




Objectives

- Review the difference between surviving and thriving.
- Consider aspects of navigating difficult times.
- Reflection time.

What is the most difficult thing you have been through during your marriage?



What is the Difference?

Surviving	Thriving
<ul style="list-style-type: none"> • Highly stressful times • Transitions • Loss of loved one/s • Remodeling ☹️ • Point in Time • Will look different over the years. • Can have a lasting impact on your marriage. 	<ul style="list-style-type: none"> • Don't know what this looks like 😊 • Sustaining condition • Varies for every couple • Daily habits/disciplines can encourage growth. • Often best measured gradually.

Navigating Difficult Times

1. Purpose to turn toward each other.
2. Ground each other in the knowledge of God.
3. Communicate together.
4. Engage in couple-care.

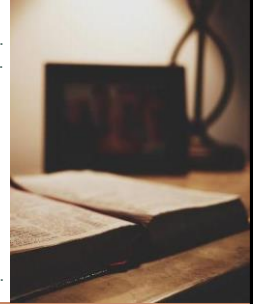
Purpose to turn toward each other.

“...from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death do us part...”



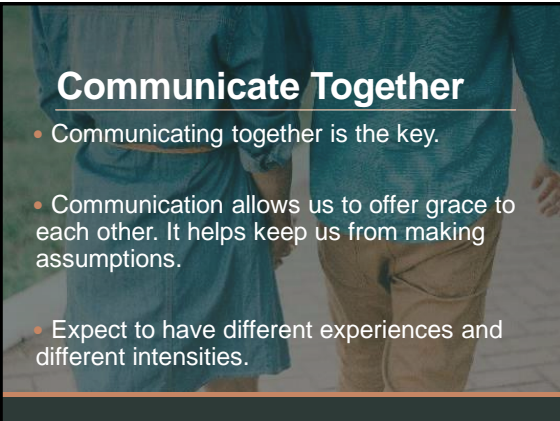
Ground Each Other in God

- Consider God's promises:
 - Hold each other accountable to truth.
 - Listen through the waves of emotion.
- Realize you are different from each other:
 - You will grieve differently and at different times than your spouse.
 - You will experience frustration differently and at different times than your spouse.
 - God will speak differently in each of your lives...but He will speak if we hold each other accountable to listen.



Communicate Together

- Communicating together is the key.
- Communication allows us to offer grace to each other. It helps keep us from making assumptions.
- Expect to have different experiences and different intensities.

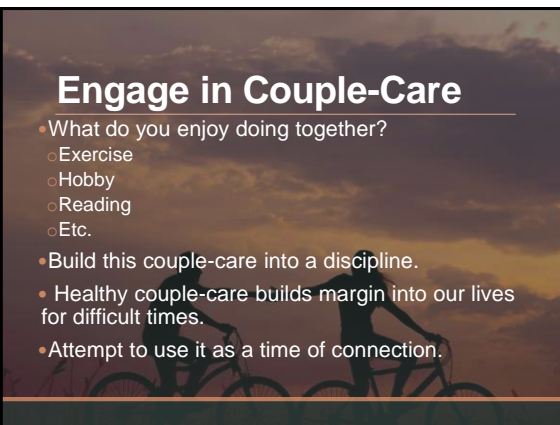


Grief Timeline



Engage in Couple-Care

- What do you enjoy doing together?
 - Exercise
 - Hobby
 - Reading
 - Etc.
- Build this couple-care into a discipline.
- Healthy couple-care builds margin into our lives for difficult times.
- Attempt to use it as a time of connection.



Take Home

- Discuss one way you can encourage your spouse towards accountability in the truth of the Word.
- Talk through one hard thing you are currently going through.
- Build a discipline around one couple-care activity together. What is feasible? What do you BOTH enjoy? 😊

