

How to Rescue the Marriage
Ephesians 4:26-27
January 27, 2019
(Part 3 of "Marriage Matters")

#1. Understand What's Happening

↳ **Here's what we tend to see:**

1. Unexplainable _____
2. _____ attitude
3. Loss of _____
4. Negative _____ - _____ signals

☒ **What is going on is " _____ "**

☒ **This creates a " _____ !"**

#2. Understand How It Happened

↳ **It happened from the _____
of _____ acts!**

☒ **Whatever we do that _____ the
other person _____ their _____.**

List

1. Speak harsh words
2. Belittle their opinion
3. Unwilling to admit wrong
4. Take them for granted
5. Makes jokes at their expense
6. Ignore them
7. Rude to them in front of others
8. Downplay their needs
9. Come back with quick retorts
10. Forget special dates
11. Lecture them when comfort was needed
12. Make them feel stupid when sharing their ideas
13. Show more excitement over work or other activities than over them
14. Criticize physical or emotional characteristics they can't change
15. Not given a chance to voice their opinion before a decision is made

#3. Understand What To Do

**The goal is to _____ the _____ from
your spouse's life.**

1. Become _____ and _____.

*"Patience pierces through indifference; gentle speech
breaks down rigid defenses." Prov. 25:15 (Msg)*

**2. _____ what your spouse
has _____.**

*"Be quick to listen, slow to speak and slow to become angry."
James 1:19 (NIV)*

**3. Acknowledge the _____ and
_____ any wrong.**

*"If you are angry, you cannot do any of the good things God wants."
James 1:20 (CEV)*

4. _____ the other person _____.

*"Esau ran to meet Jacob and embraced him. And they wept."
Gen. 33:4 (NIV)*

**5. Seek _____ and
_____ for a response.**

*"Now we ask you to please forgive the terrible things we did.'
When Joseph heard this, he started crying." Gen. 50:17 (CEV)*