

# Renewing Your Marriage



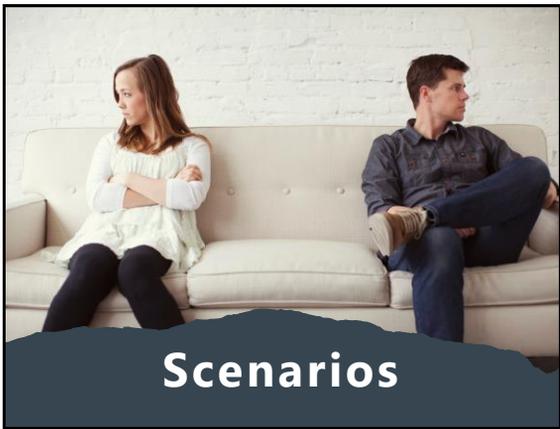
## Theme Verse

*"Look not every man on his own things, but every man also on the things of others."  
Philippians 2:4*

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- ## Outline
1. What does it mean to renew? Why is it important?
  2. Begin with Self
  3. Continue Renewal Together
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## The Things We Say...



## What Does It Mean To Renew?

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## What Does It Mean To Renew?

*Romans 12:2 "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*

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## The Why of Renewing

↑ Increase	New Insight	Spinning	↓ Decrease
	Healing	Suppression	
	Soothing	Distance	
	Deeper Connection	Self Protection	

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## Realistic Renewing

*"Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."*

*Philippians 3:13-14*

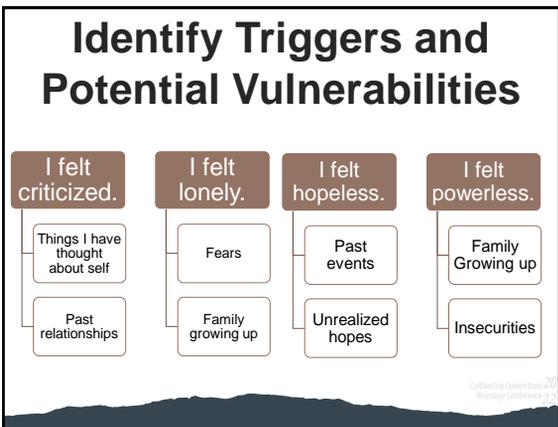
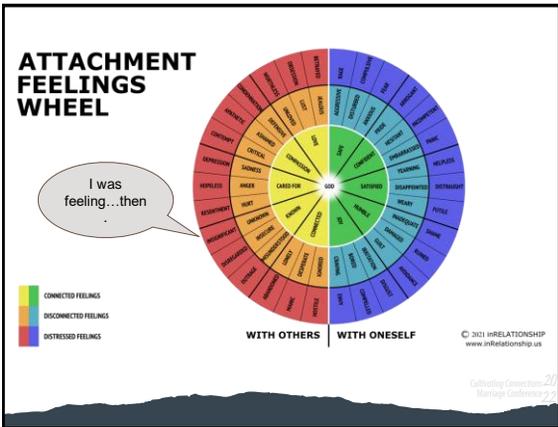
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## Begin With Self

## Self Readiness for Renewing Conversation

1. Am I able to talk about the miscommunication without getting back into it? (distance)
2. Is my desire to understand my spouse and repair communication more important than getting it right? (motive)
3. Can I validate the legitimacy of my spouse's emotional realities even if they are different from mine? (other oriented)
4. Can I speak from my experience and let go of temptation to persuade or convince spouse about "facts"? (humility)
5. Am I free from distraction and able to be fully present with spouse? (presence)

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## New Path Forward

- What is one thing you can do to have a new conversation in future?
- What is one thing your spouse can do to have a new conversation in future?

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## Visualize The Cost / Benefit of Renewal...

1. What would your children see?
2. How would you feel coming home from work or expecting your spouse to come home?
3. What would vacation look like if you made changes?
4. What would your close friends or family notice is different?

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