

The Opposites Of Marriage

Apostolic Christian Counseling And Family Services
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Outline

Viewing Marriage as a Sanctifying Tension

Common Areas of Tension

Tools and Concepts to help Navigate these Areas

Self-Reflection

Where do you and your spouse most often experience tension?

How do you normally handle it?

Sanctifying Tension

- Reframe your marriage as a key sanctifier in your life.
 - What has your marriage exposed about your character?
 - Your strengths? Areas to grow?
- Realize this tension is not a problem to be solved but something to be managed
- Sanctification lasts our entire life. (the never ending remodel project)



The Call of Scripture

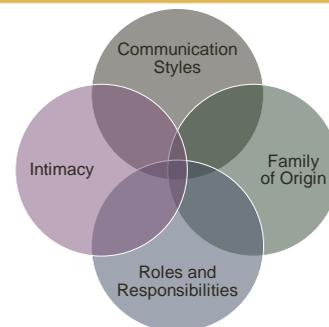
Ephesians 5:22, 25
"Wives, submit yourselves unto your own husbands, as unto the Lord...Husbands, love your wives, even as Christ also loved the church, and gave himself for it; that he might sanctify and cleanse it with the washing of water by the word..."

• Wives – what is the cost to you of submission to your husbands?

• Husbands – what is the cost to you of love for your wives?

• Our daily walk will present the Gospel to others.

Common Areas of Difference



Communication Styles

- We are designed to communicate differently:
 - Expander/Condenser
 - Thinker/Feeler
 - Pursuer/Distancer
- We can lean into these differences or allow them to create breakdowns.



Family of Origin

- Our Family of Origin has a deep influence on our life. It will help shape:
 - Our expectations of what marriage should look like.
 - How we process criticism.
 - How we expect to spend our holidays.
 - How we practice forgiveness.
- We are called to "leave and cleave and weave."



Roles and Responsibilities

- We settle into role and responsibilities as a couple.
- Often there can be underlying tension points:
 - Finances
 - Children
 - Career(s)
 - Housework
 - Other
- What does dialogue about these things look like?



Intimacy

- Common area of difference in marriages as desires and expectations for intimacy between spouses can vary.
 - Different seasons of life can affect this tension as well.
- Communication in this area is critical.
- How able are you to have a conversation about this topic with your spouse?



Self-Reflection

List three things you appreciate about your spouse?

How has your spouse helped to sanctify you?

When do you find it easy to turn away from your spouse instead of turning toward them?

Resources Available

Couple Checkup – online test by makers of Prepare/Enrich

- Compares scores of spouses in seven key areas.
- Maps the couples view of closeness/flexibility.
- Provides a view into the couple's SCOPE personality scores.
- Book that goes along with content provides a testing discount.
- More in-depth analysis.

Focus on the Family "Focus on Marriage" assessment

- Compares areas of strength and growth opportunities as a couple.
- High level overview without much detail.
- Linked to the host of resources on Focus on the Family's website.
- Solid Christian bent.
- Free assessment