



Let's Talk About... - Week 4 "4 Things that Fog the Mirror of Marriage"

Genesis 2:18 (NIV)

The Lord God said, "It is not good for the man to be alone. I will make a helper suitable for him."

Genesis 2:24 (NIV)

That is why a man leaves his father and mother and is united to his wife, and they become one flesh.

Ephesians 5:21-33 (NIV)

Submit to one another out of reverence for Christ.

²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. ²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.

²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶ to make her holy, cleansing her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰ for we are members of his body.

³¹ "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh." ³² This is a profound mystery—but I am talking about Christ and the church. ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

4 Things that will "Fog the Mirror" of Marriage:

1. Selfishness

- Selfishness is destructive.
- Selfishness is demanding.

Philippians 2:3-4 (NIV)

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

- Selfishness must die to submission.

Ephesians 5:21 (NIV)

Submit to one another out of reverence for Christ.

Ephesians 5:25 (NIV)

Husbands, love your wives, just as Christ loved the church and gave himself up for her

2. Neglect

- Nothing you neglect gets better.

Proverbs 24:30-34 (NIV)

*I went past the field of a sluggard,
past the vineyard of someone who has no sense;
³¹ thorns had come up everywhere,
the ground was covered with weeds,
and the stone wall was in ruins.
³² I applied my heart to what I observed
and learned a lesson from what I saw:
³³ A little sleep, a little slumber,
a little folding of the hands to rest—
³⁴ and poverty will come on you like a thief
and scarcity like an armed man.*

- What you stop feeding starts dying.
- Neglect feels slow, but the consequences feel sudden.

3. Fighting dirty

- Healthy couples fight for restoration; unhealthy couples fight for victory.

Low blows in marriage:

- Contempt
- Retaliation
- Avoidance
- Record keeping
- Defensiveness

4. Unforgiveness

- Love and unforgiveness can't grow in the same garden.
- Unforgiveness punishes.
- We forgive-not because they deserve it, but because we have received it.

Ephesians 4:32 (ESV)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

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