

Today's Theme

“Married & Happy - Really?”

Series Title:

“Staying Encouraged”

Part 17 8/23/20

Ways To Be Happy & Encouraged Inside a Marriage

1. *Friendship* is key to longterm *health*.

(1) *Figure out what makes them feel loved.*

Song of Songs 8:6 Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. 7 Many waters cannot quench love; rivers cannot sweep it away.

(2) *Work at emotional affection & admiration.*

Colossians 3:14 And over all these virtues put on love, which binds them all together in perfect unity.

(3) *A supported spouse is a happier spouse.*

Mark 10:9 Therefore what God has joined together, let no one separate.”

2. *Stop trying to control* my partner.

(1) *Give each other space in life.*

Eph 5:21 Submit to one another out of reverence for Christ.

(2) *Learn to apologize properly & forgive.*

1 Peter 4:8 Above all, love each other deeply, because love covers over a multitude of sins.

(3) *Learn to collaborate on big decisions.*

Eph 4:2 Be completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace.

3. Build a *legacy* with *meaning* together.

(1) *Find & build* shared interests.

Ephesians 5:31 “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.”

(2) Remember that *little things matter*.

Ecc 4:12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

(3) *Positive words* have great *power*.

Ephesians 5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

What If My Marriage Is Hurting

1. Quickly *move* towards choosing *love*.

2. Get *close* to some *healthy* marriages.

3. *Place* my spouses *happiness* above mine.

4. *Put* your relationship *ahead* of everything.

5. *Stop* taking each other for *granted*.

6. Be *willing* to make needed *changes*.

Philippians 2:4 not looking to your own interests but each of you to the interests of the others.

Eph 4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.