

Standing For Marriage

Brief testimony – Some things I learned that I want to share

1. We must understand how much God loves us and our worth is in Him!
Example from my life. Can't earn it, just loves us.
Romans 5:8 "But God demonstrates His own love for us in this: While we were still sinners, Christ died for us."

Write out Scriptures and put your name in them. Repeat it often until you believe it.

2. Jesus must be our rock. No one else can take His place. Trust God, not your husband or anyone else. Seek to know Him intimately through His Word. Do what it says, even when you don't feel like it. You must make time for regular study and prayer. An idea for spending creative quiet time with the Lord: ComeToTheBanquet.com. Or in-depth Precepts studies. Priorities are what we do, everything else is just talk. C-12 Motto

Jeremiah 17:5-8 Cursed is the one who trusts in man,
who draws strength from mere flesh

That person will be like a bush in the wastelands;
they will not see prosperity when it comes.
They will dwell in the parched places of the desert,
in a salt land where no one lives.

"But blessed is the one who trusts in the Lord,
whose confidence is in him.
They will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit."

verse 9:
The heart is deceitful above all things and beyond cure.
Who can understand it?

3. Ask God to help you see your spouse from His perspective. It gives you more compassion and enables you to see their hurt and bondage. For example – when I had a miscarriage and Tim couldn't comfort me. I realized that he had nothing to give because he was barely surviving himself.

4. Work on yourself. There is plenty to do! (Share about me being alcoholic,

fasting—but only for such times. Then come back together again. Satan has an ingenious way of tempting us when we least expect it.”

This can be the hardest thing to do when there is unfaithfulness. It's not easy – I used to want to throw up when I first came back together with Tim and I had to pray my way through it. I didn't want to. But Tim has shared over and over how this has helped him with temptation. And it should be mutually pleasurable. Tell him how he can please you. It's not just for him.

Book by Juli Slattery: Passion Pursuit: what kind of love are you making?

And 25 questions you're afraid to ask about love, sex & intimacy

Make time for regular dates. Tell about what we do and how it has strengthened our marriage. Re-set button.

10. Be open about your struggles. Share with someone you trust who may have been through this. It helps to know you're not alone. If you can talk to your spouse about it – you can be a safe place where they can share their struggles with you.

Tim confides in me when he feels tempted now and it helps dissipate the desire.

When you bring what is hidden into the light it loses its power over you.
Just like daylight after bad dreams.

Get into God's Word and **apply** it to your lives. That is where the power comes from. There are Precept studies like the story of Joseph. Consider keeping a journal and keep track of your progress.

Share our website: www.aredeemedmarriage.com

Pray for them

attention seeker, people pleaser, self-pit, self-righteous, pride, etc.)
May not be extreme, but you may harbor bitterness, unforgiveness, disrespect, ungratefulness.

Ask yourself this question: Would you want to be married to you? Be honest about your own shortcomings and sin.

5. Pray earnestly for your spouse. If you haven't taken this step, then you can't keep complaining to God about them. Try the *Power of a Praying Wife* by Stormie O'Martian. Write out your prayers in a journal, be honest with God about what you're feeling.
We're told to pray for those persecute us. And also bless those who persecute you – bless and do not curse.

6. Don't build walls. Must be willing to be vulnerable. We want and were created for intimacy but when we're hurt we build up walls to protect ourselves and then can never find the intimacy we desire.
Share story from Thailand.
Jesus was hurt by those He loved the most, but He didn't hold it against them. He still remained vulnerable.

7. Don't act spiritually superior. The ground is level at the cross. We all fall short. Romans 3:23 – for all have sinned and fall short of the glory of God. Ask how you can pray for him and mean it. Be there for him. Want him to have victory over any strongholds in his life rather than thinking how you can get revenge. When you are married, you have become a team – you face the same enemy and it's not each other. Respect your husband even when he doesn't deserve it. "the wife must respect her husband" Ephesians 5:33
Read *Love and Respect* or watch DVDs Eye opening!

8. Forgive. Not easy, they don't deserve it. But that's not the point. God commands us to because He has forgiven us of so much and He knows what is best for us. Read and really contemplate Matthew 18 – the parable of the unmerciful servant. When we withhold forgiveness we are being tortured. Barb will go into more depth with this.

9. Don't withhold sex. That plays right into satan's hand and makes you both vulnerable to temptation.

1 Corinthians 7:2-5 The Message "It's good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong, but marriage is strong enough to contain them and provide for a balanced and fulfilling sexual life in a world of sexual disorder. The marriage bed must be a place of mutuality—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to "stand up for your rights." Marriage is a decision to serve the other, whether in bed or out. Abstaining from sex is permissible for a period of time if you both agree to it, and if it's for the purposes of prayer and