

Podcast Worksheet
My Marriage Sucks: Healing in Marriage

Scriptural Texts:

1 Timothy 4:4a

Main Points:

1. If we are constantly looking for a backdoor out of our marriage, we will sabotage our efforts toward a healed marriage. Separation is divorce practice.
2. Success in marriage requires an equal commitment from both spouses.
3. If marital infidelity is involved, healing is available, but it's necessary to turn back to God for mercy.
4. Our spouse isn't responsible for our happiness, we are. If we are unhappy, only we can fix it.
5. Our spouse will never meet all our needs or be the perfect fulfillment of our dreams.
6. Happiness comes from our beliefs, our view of relationships and the purpose of relationships.
7. We can minimize our suffering by living the way God says to live, getting our own healing, and not blaming our spouse for our misery.
8. Pride is poison to marriage. Doing what we want and disregarding our spouse causes hurt.
9. Every time we are hurt, we need to work through our painful event, ask for healing, and forgive.
10. Regular forgiveness will prevent bitterness and will keep our heart and mind free and loving.
11. Resist blaming. Accepting the way God has made our spouse greatly increases our contentment.
12. Judgment kills the soul; it leaves our spouse feeling inadequate and discouraged.
13. Even if our spouse is into destructive behaviors we can maintain peace with God's help.
14. Holding hands and praying together every day is a miracle fix for marital healing, for defeating pride and selfishness, as well as Satan's influence.

Questions:

1. In what ways have you judged your spouse? What God-created traits have you struggled to accept? Would you be willing to ask forgiveness for this?

2. What are some areas of healing you could pursue that would benefit your marriage?

3. What offenses from your spouse do you need to forgive? How can you prevent bitterness?

Prayer of Response:

Lord God, I know you see the struggles in my marriage and that you care about both of us. I realize I can only control myself. Help me forgive my spouse and be more accepting and less judgmental. And for the areas needing healing that are beyond my control, please work in a powerful way in both of us. I ask for your power and blessing to redeem and restore our relationship. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
