

August 30, 2026



Let's Talk About... - Week 4

"Fighting the Marriage Killers"

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 3:16b NIV

"Your desire will be for your husband, and he will rule over you."

- God's plan and design for marriage are good.
- Sin twists, distorts, and destroys over time.
- We have to fight to build and rebuild healthy marriages.

Ephesians 5:21-33 NIV

²¹ 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.

Marriage Killer #1

Selfishness is the number one drain on the marriage cup.

- Love & Respect are the two main fuels of selflessness that feed a marriage.
- When you're in a gridlock empty of love and respect, someone has to break the ice first.
- You focus on living out your assignment in your marriage and let God work.

Marriage Killer #2

Neglect – Laziness destroys love over time.

- Nothing you neglect grows or gets better.
- What you stop feeding starts dying.
- Proverbs 24:30-34

Marriage Killer #3

Unresolved Conflict – The question is not, “Will you fight?” but, “How will you fight?”

Ephesians 4:32 NIV

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Penalties in Conflict:

- Contempt – (Problem vs. Person) “You are against *me*.”
- Retaliation/Escalation – “I’ll match your crazy with crazy.”
- Avoidance/Chasing – Running away from conflict.
- Silent Treatment – Brush it under the rug.
- Keeping a record of wrongs – Bringing up past arguments as ammunition.
- Defensiveness
- Using “Always/Never”
- Refusing to apologize/Unforgiveness

Marriage Killer #4

Not understanding the Purpose of marriage.

- Marriage is God’s gift designed to reflect the covenant love between Jesus and His church.