

Redeeming Marriage



Put Off the Old, Put On the New: Marriage in the New Creation

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Completely
Revised and
Updated

the
Seven
Principles
for **Making**
Marriage
Work

A Practical Guide from the Country's
Foremost Relationship Expert

JOHN M. GOTTMAN, PH.D.,
and NAN SILVER

*I can predict whether a couple
will divorce after watching and
listening to them for just fifteen
minutes.*

—John Gottman



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What can make a marriage work is surprisingly simple. Happily married couples aren't smarter, richer, or more psychologically astute than others. ... They have hit upon a dynamic that keeps their negative thoughts and feelings about each other from overwhelming their positive ones. ... They have what I call an emotionally intelligent marriage.



Redeeming Marriage



Put Off the Old, Put On the New: Marriage in the New Creation

Ephesians 4:25-32

²⁵ Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.

²⁶ Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil. ²⁸ Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need.



Ephesians 4:25-32

²⁹ Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.



Outline

1. Words: The Currency of Communication
2. Anger: Healthy and Unhealthy Conflict
3. Forgiveness: Gospel Love in Action



1. Words: The Currency of Communication

Ephesians 4:25, 29



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1. Words: The Currency of Communication

Do my words...

- ❖ tell the truth?
- ❖ build up?
- ❖ fit the occasion?
- ❖ give grace?



1. Words: The Currency of Communication

Deposits

- ❖ Gratitude
- ❖ Affirmation
- ❖ Encouragement
- ❖ Empathy
- ❖ Understanding
- ❖ Compliments
- ❖ Scripture

Withdrawals

- ❖ Lying
- ❖ Harshness
- ❖ Name-calling
- ❖ Belittling
- ❖ Criticism
- ❖ Contempt
- ❖ Accusation



1. Words: The Currency of Communication

Application: Sanctify Your Speech

- 1) Take inventory: What kinds of words characterize your speech?
- 2) Pray Psalm 141:3:
 - ❖ *“Set a guard, O LORD, over my mouth; keep watch over the door of my lips.”*
- 3) Recover the discipline of silence
 - ❖ Retreat • Silent walk • Drive without radio
 - Sit quietly before the Lord



2. Anger: Healthy and Unhealthy Conflict

Ephesians 4:26-27



Ephesians 4:26-27

Be angry and do not sin; do not let the sun go down on your anger, ²⁷ and give no opportunity to the devil.



2. Anger: Healthy and Unhealthy Conflict

Anger becomes sinful when it is:

- ❖ Self-centered
- ❖ Immoderate
- ❖ Out of control
- ❖ Punitive or vengeful



2. Anger: Healthy and Unhealthy Conflict

Five Common Conflict Management Styles

- ❖ Competing: *I win. You lose.*
- ❖ Accommodating: *You win. I lose.*
- ❖ Compromising: *We both win some and lose some.*
- ❖ Avoiding: *I'm not going to play the game. (Nobody wins!)*
- ❖ Collaborating: *Let's solve this together (We win)*



2. Anger: Healthy and Unhealthy Conflict

Ephesians 4:26-27



3. Forgiveness: Gospel Love in Action

Ephesians 4:31-32



Ephesians 4:31-32

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.



3. Forgiveness: Gospel Love in Action

(a) A Basic Disposition: Develop a Culture of Kindness

- ❖ Assume the best. Give the benefit of the doubt. Be quick to forgive.
- ❖ Don't hold grudges. Have a short memory.
- ❖ *"Love does not keep a record of wrongs"* (1 Cor. 13:5, NIV)



3. Forgiveness: Gospel Love in Action

(b) When There Has Been Sin

- ❖ For those who have been hurt:
 - ❖ Safety first.
 - ❖ Forgiveness is free.
 - ❖ Trust is earned.



3. Forgiveness: Gospel Love in Action

(b) When There Has Been Sin

- ❖ For those who have done the hurting:
 - ❖ “Small” sins: “I was wrong. Will you forgive me?”
 - ❖ “Big” sins: Confess. Repent. Accept consequences.
 - ❖ Do the hard work of seeking change.



3. Forgiveness: Gospel Love in Action

Ephesians 4:31-32



Summary

1. Words: The Currency of Communication
2. Anger: Healthy and Unhealthy Conflict
3. Forgiveness: Gospel Love in Action

