

15. The Book of Psalms 11:3

If The Foundations Are Destroyed-Part 3

a message by Pastor Phil Ballmaier
(8-10-25)

Find this week's sermon audio and video message [HERE](#).

A few weeks ago, we started looking at Psalm 11 where we eventually camped on verse 3—

Psalm 11:3 (NKJV)

³ If the foundations are destroyed, What can the righteous do?

We said when we first started looking at this verse that the foundation is the most important part of a building—if the foundation is faulty the structure built upon it is doomed to fail.

We said last time that what applies physically to construction applies allegorically to other things in life. Civilizations have to be built on a strong foundation if they are going to survive and thrive and ultimately be blessed.

God has created three institutions that a civilized, God ordained society must be built upon:

1. *Government;*
2. *The Church; and*
3. *The Family*

We have already looked at the foundation of government and the church—both of which must be built on God and His Word.

That brings us to the third great institution God created for the benefit and blessing of mankind and human civilization—the family.

3. The Family

In the Bible, God calls a family—"a house" ('the house of David', 'the house of Saul', etc.)

Parents, think of building your family like you're building a house—which means the first thing you must do is lay a good strong foundation.

As parents, you can't build your family on '*garbage*' (the values of the world) because it will not stand. The only foundation that is strong enough and secure enough to build your family upon is Jesus and His Word—

1 Corinthians 3:10–11 (NKJV)

¹⁰ According to the grace of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it. ¹¹ For no other foundation can anyone lay than that which is laid, which is Jesus Christ.

Building your life and family on the foundation of Jesus and His Word is not just coming to church and *hearing* the Word but also obeying the Word (James 1:22). Once the foundation is laid—the ‘house’ is built:

Proverbs 9:1 (NKJV)

¹ Wisdom has built her house, She has hewn out her seven pillars;

Solomon doesn’t tell us what these ‘*seven pillars*’ are that support a house (family)—we’re left to speculate.

Last time we looked at seven *pillars* connected with the role of parents in raising children—this morning we’d like to look at the ‘*seven-pillars*’ that support a strong, healthy marriage.

The 7 Pillars of Marriage

These 7 pillars (principles) come right out of the Word of God, but are not an ‘exhaustive’ list (you can add a few of your own)—however, these cover the basics.

Before we start looking at these, let me say one more time that the *pillars* that support a strong, healthy marriage must be built on the foundation of Jesus Christ and His Word—otherwise, you’re building your marriage on the shifting sand of the world’s values.

1. Communication

Professional marriage counselors have said that communication issues make up 90% of the problems they see in their counseling practices.

The God Who created marriage is a ‘*communicative*’ God and has designed us to be communicative beings as well. So, to say that communication in human relationships in general and marriage in particular is important would be an understatement!

Yet, the most common problem couples face in their marriage relationship is in the area of communicating with one another.

Couples will often tell marriage counselors that they do talk *with* each other—but in reality, they are talking *at* or *past* one another because often they’re not listening to what the other is saying.

One man said to his friend,

“My wife walks around the house all day talking to herself”, his friend asked, “Does she know she’s doing it?”, the husband answered “No, she thinks I’m listening to her!”

As we just said, God is a *relational* Being (He is 3 in One—a tri-unity or Trinity) and at the heart of that concept is *communication*.

To have a meaningful, loving relationship in marriage there has to be communication—and the deeper and more intimate the communication, the deeper and more intimate the relationship will be.

When it comes to communication in marriage—there are 6 levels of communication, each one deeper than the one before it.

The first two levels of communication are limited to acquaintances, people we know but are not particularly close to—like a neighbor or a co-worker.

1) Frivolous level of communication

This is a very superficial form of communication (talking about sports or the weather etc.)—this is the safest and least intimate communication you can engage in.

The second is slightly deeper but still a very casual or superficial form of communication:

2) Factual level of communication

This level is like being interviewed for a job or when you're giving a presentation at work and you're relating a series of facts.

This level of communication is still very superficial and doesn't require any personal involvement with the person or people you're communicating with.

The third level of communication is sadly where many if not most couples wind up in their marriages—

3) Functional level of communication

“Did you take out the trash?”, “Are you going to the store because we need milk?”, “Did you make an appointment to take the car in for service?”, “Are you going to pick up Johnny and take him to soccer practice after school because I have a doctor’s appointment?”

I call it the functional level because this kind of communication is necessary for any marriage if it is going to function properly.

However, it can't be the *primary* or *only* kind of communication in a marriage—because, if it is, it becomes an indicator that the marriage is in trouble and operating on a very superficial level—the *'roommate'* level.

The fourth level of communication is where we start moving into a deeper relationship with a person—the *fellowship* level.

4) Fellowship level of communication

On this level we begin to open up a little—we start sharing ideas, our beliefs, and our goals in life—the kind of communication that casual friends engage in.

This is typically the kind of communication you entered into with your future spouse early in your relationship with them.

By beginning to open ourselves up to another person we are taking a small, calculated risk that people may challenge our ideas or beliefs or criticize our goals and maybe even decide they don't like us and don't want to be our friend.

That brings us to the fifth level of communication—the *feeling* level.

5) Feeling level of communication

Here we open up even more and begin to share what we're really feeling inside.

Now because of the vulnerability this level of communication brings with it—this kind of communication is generally reserved for family and close friends—those who have earned our trust.

Now that’s about as far as most of us go in our communications with others.

But there’s a sixth level of communication that is the deepest of them all—what I’m calling the *freedom* level.

6) **Freedom level of communication**

I’m calling it the freedom level because on this level a person feels completely free to open up and share their deepest feelings and thoughts with someone. This is a level that is so deep and so intimate that it seems it should be reserved exclusively for your relationship with God and your spouse.

On this level, we are completely open and ‘*naked*’ with one another.

A level where we feel absolutely comfortable bearing our souls with the person we are one with in marriage—

Genesis 2:24–25 (NLT)

²⁴ This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. ²⁵ Now the man and his wife were both naked, but they felt no shame.

This not only applied to Adam and Eve *physically*—but also emotionally as well!

In this, the deepest state of intimacy we can have with another human being—we feel completely free to share our deepest feelings and fears and flaws with each other without any concern of rejection or ridicule or betrayal.

As I said, this is the deepest level of communication demonstrating the most profound level of intimacy and trust (‘*nakedness*’) two people can enter into with each other.

Unfortunately, many marriages never make it to the sixth level of communication and intimacy with one another—but if our marriages are going to be all that God intended them to be, then we must seek to cultivate this level of communication with our spouse.

It’s interesting that it was the spoken word which God used to create everything in the physical universe. And while we realize that we are *not* God, that doesn’t mean our spoken words don’t contain a significant amount of power to create life in our marriages or to kill what life still remains:

Proverbs 18:21 (NKJV)

²¹ Death and life *are* in the power of the tongue, And those who love it will eat its fruit.

When it comes to communication, there are both ‘*verbal*’ and ‘*non-verbal*’ forms—and both are equally powerful.

These encompass your *attitudes*, your *words*, and your *actions*.

Your attitudes

One Christian counselor had this to say on the subject—

"Your attitude is critical to being an effective communicator and is the basis for what you say and do. Without the correct attitude, your words will always come out wrong. You may be totally right in all that you say, but it's the way you say it that many times causes the wrong response from your spouse..." (Prov.15:1)

They then went on to list a series of questions which included the corresponding Bible verses:

- *Do you have an arrogant or superior attitude when you speak to your mate (Proverbs 14:3; Proverbs 8:13; Proverbs 25:15)?*
- *Does your tone of voice reveal a bitter and resentful attitude (Acts 8:23)?*
- *Do you have an indifferent attitude, or do you make light of issues when your mate attempts to talk with you (Matthew 22:5)?*
- *Do you have an authoritarian attitude when making requests (Proverbs 25:15)?*
- *Are you disrespectful or impolite when responding to your mate (Ephesians 5:33; 1 Peter 3:7)?*

Your words

Once you have examined your attitudes or the way you talk, next consider what you say— remembering that your words will either build up or tear down your mate.

- *Do you cut and slash your mate verbally with harsh words (Proverbs 15:1; Psalm 52:2)?*
- *Do you use lying and deceitful words in an argument (Psalm 120:2; Ephesians 4:25)?*
- *Do hateful words come from your lips when you disagree (Psalm 109:3)?*
- *Do you use flattering words to get what you want (Proverbs 2:16)?*
- *Do you swear and use filthy language when you get angry (Colossians 3:8; Ephesians 4:29,31)?*
- *Do you exaggerate by using phrases such as, "you always" or "you never" when attempting to prove your point (Ephesians 4:15; Ephesians 4:25)?*
- *Do you use condemning words to ridicule and silence your mate (Luke 6:37)?*

Ephesians 4:29 (NKJV)

²⁹ Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

All of this is especially important in **marriage** and is one of the main reasons so many marriages are crumbling.

It's as someone has said,

"Many marriages are like the mighty oaks which line the ridges of the Rockies—they withstand winter and summer storms year after year only to be brought down by an attack of little beetles."

There are a lot of marriages that have survived a long time and have withstood many storms in life—only to be finally brought down by years of careless and unkind words.

Let me repeat that—many marriages have survived physical sickness, financial crisis and even marital unfaithfulness—and yet have finally been destroyed by the proverbial *"death of a thousand cuts"*—i.e., years of cutting and unkind words!

So, let's all remember what God's word says on the subject—

Proverbs 12:18 (NLT2)

¹⁸ Some people make cutting remarks, but the words of the wise bring healing.

There is great potential for healing and building up our marriages through the power of our words.

And yet, kind and edifying words by themselves will not lead to a healthy and blessed marriage if they're not coupled with the non-verbal communication of our actions.

Your actions

One marriage counselor said, *"The specific actions taken while speaking with one another will either enhance or hinder your ability to effectively communicate."*

He then went on to challenge couples to consider these actions:

- *Do you twist your mate's words to confuse them when you know that he or she has spoken truth and you simply don't want to admit it (Psalm 56:5)?*
- *Do you attack and belittle your spouse during a conflict (Proverbs 12:18)?*
- *Do you refuse to communicate when conflicts arise (Matthew 5:25)?*
- *Do you interrupt or finish your mate's sentences (Proverbs 18:13)?*
- *Do you repeat yourself over and over to force your opinions and your point of view (Matthew 6:7)?*
- *Do you dominate a conversation by the number of words you use to attempt to overpower your mate's point of view (Matthew 6:7)?*
- *Do you point out your mate's faults before you confess your own (Matthew 7:5)?*
- *Do you shift the blame to someone else or to other circumstances when your faults are revealed (Genesis 3:9-13)?*
- *Do you neglect to set time aside to communicate with your spouse (Song of Solomon 2:10-14)?*
- *Do you bring up your mate's past failures to win an argument (Philippians 3:13; Hebrews 8:12)?*

- *Do you explode in anger when trying to manipulate and control the conversation (Proverbs 16:32)?*
- *Do you refuse to listen because of the rage inside your heart (James 1:19-20)?*
- *Do you refuse to listen because of your stubborn pride (Acts 15:36-39)?*
- *Do you provoke your spouse to anger in order that you might have a reason to blame your mate due to their lack of self-control (Proverbs 20:2)?*

I've included in my notes a "**Marriage Companionship (Diagnostic) Worksheet**" from Pastor Steve Carr's marriage ministry, 'Covenant Keepers'.

Next week we'll pick up this series I've entitled, "***If the Foundations are Destroyed...***" which comes out of Psalm 11:3.

Let me end by saying one more time—the reason marriage is so difficult is because it's under the curse!

Notice, I didn't say that marriage is cursed—I said it's *under* the curse. Marriage is a creation of God that predates the Fall and the curse—and therefore it is holy and blessed. God created marriage in Genesis 2 and man fell in chapter 3—and the Fall brought all of the problems into marriage that we see today and throughout human history.

Let me say it again, the reason marriage is so difficult is because it's under the *curse*—but what couples often fail to understand is that the devil is using the curse and their fallen natures as a weapon to attack their marriages.

If you don't identify the real enemy, you'll never be able to defeat him and have victory in your marriage—

Ephesians 6:12 (NLT)

¹² For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Our struggles in marriage are really not with each other—they are *spiritual* in nature.

So, stop fighting one another and come together to fight against the real enemy in your marriage—the devil (and his demons).

Remember, you're allies not enemies—act like it!

Marriage Companionship (Diagnostic) Worksheet (by Pastor Steve Carr)

This worksheet is to help you practically determine exactly where you are successful as companions and where you are in need of some changes. After reading each question listed, rate yourself from 1-10 (10 meaning very satisfied). Husbands should use the left side of the paper and wives the right side to record your answers. Both husband and wife should each have their own copy to work on. When complete, compare your answers with your spouse.

1. Spiritual issues.

- ◆ Do you pray with your spouse about the personal issues in your life?
- ◆ Do you pray with your spouse about your marriage on a regular basis?
- ◆ Do you go to church and sit with one another on a weekly basis?
- ◆ Do you talk about the things you have learned from the sermon later that day?
- ◆ Do you talk over the things you are learning in your personal reading of Scripture or of a book about the Bible?
- ◆ Do you serve others together? As Sunday School teachers? Edifying others? Giving of your time to help others in practical ways?

2. Communication issues.

- ◆ Do you talk over your day with one another when you gather together in the evening?
- ◆ Do you freely share your opinions and ideas with your spouse?
- ◆ Do you regularly give encouragement and can you also receive it from your spouse?
- ◆ Do you plan future actions and make decisions together?
- ◆ Do you share your hopes, fears, hurts, and goals with one another?
- ◆ Do you have any mutual recreation that you do together where you communicate? Walking, biking, gym, etc.
- ◆ Do you go shopping together and enjoy just being together?
- ◆ Do you have a weekly date night?
- ◆ Do you daily verbalize your love to your spouse?
- ◆ Do you do chores around the house together?
- ◆ Do you write cards or love notes to one another?

3. Emotional issues.

- ◆ Do you share your deepest emotions with one another?
- ◆ Do you give and receive emotional support to and from one another?
- ◆ Do you have the freedom to laugh and cry with one another?
- ◆ Do you accept your emotional differences?

4. Physical and sexual issues.

- ◆ Do you give thoughtful gifts periodically to your spouse just to say "I love you?"
- ◆ Do you take thoughtful actions just to say "I love you?"
- ◆ Do you serve your mate when your help is requested?
- ◆ Do you, in a non-sexual way, touch and hold one another on a daily basis?
- ◆ Do you approach each other regularly for sexual relations and are your advances received favorably?
- ◆ Do you express real affection while engaged in sexual relations, or is it just a physical act with little emotion?

For more information concerning the ministry of Pastor Steve Carr please contact: scarrck@lightspeed.net or www.covenantkeepers.org or P.O. Box 463 Arroyo Grande, CA 93421

Rev. 8/2000

If you would like to know more about what it means to be a Jesus-follower— please, reach out to us. It would be our greatest privilege to lead you into a saving relationship with Jesus Christ.

Reach out to us [here](#).

Catch this weeks' audio, video, study and sermon notes [HERE](#).