

17. The Book of Psalms 11:3

If The Foundations Are Destroyed-Part 5

a message by Pastor Phil Ballmaier
(9-14-25)

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.

In the Bible, God calls a family, "*a house*" ('the *house* of David', 'the *house* of Saul)—and the only foundation that is strong enough and secure enough to build your family upon is Jesus and His Word—

1 Corinthians 3:11 (NKJV)

¹¹ For no other foundation can anyone lay than that which is laid, which is Jesus Christ.

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.

So, I have chosen 7 pillars that come right out of the Bible that if incorporated into your marriages will support a strong, healthy marriage. These 7 pillars (principles) do not comprise an 'exhaustive' list (you can add a few of your own)—however, these cover the basics.

1. Communication

2. Love (agape')

3. Respect

As we said last week, God has wired men and women differently—emotionally speaking.

Both men and women need to be loved and respected—but more than anything else a wife needs to feel loved and cherished by her husband; and the husband more than anything else needs to be respected by his wife—

Ephesians 5:33 (NKJV)

³³ Nevertheless let each one of you in particular so love his own wife as himself, and let the wife *see* that she respects her husband.

As we looked at last time, biblically speaking, the primary way a wife shows respect for her husband is to encourage him as the leader and to submit herself to that leadership (last week's study).

But I do believe there are other practical things we can do to show respect for one another in marriage.

One Christian website listed 10 ways:

1. Listen Attentively

There's nothing worse than feeling like you're talking to a brick wall. Or feeling like someone is just nodding their head and agreeing with everything you say just to end the conversation. Actually, giving your undivided attention to your partner is necessary, so they know they are being heard, and you're interested in what they have to say.

2. Be Responsive

Being responsive is a way of letting someone know that you care about them, and you're interested in them. It pretty much goes hand in hand with listening attentively. You take a step back to listen and then respond in a way that's helpful to your spouse and respectful.

3. Avoid Sharp or Biting Humor

Even though relationships can be serious at times, they should also be fun! But, we shouldn't have fun at our partner's expense. Remember to keep the jokes light and respectful. You don't want to push the envelope and end up in a week-long fight!

4. Keep Your Spouse's Confidentiality

We often confide in our spouse when we don't really want to talk to our friends and family. This can be an intimate bonding moment when you both open up about personal issues. Keeping these things confidential is a way to respect your spouse's privacy.

5. Banish All Forms of Contempt

Don't ever make your partner feel as if they're beneath you or in some ways worthless. This can be damaging to their mental health, and hard to take back once the damage is done. Even if you're both in the worst disagreement you've ever had, you should always remain respectful. Disagreeing with each other isn't a green light to be hurtful.

6. Be Compassionate

Showing compassion when your spouse is having a hard time can make all the difference in how they get through their tough times. Showing compassion lets your partner feel your concern for them. It can also determine if your spouse feels like they can come to you with any concerns they may have. If they don't experience compassion from you, they may seek advice and compassion elsewhere.

7. Accept Differing Opinions

Do not belittle each other because of a difference of opinion. You're not going to agree on everything all of the time. You also can't force your opinions onto someone else. Sometimes agreeing to disagree will be the best solution.

8. Support Your Spouse's Choices

Supporting your partner's choices is so important because it gives them that extra strength and confidence in the decision that they've made. You may not completely agree with every single choice, but having their back no matter what they choose can help strengthen your bond.

9. Acknowledge Their Contributions

Every so often, it's great to acknowledge what your spouse has contributed to the relationship. It could be something as simple as thanking them for taking on more responsibilities at home when you were having a hard time. It could even mean acknowledging how understanding and compassionate your partner has been lately. Letting them know that their effort isn't going unnoticed is a great way of showing your spouse respect.

10. Apologize Promptly

I know it's hard to admit when you're wrong, but when you do, an apology should definitely be next on your to-do list. Sometimes we do things and don't realize how much it can hurt or offend our partners. What I think is a joke, could ruin my partner's entire day. You have to understand that your feelings are not the only ones that matter. If your spouse expresses that you've hurt them or made them feel uneasy in some way—then an apology is needed.

Feeling respected in our relationships is equally as important as feeling loved. Sometimes we expect love and romance all the time, which isn't realistic. Sometimes my spouse isn't always in a *lovey-dovey* mood. But showing them respect is something that can be given and received at any time in marriage. Even when my spouse is having a bad day, not in the mood to be affectionate, or needs some space—respect is something that is always appreciated when shown regardless of how my spouse is feeling at the moment."

The next of our 7 pillars:

4. Commitment

Please indulge me a little as I take a walk down *'memory lane.'*

I remember growing up as a kid with T.V. shows like, *"Leave it to Beaver"; "The Donna Reed Show"; "The Ozzie and Harriet Show"; and "Father Knows Best"*.

And while these shows tended to be a little idealistic in the way they portrayed the American family—they, nevertheless, reflected the norm in our society at that time—what some have called the *"traditional family unit."*

You have to understand the era that gave birth to shows like these—one pastor captured it well:

“During the 1950’s in America, there was a post-war idealism and optimism that pervaded our country. The economy was thriving, babies were booming, patriotism was in vogue, life was sacred, and prayer was still in public schools.

In those days people got married first and then lived together (how novel!).

Closets were for clothes (not for coming out of) and bunnies were small rabbits.

Back then ‘grass’ was mowed, ‘coke’ was a drink, ‘gay’ meant happy, and ‘aids’ were helpers in the principal’s office—a kind of innocence abounded.

People in authority were respected, our elected officials were trusted and in general there was a kind of ‘youthful optimism’ that characterized our nation—that even though the world was not perfect, good would eventually triumph over evil and somehow America would lead the way.

And in that atmosphere of innocence, traditional values and optimism—the American family flourished.

But then came the banning of prayer in public schools, the assassination of John F. Kennedy, the sexual revolution, the Vietnam War, Watergate, and Roe v. Wade—and in ten short years our country went from innocence and optimism to cynicism and pessimism.

Patriotism was out; traditional values were out; the ‘new morality’ was in, and nothing suffered more than marriage and family.”

Back in the late 1800’s there was only 1 divorce for every 1000 Christian marriages in this country—and yet today I have heard that Christian marriages are failing at about the same rate as secular marriages.

Some States (Arizona, Arkansas, and Louisiana) have become so alarmed by the growing divorce rate and the implications it’s having on families and ultimately on society, that they have begun to offer what they call—*“Covenant Marriage Licenses.”*

One lawmaker explains:

“A covenant marriage requires premarital and marital counseling in order to later solve conflicts in the marriage, before dissolving it. Though no-fault divorces are not permitted, the couple can divorce after a two-year separation or if one spouse is guilty of adultery, the physical or sexual abuse of the other spouse or a child, abandoned the home, or was convicted of a felony. Couples who are already married can convert their marriage to a covenant marriage. Several states have considered covenant marriages as an option to the more traditional, easy-to-get-out-of, marital contracts.”

Now I understand what they are trying to do but *law* is always an inferior bond for holding marriages together than is *love*—God’s love!

In the Bible God defines true love as a commitment not a *feeling*. You see feelings come and go, they ebb and flow according to whatever outside influences or pressures that couples are going through at any given time.

Sometimes the passion is flowing and your relationship with your spouse feels like you’re still on your honeymoon—and other times your relationship feels cold and formal, like partners in a business arrangement instead of two people in love.

But listen, when your passion for one another cools, that is not the time to go looking for someone new.

It’s time to fall back on the *commitment* you made to each other when you first stood before God, family and friends and pledged to love each other (to remain committed to each other) for better or worse, in sickness and in health for the rest of your lives—even when you don’t *feel* like it.

Marriage is like a ship that a man and a woman enter into as they embark on a journey together for the rest of their lives—a journey that will include sunshine and storms, smooth sailing and rough seas.

It's your commitment to each other (ultimately to God), not feelings that will bind you together and allow you to weather the storms in life that will inevitably come your way.

Allow me to use this to segue into Acts 27 which technically has nothing to do with marriage—and yet the lessons we can glean have everything to do with marriage!

After being falsely accused by the Jewish religious leaders of being a “rabble-rouser” and a troublemaker, and after jumping through legal hoops in Caesarea—Paul was finally sailing to Rome (at the expense of the Roman Government) to plead his case before Caesar.

On the way, a storm arose, a powerful nor'easter known as ‘Euroclydon’ that threatened the lives of the two hundred seventy-six soldiers, sailors, and prisoners on board with Paul.

One night, after the ship had been tempest-tossed for 14 days—an angel appeared to Paul and told him that the ship would be lost but God would spare the lives of everyone on board.

However, not long after Paul shared this with the captain of the ship and the Roman Centurion in charge of the prisoners—several of the ship's crew secretly tried to jump ship—we read:

Acts 27:30-32 (NLT)

³⁰ Then the sailors tried to abandon the ship; they lowered the lifeboat as though they were going to put out anchors from the front of the ship. ³¹ But Paul said to the commanding officer and the soldiers, “You will all die unless the sailors stay aboard.” ³² So the soldiers cut the ropes to the lifeboat and let it drift away.

I believe Paul's words, even though not directed at marriage,
express the heart of God for us with regard to our marriages—
I'll sum it up in one word:
COMMITMENT.

You see, just as these men found themselves in a situation where they had to stay *committed* to each other and work together in order to survive the storm—the same is true in marriage. There are times in marriage (maybe you're in one right now) where the wind is howling, the storm is raging, and you find yourself saying, *“I'm out of here. I'm jumping ship. I can't take this marriage one more day.”*

But if you jump ship know this—not only will you be disobedient to God by breaking the solemn vow you made to Him when you married your spouse—but you will possibly miss the blessing of seeing Him work a miracle.

You'll miss seeing Him take, what seems to be a hopeless situation, and turn it into such a blessing that you will eventually realize—*“This is the one that God truly chose to be my mate for life!”*

Someone has written a book on marriage with the award-winning title, *“Good marriages take time—bad marriages take more time.”* Listen again to the apostle's warning, *“If you jump ship, no one will make it.”* (Acts 27:31)

I want you to stop and think of your children, if you have any, and how this will affect them.

Many children suffer the emotional damage of divorce for the rest of their lives—even to the point of suffering one or more failed marriages themselves.

Look, I'm not saying it won't take hard work, sacrifice and a lot of prayer for your marriage to weather the storm you're going through but—*"with God all things are possible!"* (Matthew 19:26) And that's not to say that divorce isn't sometimes necessary in cases of continued infidelity and/or physical abuse.

I'm just saying that too many Christian couples follow the example of the world and rush into divorce when the storms hit and things get rough. Instead of honoring their commitment to one another, dying to self and giving God time to work—they bail to go looking for someone new.

I know there are some who are thinking, *"I haven't jumped ship, I've only 'lowered a lifeboat over the side.' I'm gonna give it two more weeks, or three more months, or one more year—and if things don't change, then I'm bailing on this marriage!"*

Listen, if you keep an escape option open in your mind I guarantee—
you will wind up using it!

If you keep thinking about divorce—
you will eventually end up divorced!

No marriage can survive a strong marital storm as long as you've got one foot in the "lifeboat" contemplating jumping ship. **Get rid of the lifeboat. Cut the ropes. Stop planning your escape.** Tell yourself—*"Divorce is not an option!"*

This is where your commitment to God becomes vital!

God can work a miracle if you will trust Him, obey His Word and commit yourself totally to His will for your life. Remember, God hates divorce (Malachi 2:16) which means that all the power of God is at your disposal for saving your marriage—so don't jump ship!

5. Trust

Where there is true commitment on the part of husbands and wives for each other—there will be **trust**. The one flows from the other—but both are built upon the faithfulness of God.

One Christian counselor defines 'trust' this way—

"In the Bible, trust means placing firm, confident reliance on God's character, ability, and promises, even when circumstances are difficult. It involves a conscious choice to lean on God's faithfulness rather than one's own understanding, recognizing that God is a reliable and eternal "Rock" worthy of complete dependence.

Trust isn't just a belief or feeling; it's an active choice and an ongoing commitment to God that demonstrates complete faith in Him. This unwavering confidence in God's goodness leads to a secure and peaceful mind."

Isaiah 26:3–4 (NLT)

³ You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! ⁴ Trust in the Lord always, for the Lord God is the eternal Rock.

Another marriage counselor put it this way—

"The key ingredient all distressed couples are missing is trust! Trust is the foundation of any relationship,

especially in marriage. It creates safety and openness between spouses, and for most people, love and trust go hand-in-hand. It has much to do with our general belief that our partner has our best interests at heart and that we are important to them. When you combine all of these factors, there is no way any of us can expect our relationship to survive without trust.

My wife, Susan, and I trust each other. Granted, she may not always be able to trust me to take out the trash, and maybe I can't necessarily trust her to pick out a television show we both want to watch on a chill Friday night at home. But when it comes to the important stuff in our marriage — what makes us both feel safe, connected, honored, valued, and loved — is that we both trust each other implicitly. I trust that she's there for me, and she trusts that I'm always there for her."

Trust in marriage looks and sounds a lot like this:

- *Can I count on you? (to help with the kids, make decisions on finances, household decisions, etc.)*
- *Do you have my back? (when times get tough; in sickness and in health)*
- *Will you be faithful to me?*
- *Are you going to do what you say you will?*
- *Will you be there for me when I go through a hard time?*
- *Can we count on each other to create an emotionally safe relationship?*
- *Do you choose me over your family, friends, and colleagues?*

Trust is essential to every relationship — but especially in marriage.

I'll close with the advice of one Christian ministry on what things will build and enhance trust in marriage:

1. Do trustworthy things.

Simple to say, but so hard to apply. Do what you say you're going to do. Follow-up on your commitments. Trust is built in the daily grind of life when you live out the ordinary aspects of life. Every day we get hundreds of small ways to build trust through the mundane aspects of life.

2. Confess when you fall short.

Don't hide your sin. Confess when you struggle or fall short. While the immediate fallout may prove to be challenging, confession of sin (being transparent) builds trust if handled in the right way. Apologize, be humble, and seek forgiveness.

3. Shine a spotlight.

We often use the phrase "Shine a spotlight" on our staff. You shine a spotlight when you break something, forget to do something, or flat out mess up. We all make mistakes! Take responsibility when you do. For instance, if you mess up—shine a spotlight on it. Tell your spouse—don't hide it. It's like you're taking a giant spotlight and focusing on it instead of hiding it in the dark.

4. Be completely honest.

Don't give 50% of the truth, or even 99% of the truth. Go all the way, admit and confess completely. One of the biggest challenges I see in marriage is when one spouse only admits parts of the truth. Over time, the rest of the truth comes out and it's harder to rebuild trust when more and more details continue to come out.

5. Don't make promises you're not going to keep or possibly won't be able to keep.

I learned early on in marriage to not make many promises to my wife. Sometimes we mean well and make a hasty promise about something (like being home at a certain time) but then things come up, problems arise that need our attention, and we can't keep our promise. I've learned to not make a promise unless I know with 100% certainty that I'm going to keep it.

6. Don't keep secrets.

Would you be willing to let your spouse look through your phone right now? Can they see pictures you've clicked on? Can they look through your search history? I know these questions scare some of you. You can live in such a way that you don't need to fear your spouse looking at your phone or going through your search history. The best way to build trust is by being trustworthy in all you do.

This last one brings us full circle back to transparency. Transparency builds trust in marriage in all the ways listed above. Look for ways this week to build trust in your marriage."

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](#).