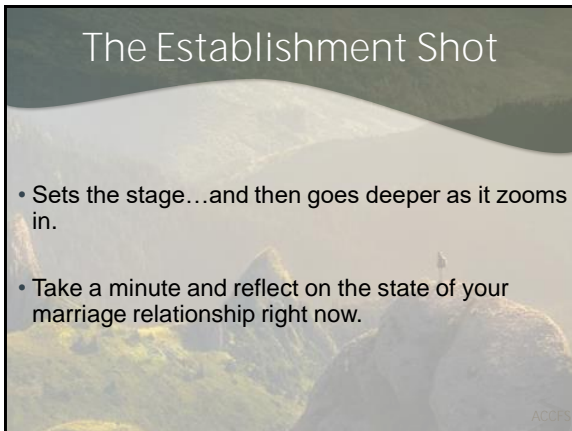




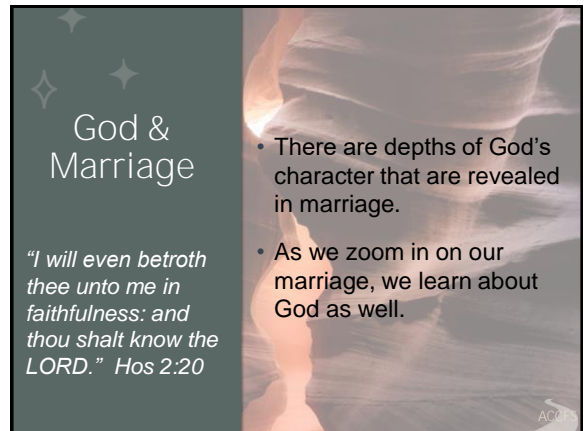
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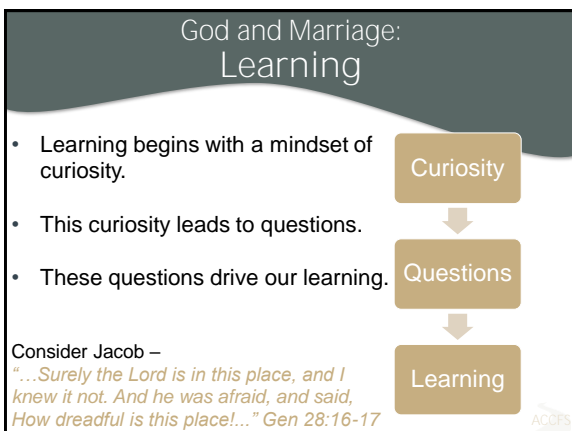
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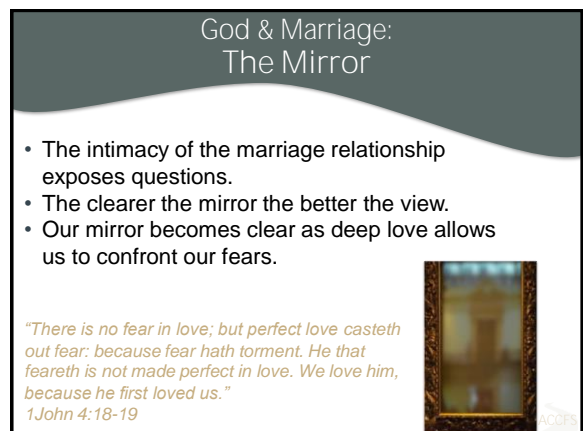
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6

Go Back to Go Forward

"And Jacob was left alone; and there wrestled a man with him until the breaking of the day... And he said unto him, What is thy name? And he said, Jacob." - Gen 32:24, 27

- We must be willing to confront our behavior, and even our past, in order to go deeper.
 - What root issues are you willing to expose?
- Consider this hard work of repentance.
 - How can we support our spouses in this wrestling?

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Go Back to Go Forward: Your Shadow

A clear mirror can expose our shadow:

- Untamed emotions, less-than-pure motives and thoughts that, while largely unconscious, strongly influence and shape your behaviors.

Seeing your shadow:

1. Face your feelings.
 - What am I feeling?
 - How might my past experiences be impacting me in the present?
2. Explore what lies behind your feelings.
 - What am I afraid of?
 - Where did this thinking come from?
3. Lovingly help each other as spouses.

Peter Scazzero, "The Emotionally Healthy Leader" pg 70-79

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Go Back to Go Forward: Knowing God

- How well do we know who God is?
 - As we go back, we often see the Lord in a different light.
 - Let His Light overshadow our shadow.
 - And see ourselves more clearly for who we are to be.

"And God said unto Jacob, Arise, go up to Bethel, and dwell there: and make there an altar unto God... and God appeared unto Jacob again... and called his name Israel." Gen. 35:1, 9-10

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The Faithfulness of God

- God remains faithful to His promises.
 - As you grow in your knowledge of his faithfulness, your marriage will reflect this same faithfulness.

"And he blessed Joseph, and said, God, before whom my fathers Abraham and Isaac did walk, the God which fed me all my life long unto this day." Gen. 48:15

"I will even betroth thee unto me in faithfulness: and thou shalt know the LORD." - Hos 2:20

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Self & Couple Reflection

Go Back – Your Shadow

Think through 2 areas of your Shadow:

- 1.
- 2.

Go Forward – God's Faithfulness

In these shadows, how has God shown himself faithful:

- 1.
- 2.

Consider the impact on your marriage:

- 1.
- 2.

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