

1. Read ***James 1:19-20.***

How can you produce the "righteousness of God" in your relationship?

2. Read ***Ephesians 4:13-15.***

How can you speak lovingly and truthfully to your spouse?

3. Read ***Ephesians 4:25-27.***

Anger is a difficult emotion, this area of scripture tells us be angry and not sin.

List ways you can address the anger you have and how your spouse can help you get your anger under control?

4. From verse 27, how can you avoid giving the devil a position of anger in the choices you make?

5. Are you allowing the enemy (the devil) to wreak havoc in your marriage?

List the areas that you both sense is causing problems. Your spouse may see things you don't so do not discount the perception/perspective of your mate. They are your spouse for a reason!

PROBLEMS

HOW CAN I HELP (What is my role)?

6. Practice time!

The left column is NOT graceful or uplifting!

How can you communicate these phrases according to ***Ephesians 4:29*** to your spouse?

NOT using Ephesians 4:29

USING Ephesians 4:29

"Are you going to be late AGAIN?"

"Why is this house always a mess?"

"You need to make more money!"

"You are always on your phone!"

"Stop spending all of our money!"

"You never do anything nice for me."

Ephesians 4:30

7. What choices can we make so that we will not grieve the Holy Spirit?

Ephesians 4:31-32

8. How is the Holy Spirit grieved?

9. Why has Christ forgiven you?