

Pastoral Marital Advice from Jesus, Paul & Peter: (Matthew 19:3-12; 1 Corinthians 7:1-40; I Peter 3:1-7)

Couples:

- Dwell on the positive
 - List 10 positive traits about each other
 - Focus on the good times you have had
 - Lift spouses weaknesses to God in prayer and allow His spot light to shine back into your life.
- Pray together once in a while
- Forgive (70 x7)
- Work through issues – Don't make decisions in down moments
- Listen without judgment and interruption
- Take counsel
 - I will give you scriptural wisdom from the word, but for in depth counseling I may refer you to someone. People don't like the Pastor to know all their junk.
- Stop trying to change each other:
 - God did not put you into your husbands life to fix him – You are not his mama
 - God did not put you into your wife's life to fix her – You are not her master
- Accept each other:
 - Try not to make him more emotional
 - Try not to make her more logical
- The "D" word is not allowed in our house (Period!)

It is a great victory when you accept your mates imperfection instead of letting it irritate you.

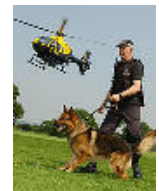
#1 reason for divorce in America: "I can't take it anymore!"
(God's attitude about divorce: He hates what it does to peoples lives. God loves divorcees)

Malachi 2:16 "For the Lord God of Israel says That He hates divorce,

Rules for a fair fight:

- No name calling
- No cussing
- No yelling – Never yell unless the house is on fire
- No arguing in front of other people
- No threats - The "D" Word is not allowed (PERIOD!)
- No absolutes "You always ... You never ..."
- No manipulative crying (some people do it at will)
- No manipulative silent treatment
- No e-mails! (Never deal with personal issues by e-mail or text messaging – End of discussion)
- No physical contact – My solution for spouse who physically abuses – **The Police**

Proverbs 15:1 A soft answer turns away wrath,
But a harsh word stirs up anger.



Men: Colossians 3:19 Husbands, love your wives and do not be bitter toward them.

- Avoid stubbornness. Since you are rationale by nature – be reasonable. Get her input. Work for a consensus. Don't make quick decisions without looking at all the needs of your family. Let her adjust emotionally.
- Understand your wife. Read a book.
- Realize head of the house means more responsibility – not the right to act like a dictator of home and bark, "I am the head of the house and you will obey me" You are in sin if you order her around like she is your dog or treat her like she is your donkey to be tied up in the barn against her will. This is a covenant partnership and you are given responsibility to make it work.
 - Pounding your chest like King Kong will not work either.
- Deal with bitterness
- Chase a little bit better – Show her affection (Pursue, pursue, pursue)
 - Taking your clothes off and grunting is not your wife's view as romantic



Women: Colossians 3:18 Wives, submit to your own husbands, as is fitting in the Lord.

- Respect – You don't need to correct publically and make a fool out of him. He can do quite well on his own
- Get rid of the rebellious contrary attitude
- Submission is misused but still a biblical principle
- Get off his back. He heard you the fifth time. Give him time to process & come out of his cave
- Let him catch you. Stop the Marathon! Don't wait til he is wore out - Take advantage of the moments
 - Try morning or afternoons – two days in a row!



Single:

- Walk in victory now – Don't look to another person to fulfill you!
- Let God dictate your life direction & where you attend church (not your hormones). Be like a tree planted in one church not like a honey bee flying around different churches trying to cut one out of the herd.
- Serve the Lord with your gift - Sleeping in on Sunday morning as a single person is a sin
- Choose God's will
- Don't touch a woman or a man – reject the worlds view of dating vs. Biblical courtship
- Don't be alone in dangerous flesh appealing situations

Divorced:

- Learn your lessons (ex. One woman kept marrying men that beat her up). Solve problem before remarrying!
- Receiving healing – You have a safe place here. We are not here to judge you.
- Forgive others who hurt you
- Accept God's forgiveness – My attitude: Grace and more grace. Some of you tried very hard. Stop beating yourselves up. When we repent he forgives.
- Move forward

To those pursuing to get out of a marriage:

1. Get advice – never say never - Give God a chance
2. Count the cost: Financially devastating; Ruined emotionally; Cripples kids
3. Disobeying God
4. The grass looks greener on the other side, but when you get there it is cardboard
 - a. 2nd time is not usually better
5. Any sin can be overcome
6. Any betrayal can be forgiven

Other tools:

- Marriage retreats, enrichment seminars
- Books
- CD's

Best thing in-laws did for us – bought us a tape series on marriage.

Truth about Counseling:

- Women usually change faster when their husbands go for counseling:
- It let's his wife know he loves her. She knows it is embarrassing for him, so it really loves her by doing so. She realizes the humility it takes.
- A good counselor doesn't take sides, but he is honest with both.
- It is a good business decision. Counseling is not a waste of money, but an Investment in your marriage like you would your business. One hour of counseling can save 20 hours of heartache and arguing.

Understand your spouses needs:

- Try to see things from each others point of view. So if I understand you correctly ... (repeat with no sarcasm)
- Write down on calendar your wife's cycle: 28 days (13 a year) Mark your calendars!
- Write down man's cycle: Every 72 hours (121 a year)

Five Major Needs Of Women

1. **Affection**
2. **Conversation**
3. **Honesty & Openness**
4. **Financial Support**
5. **Family Commitment**

Five Major Needs of Men

1. **Sexual fulfillment.**
2. **Recreational Companionship.**
3. **An attractive spouse.**
4. **Domestic Support**
5. **Admiration**

Dr. Willard Harley. "His Needs/Her Needs." (Grand Rapids: Revell, 2001).

Sex life is very important:

- Men's greatest battle - Do not gloat over your husband; put him down, ridicule him because he has a need in this area.
- If you are over 30 days you are both in sin – Men do not have that much self control.
- Women – don't wait for him. It is your right also. If you want it chase him!
- Men who are constantly put off feel rejected/ discouraged-depressed and give up.
- The longer men wait the worse their fantasy life is.
- Men who satisfy their own needs don't desire their wife as much – don't have that much urgency. Advice from secular counselors: Stop looking for release outside of your relationship with your wife and you will want her more. Some may say, "That's embarrassing." Maybe embarrassment is what is needed!
- I have asked you to bind & loose, memorize scriptures and speak them to the devil, put on the whole armor of God, Use the name of Jesus, fast and pray. These are all legitimate spiritual activities. I am asking you to do something a little different – Minister to the physical needs of your mate. Rebuking the devil off of my spouse. This could be the most exciting spiritual warfare you have ever had. It breaks the spirit of temptation!

Hindrances to sex life:

- Selfishness: Give us much as you take
- Tiredness (different hours)
- Stress (It can also release stress)
- Procrastination, wrong priorities, excuses
- Woman thinks she can teach him self control by putting him off a month (Humor for the day)

Dangerous strongholds:

- "I know it is wrong but I refuse to change!"
- They are the one that needs to change
- "I can't forgive" (then welcome to hell)
- Martyrdom syndrome: →
- Stubbornness

Gloom, despair, and agony on me
Deep, dark depression, excessive misery
If it weren't for bad luck, I'd have no luck at all
Gloom, despair, and agony on me

Conclusion:

- ✚ Time to grow up, be real Christians!
- ✚ Stop deceiving yourself: hearing the word is not enough - do it!
- ✚ If you don't quit you will win! Give your marriage the commitment it deserves. When you make the commitment God releases the grace you need to help in time of need. God gives grace when you make a commitment to forgive.
- ✚ Apologize to your mate: Head of the home first!
- ✚ Couples: Go home and do heavy warfare - make the devil mad. Make love to your spouse!