

NOTES FOR HELPING MARRIAGES IN YOUR GROUP REGROUP - SEPT 10, 2023

HOW DO WE HELP?

Pray

Make sure they know it is a safe place for them

Listen to understand, not evaluate.

Emphasize and acknowledge their situation

Encourage where you can

Be patient

Remember God is the only one who can change hearts and transform lives, we CAN NOT.

WE HAVE SUPERNATURAL HELP

The whole Bible is about relationships.

Remind them of the Gospel and it's power.

Point them to the truth of God's Word.

We can't produce spiritual fruit without God's help.

God's spirit is in us.

BE CONFIDENT THAT GOD CAN USE YOU TO HELP.

FIRST AID TO HELP COUPLES

Assess the situation/Ask some questions

- Find out their back story/family background/faith journey
- Why is this issue concerning them?
- Is their spouse aware that you're meeting with them?
- Are they pointing fingers at their spouse?
- Are they willing to take responsibility for their part in the conflict?
- Are they coming with different ideas and fighting to get their own way?

OR

- Do they show they can make decisions together?

CHECKING VITALS: IMPORTANT & NECESSARY THINGS

Loving Communication - *Ephesians 4:15a*

- Communication is always on two levels: Truth is the content, Love is the relational.
 - Do they interrupt each other? Do they listen to understand or to evaluate?
 - Listen for bitterness, selfishness, pride
- OR**
- Do they show humility?

Teachability: willingness to accept correction and learn from it - Humility is Essential. *Proverbs 27:5-6....James 4:1-2*

- How do they accept words that may be hard for them to hear?
- Do they want to change?
- Will they take responsibility for their part?

Conflict Resolution

- Feelings are real and important. We can't change how someone feels. Validate their feelings.
- Men and women are different and may deal with things differently.
- What may seem small to one person may seem big to another.

Conflict Resolution: Forgiveness

- I'm sorry isn't the same as asking for forgiveness.
- We aren't all well trained to ask for forgiveness.
- We need to ask for forgiveness for specific offenses.
- Forgiveness is a process. Some individuals forgive easier than others.
- Hurt & Bitterness take time to heal.

HEALING BEGINS Philippians 4:8

RENEWED HEALTH

- Oneness is God's design
 - Awareness to recognize the drift apart in marriage
 - Awareness that we can easily believe lies
 - Look for positives or things to encourage in each other
 - My spouse is not my enemy; we're on the same team.

HEALTHY: ONENESS ONLY HAPPENS WITH:

- LOVING COMMUNICATION
- TEACHABILITY (HUMILITY)
- RESOLVING CONFLICT
- FORGIVENESS
- THE DESIRE TO MOVE TOWARD A THRIVING, GOD-HONORING MARRIAGE

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WE