

## *What Did You Expect?*

### *Commitment #5 – We will deal with our differences with appreciation and grace.*

#### Practical Steps to Deal with Differences in Marriage

##### 1. Face reality

- › It never works to deny, reject or avoid reality – things rarely get better miraculously
- › Because of grace we should be willing to look difficulty in the face and not panic, not feel hopeless

##### 2. Deal honestly with your anger

- › Never work to deny your anger – this results in bitterness, hardened hearts
- › Remind yourself that not all differences are equally important, catch yourself when you are angry over things that should simply be overlooked (what kind of dessert)
- › Deal with your anger before you go to bed – Ephesians 4:26-27

##### 3. Communicate in ways that are wholesome

- › Ephesians 4:29 –
- › We have to be careful not to reduce wholesome communication to a vocabulary – words we should and should not say – although this is vitally important
- › Wholesome communication is other-focused and other-directed – it means that in our communication we are seeking to build the other up – to give them hope and encouragement. It means that we speak in a way that fits the moment.

- › Wholesome communication gives grace to those who hear it! - *What does this mean?*

#### 4. Run to your resources

- › The Word – make use of both private and corporate opportunities to be in the word of God, for it revives the soul; makes wise the simple; rejoices the heart; and enlightens the eyes –Psalm 19:7-9
- › The sacraments – these remind us of the powerful spiritual relation and blessings that are ours from being united to Christ
- › Prayer – prayer brings us into the presence of the one who loves us and who can change our hearts – it gives us an opportunity to pour out our hearts
- › Community – provides another listening ear, comfort, wisdom and support from those who have gone before

#### 5. Resist the lies of the enemy

- › Satan will whisper two deadly lies into your ears
- › “It’s not your fault”
- › “You don’t have enough”

#### 6. Create something new

- › God is ever and always making things new
- › In Christ you are a new creation and you are being made into his image
- › In Christ your marriages can be renewed after the image of God – to reflect the closeness and unity of the Godhead