

## **Lesson #3 – Marriage & the Gift of Sanctification**

**Theme:** The root \_\_\_\_\_ of virtually all enduring marriage conflicts is \_\_\_\_\_.

**Principle 4:** \_\_\_\_\_ By the Spirit

The Fruit of the Spirit

Love • Joy • Peace • Patience • Kindness  
Goodness • Faithfulness • Gentleness • Self-control

Walk by the Spirit in Three Areas

Area 1: Spirit Saturated \_\_\_\_\_

Area 2: Spirit Saturated \_\_\_\_\_

Area 3: Spirit Saturated \_\_\_\_\_

**Principle 5:** Foster Marital \_\_\_\_\_

Commitment 1: Commit to Biblical \_\_\_\_\_

Aspect 1: Quantity

Daily: \_\_\_\_\_ minutes

Weekly: \_\_\_\_\_ minutes

Annually: \_\_\_\_\_ days

Aspect 2: Quality

## Commitment 2: Commit to Biblical \_\_\_\_\_

\*Stuart Scott — *Communication and Conflict Resolution*

1. You must want to \_\_\_\_\_ God more than anything else.
2. You must be \_\_\_\_\_.
3. You must be aware that you are \_\_\_\_\_ to God for everything you \_\_\_\_\_.
4. You must know how to \_\_\_\_\_.
5. You must know that communication includes more than just \_\_\_\_\_.
6. You must be willing to put forth the \_\_\_\_\_ and spend the \_\_\_\_\_ it takes to communicate.

### *Before You Confront:*

1. Remove the \_\_\_\_\_ in your own \_\_\_\_\_ before you initiate \_\_\_\_\_.
2. Is the issue over a matter of \_\_\_\_\_ or \_\_\_\_\_?
3. Is this action a \_\_\_\_\_ or a \_\_\_\_\_ occurrence?
4. Ask, can I \_\_\_\_\_ this with \_\_\_\_\_?
5. Commit to \_\_\_\_\_ of the person's character and motives.
6. Remember that your \_\_\_\_\_ is limited.
7. \_\_\_\_\_ and ask the Lord's help.

### *The Process of Confrontation:*

1. Set the conversation up for \_\_\_\_\_ and \_\_\_\_\_.
2. Begin with genuine \_\_\_\_\_ and \_\_\_\_\_.
3. Attack the \_\_\_\_\_ and not the \_\_\_\_\_.
4. Avoid \_\_\_\_\_, dishonesty, and other forms of \_\_\_\_\_ speech

### *Receiving Confrontation:*

1. Do not \_\_\_\_\_ the other person.
2. Listen with \_\_\_\_\_ and \_\_\_\_\_!
3. Ask \_\_\_\_\_ to ensure you accurately understand the \_\_\_\_\_.
4. Remember that humility asks, “\_\_\_\_\_”, pride seeks to \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and poke holes in the person's argument.
5. Ask for \_\_\_\_\_ for any sin that has been revealed and \_\_\_\_\_ to make genuine efforts towards \_\_\_\_\_ in the future.

### Commitment 3: Commit to Biblical \_\_\_\_\_

1. Prioritize \_\_\_\_\_ together.
2. Prioritize \_\_\_\_\_ for and with one another.
3. \_\_\_\_\_ and \_\_\_\_\_ God's word together.
4. Maximize shared \_\_\_\_\_.

5. Proactively learn to \_\_\_\_\_ one another.
6. Determine to \_\_\_\_\_ one another!
7. Prioritize the \_\_\_\_\_ relationship in marriage.
8. Arrange your life according to your biblical \_\_\_\_\_.

## Application

1. Is the \_\_\_\_\_ of God the \_\_\_\_\_ of Your Marriage?
2. Is the \_\_\_\_\_ of the Spirit on \_\_\_\_\_ in Your Marriage?
3. Is the Pursuit of \_\_\_\_\_ a Priority in Your Marriage?

## Discussion Questions:

1. Which fruit(s) of the Spirit do you most need to grow in right now?
2. How do your thoughts about your spouse affect your words and actions?
3. Which area (thoughts, words, actions) is weakest in your spiritual life and marriage?
4. What practical step can you take to improve communication this week?
5. Are there any topics you cannot talk about with your spouse without starting an argument? What heart issues does that reveal in you that must change?
6. How careful are you to be thoughtful about your timing, wording, and tone when bringing up a critique to your spouse?
7. How quick are you to humbly listen to critiques from your spouse without argumentation or defensiveness? What heart sins do you need to address in order to grow in this?
8. What is one way you can more intentionally foster oneness in your marriage? If you had to guess...how would your spouse answer this question? (No cheating!)

## "Log" List Meeting

*Matthew 7:3-5*

*"And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck out of your eye;' and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck out of your brother's eye."*

1. Get alone with God for an unhurried time of reflection and soul searching. Stop and pray as you begin. Pray according to **Psalm 139:23** *"Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any offensive way in me..."* Ask God to clearly reveal to you ways that you have wronged your spouse.
2. Get a blank sheet of paper and begin to 'brainstorm.' Make a full list of all the things that you have done and are doing wrong in your marriage. Use the sample "Log List" as a guideline. Go over it and personalize it. Be honest and specific. We sin against each other in specific, concrete ways, and we need to confess the sin in specific, concrete ways. Try not to be vague or over-generalize things. The list should be as comprehensive as possible. You should try to have at least 30–50 items listed. Consider ways that you are 'blowing up' your mate's sin and making a big deal of it. Then consider ways that you have been guilty of minimizing your own sins.
3. Privately confess each of the items as sins, and repent before God.
4. Pick a place and time when you can meet together. The place should provide an atmosphere in which free and uninterrupted discussion may occur (i.e. make sure the kids are in bed, or get a sitter and go to a hotel for an overnight). The time should be set and kept. Come together with your own list in hand. Begin the meeting by reading Ephesians 4:17–32 and 1 Corinthians 13:1–8. Try to conduct your meeting together and all of your life according to the principles laid down in these verses.
5. Pray together and ask God's Spirit to meet with you and bring healing. Pray in the name of Jesus that Satan and his powers of darkness would have no place in your hearts or home at this time.

6. Be ready to speak the truth in love (Eph 4:15). Do not argue, defend yourself, raise your voice, interrupt, or lose your cool. This meeting is to be a place of healing and reconciliation, not a time to attack, malign, get revenge, or argue. It is a time to uncover and solve problems, not compound them. Do not discuss or debate the validity of the other person's judgment. LISTEN to your spouse. Bite your tongue. Be humble.

If it becomes obvious at some point that you cannot continue in a godly, productive manner, the meeting should be suspended for an hour or two or until another time. But DO NOT DELAY indefinitely. Satan does not want you to have this meeting! Press on.

During the interim, force yourself to see things from the other person's point of view. Sit where she/he sits. Think as he/she thinks. Then come back together and proceed.

7. Ready? As the spiritual leader, the husband should begin by confessing his sins and failures to his wife. Be very careful to read each item listed on your "Log List" and say: "I sinned against you, or I failed you as a husband when I... Or by not... Will you please forgive me?" The wife should respond, "I forgive you." Then move to the next item.

After the husband has completed going through his list and confessing his sins, the wife should do the same with her list. If you prefer, you can both go through your lists at the same time, alternating back and forth one item at a time... the husband can confess one, then the wife, etc.

Having received forgiveness, seek to rectify any wrongs immediately whenever that is possible. Where the change involves the development of a new relationship built on a new, Biblical pattern of life, discuss your proposal with your partner and request his (her) help in building these new patterns and this new relationship throughout the days ahead.

8. Close in prayer together.

(Adapted from *Christian Living in the Home*, p. 139-141, by Jay Adams, P&R Pub., 1972)

## Sample Connect Meeting

Plan a time in which you will have at least 45-60 uninterrupted minutes to talk. Minimize potential distractions (silence phones, turn off the TV, occupy the kids, etc.). The point of this time is to enjoy meaningful conversation together and build relational intimacy in your marriage. You do not have to talk about every item on the list below at each meeting. Just pick a few and rotate through them each week.

1. Begin with prayer. Both can and should pray but the husband should take a leadership role.
2. Review the family calendar for the current week and discuss any important events coming up over the next month.
3. Discuss general updates about your life and family.
4. Discuss at least 2 things you are encouraged about in your marriage.
5. Discuss any fun things you would like to do together this month and put them on the calendar.
6. Discuss your spiritual health. What are you learning in God's word? How are you doing at prioritizing time in bible study, prayer, scripture memory, meditation, evangelism, etc. Are there any ways you would like your spouse to help encourage you in these areas? Prayer requests?
7. Confess any "logs" (personal sin) that have not yet been confessed to your spouse.
8. Ask your spouse if there are any "specs" (sins they see in you) or marital concerns that they would like to discuss.
9. Honestly, humbly, and lovingly address any "specks" or marital concerns in the spirit of Galatians 6:1 and Ephesians 4:29.
10. Be sure to ask to follow up questions to make sure you understand the concern of your spouse before giving your response.
11. Honestly confess any sin that is revealed and commit to work on what has been discussed.
12. Extend forgiveness and grace.
13. Be sure to put your next meeting on the calendar.
14. Pray to close your time.