverbs 15:13, *A happy heart makes the face cheerful...*

Proverbs 17:22, *A cheerful heart is good medicine...*

Take Away:

- Choose Appreciation over Criticism!
- Choose Openness over Defensiveness!
- Choose Honor over Contempt!
- Choose Acceptance over Stonewalling!
- Re-Develop a Sense of Humor!