

HOME IMPROVEMENT

Learning to Lose in order to Win

¹⁵ Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil. ¹⁷ Therefore do not be foolish but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the

Spirit, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, ²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another out of reverence for Christ.

²² Wives, submit to your own husbands, as to the Lord. ²³ For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. ²⁴ Now as the church submits to Christ, so also wives should submit in everything to their husbands.

²⁵ Husbands, love your wives, as Christ loved the church and gave himself up for her, ²⁶ that he might sanctify her, having cleansed her by the washing of water with the word, ²⁷ so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she might be holy and without blemish. ²⁸ In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body. ³¹ "Therefore, a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh." ³² This mystery is profound, and I am saying that it refers to Christ and the church. ³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Series Lessons

Without a clear understanding of your DESTINATION, you will never ARRIVE.

God has designed each of us for RELATIONSHIP, first with himself and then with EACH OTHER.

MARRIAGE is one of God's greatest gifts of COMMON GRACE.

The Nature of our Differences

The MARRIAGE (Family) design is CREATIONAL not cultural.

"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,' and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'?" Matthew 19:4-5

It ALLOWS each of us to meet the other person's NEEDS.

The wife needs to feel LOVED (Safe)

The husband needs to feel RESPECTED (Significant)

³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

It REQUIRES each of us to SUBMIT to the other.

²⁰ giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, ²¹ submitting to one another out of reverence for Christ.

Submission- willingly placing yourself under the authority or leadership of another out of respect, love, or obedience to God.

The Navigation of our Differences

²⁸ But if you do marry, you have not sinned, and if a betrothed woman marries, she has not sinned. Yet those who marry will have worldly troubles

God has ORDAINED that we will have CONFLICT.

"Your desire will be for your husband, and he will rule over you."

² Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:2-4

How we handle our conflict will determine the level of our satisfaction.

If I win the DISAGREEMENT but lose YOU, what have I won?

Trying to win the disagreement causes you to see your spouse as an opponent instead of a partner.

I can be RIGHT but WRONG- what, how, when, why I SAY it.

A gentle answer turns away wrath, but a harsh word stirs up anger. Prov. 15:1

² We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check. James 3:2

"The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks." Luke 6:45

If it's not MORAL, it doesn't MATTER- It's just PREFERENCE.

³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others. Philippians 2:3-4

²⁸ In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body.

The Reward From our Differences

Happily Married Couples Show

- Improved Mental Health
- Better Physical Health/Longer Life
- Stronger Emotional Support
- Better Adjusted Children (emotion/spiritual)

A successful marriage reflects JESUS' Love for the CHURCH.

³² This mystery is profound, and I am saying that it refers to Christ and the church.

A successful marriage GLORIFIES the FATHER.

"that all may honor the Son, just as they honor the Father. Whoever does not honor the Son does not honor the Father who sent him." John 5:23

A successful marriage INCREASES our eternal REWARD.

"His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master.'" Matthew 25:21

☐ **Emotional Support and Companionship:** A happy marriage provides a reliable partner for sharing life's highs and lows. This emotional intimacy fosters a sense of security, reduces loneliness, and can boost overall mental health. Having someone to confide in often leads to lower stress levels and greater resilience against life's challenges.

☐ **Improved Mental Health:** Studies consistently show that happily married individuals report lower rates of depression, anxiety, and other mental health issues compared to single or

unhappily married people. The mutual support and sense of belonging in a strong partnership contribute to emotional stability.

- **Physical Health Benefits:** Happy marriages are linked to better physical health outcomes. Married individuals often live longer, have lower risks of heart disease, and recover faster from illnesses. This is partly due to mutual encouragement of healthy habits, like regular exercise or doctor visits, and the stress-buffering effect of a supportive partner.
- **Reflection of God's Covenant Love:** In Christianity, marriage is viewed as a divine institution that mirrors God's faithful, unconditional love for His people (Ephesians 5:25-33). A happy marriage allows partners to embody and experience this Christ-like love, fostering a deeper connection to God's nature.
- **Sanctification and Spiritual Growth:** A happy marriage serves as a crucible for sanctification—the process of becoming more like Christ. Partners practice virtues like forgiveness, patience, humility, and self-sacrifice (1 Corinthians 13:4-7), which refine their character and draw them closer to God.
- **Modeling Christ and the Church:** The Bible describes marriage as a reflection of Christ's relationship with the Church (Ephesians 5:22-33). A happy marriage becomes a living testimony of this sacred union, glorifying God and inspiring others in their faith.
- **Raising Godly Children:** For couples with children, a happy Christian marriage creates a stable, faith-filled environment to raise children in accordance with biblical values (Proverbs 22:6). This shared mission of nurturing the next generation can deepen spiritual purpose.