

CMCN 101

When Marriage is Hard - Part 1

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“Not a single person on earth is always good and never sins.” Ecclesiastes 7:20 (NLT)

The grass isn't greener on the other side. It's greener where you water it.

*“⁴ ... from the beginning ‘God made them male and female.’ ⁵And He said, ‘This explains why a man leaves his father and mother and is joined to his wife, and the **two are united into one.**’*

⁶Since they are no longer two but one, let no one split apart what God has joined together.”

Matthew 19:4-6 (NLT)

Communication

“²¹The tongue can bring death or life; those who love to talk will reap the consequences. ²²The man who finds a wife finds a treasure, and he receives favor from the Lord.” Proverbs 18:21-22 (NLT)

All frustration is unmet expectations.

Solution #1 - Expectations need to be met.

Solution #2 - Expectations need to be adjusted.

Sometimes the issue is: we're not meeting the needs of our spouse.

Sometimes the issue is: we're not communicating our needs.

“Those who control their tongue will have a long life; opening your mouth can ruin everything.” Proverbs 13:3 (NLT)

“A hot-tempered person starts fights; a cool-tempered person stops them.” Proverbs 15:18 (NLT)

The right thing said the wrong way or at the wrong time can quickly become the wrong thing.

*“Husbands, love your wives and **never** treat them harshly.” Colossians 3:19 (NLT)*

“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.” James 1:19 (NLT)

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