

This Is Us
Making Marriage Work
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Dr. Gottman's Myths of marriage:

1. Good communication is the key to a happy marriage.
 - Most couples don't actively listen when they are in conflict.
2. Personality problems will ruin your marriage.
 - We're all a little crazy.
"Keep your eyes wide open before marriage and half shut afterwards." Ernie Siggelkow
3. Conflict will ruin your marriage / avoiding conflict will ruin your marriage.
 - No right and wrong but it needs to work for both of you.

Questions: Which of these myths have you or do you believe? Do you agree that they are myths? Why or why not?

How do you pump life back into your marriage? What makes marriage work? Dr. Gottman would say "love and respect."

Paul the Apostle says the same in Ephesians 5:21-28, a controversial passage.

Vs. 22-24 - These are the wives verses: guys can't use it.

Vs. 21 - Written to every follower of Jesus. A lifestyle of following Jesus is a lifestyle of submission.

Vs. 25-28 Husbands verses: wives can't use them.

Ephesians 5:2 - "Live a life filled with love ..." A verse to everyone in all relationships.

Question: How does viewing this passage this way help in how you live it out, whether you are married or not?

Marriage is not easy. We are flawed, imperfect, sinful people.

Myth: 3. Marriage will solve all your problems / Marriage causes all my problems.

- Marriage will **reveal** all your problems.

Questions: What changes in your view of problems this way? In what ways is it helpful?

One of the primary purposes of marriage is the perfection of our character.

The litmus test of genuine spirituality is our relationships; how we treat others. Marriage is ground zero for this.

Galatians 5:22-26; 1 Corinthians 13:1ff

"What if God designed marriage to make us holy more than to make us happy?" Gary Thomas

Key questions:

What is God revealing about your character through my relationships?
What does God want to build into my character through my relationships?

Myths:

4. You have to be a Christian to have a great marriage.
 - Overarching grace that extends to all marriages - good if love and respect are active.
5. The divorce rate among Christian couples is just as high as non-Christians.
 - Just true about those who "call" themselves Christians not practice it.

Questions: Are these myths a surprise to you? How does this effect your view of Christian marriage?