



COMMUNITY OF FAITH

MAKING MARRIAGE WORK HOPE FOR YOUR MARRIAGE

Now let Us conceive a new creation—humanity—made in Our image, fashioned according to Our likeness. Genesis 1:26 (Voice)

So God created human beings; he created them godlike, Reflecting God’s nature. He created them male and female. Genesis 1:27 (MSG)

For we know in part, and we prophesy in part [for our knowledge is fragmentary and incomplete]. But when that which is complete and perfect comes, that which is incomplete and partial will pass away. 1 Corinthians 13:9

When I was a child, I spoke and thought and reasoned as a child. But when I grew up, I put away childish things. For now [in this time of imperfection] we see in a mirror dimly, but when the time of perfection comes we will see reality face to face. Now I know in fragments, but then I will know fully, just as I have been fully known by God. 1 Corinthians 13:9-12

The Spirit of the Lord God is upon me, Because the Lord anointed me To bring good news to the humble; He has sent me to bind up (integrate) the brokenhearted (literally, those whose hearts are fragmented), To proclaim release to captives And freedom to prisoners. Isaiah 61:1

He heals the brokenhearted and binds up their wounds, (curing their pains and their sorrows) Psalm 147:3 (AMP)

“Suppose one of you has a hundred sheep and loses one of them. Doesn’t he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, ‘Rejoice with me; I have found my lost sheep.’ Luke 15:4-7 (NIV)

Internal Family Systems

- **Managers** – a protective part responsible for our day-to-day safety
- **Firefighters** – a protective part responsible to do whatever it takes to deliver us out red-hot emotions

So what does all this have to do with our marriages?

These parts inside of us often cause the issues we struggle with in our relationships.

Our managers can cause:

- Emotional Overreaction
- Clinginess or Withdrawal
- Controlling Behaviors
- Conflict Avoidance
- Fear of Failure

Our Firefighters can cause:

- Emotional Escalation
- Avoidance Behaviors

Steps to Healing in Marriage:

- Self-Awareness and Self-Compassion
- Communicating from the Self
- Understanding Each Other's Parts
- Supporting Each Other's Healing

In the end, marriage becomes not just a partnership but a place of healing and growth, where each person can become more whole and live from their true Self.

Psalm 139

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my parts. Before a word is on my tongue you, Lord, know it completely.

Psalm 139:23-24

Investigate me, God, and know my heart. Test me and know my troubled thoughts. See if there is any way in me that causes pain, and lead me in the way everlasting.

Steps to Wholeness in Christ:

- Take time this week to reflect on the parts of yourself you've been hiding, either from God or from others.
- Bring those parts into the light of Christ's love, trusting that He will meet them with grace and healing.
- Acknowledge the fragments.

Search me, O God, and know my heart. Psalm 139:23

- Invite Christ into the brokenness.
- Receive God's love and compassion.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."
Psalm 34:18 (NIV)