



*family*

# **Relationships become dysfunctional when the following happens...**

- 1. The secret stage- “Let’s not tell anyone and keep our issues to ourselves.”**
- 2. The Isolation stage- “I don’t know why this is happening to us.” (Isolation)**
- 3. The shame stage- “We are in so much pain and trouble, but we still can’t tell.”**



# **Relationships become dysfunctional when the following happens...**

**4. The action stage- You pretend everything is okay, You begin to accept the problems or You begin to live in a world full of lies.**

**5. The deceived stage- Your mind is corrupt, no hope, divorce, you will never change your thoughts.**



# **1. A covenant understanding and God's order for marriage:**

**Eph. 5:21-31: These sets of scriptures can really help a man gain the simple understanding that he is not to Lord over his wife but rather be the head and provide and protect for his family  
(Men ought to work)**



**1 pet. 3:1-8: The wife's conversation,  
lifestyle and attitude sets the atmosphere  
for the home. Happy wife, happy life.**



**2. A caring heart-Love always gives  
People don't care what you know until  
they know how much you care.  
The marriage is not all about you.**



### **3. Good communication-**

**Good communication is a discussion with the intent to acquire. It is not to hurt, tear down, get back, not to debate, cut off, confuse, not to make angry.**



# Five essential things for good communication

1. A good place- neutral.
2. A good time- set time/date.
3. A reason/agenda- You stay within the bounds.
4. Good attitude/optimistic- have respect for each other.
5. Boundaries





**4. Trust- Trust is foundation to all functional relationships.  
(Reestablish your trust)**



**5. A plan for crisis management-  
You must have a plan of action when  
crisis comes to your marriage – Go to  
your pastor, not always friends or  
family.**



**6. A commitment to Gods authority-  
You may not like it but we will  
commit to do what God says to do.**



**7. A willingness to change-**  
**I must make a decision that if it is not**  
**God's way and the expressed will of God,**  
**then I must detach myself from it and**  
**change.**



**1. I must leave my country-  
Symbolic of leaving the worlds  
system of doing things.**



**2. I must leave my family upbringing-  
It must commit to the Word of God  
against what relatives and friends  
have to say.**



**3. I must quit running back to my mothers or fathers house- I must establish my own biblical values.**



**Family traditions- the way your  
home is going to be ran.**





**1. Eliminate all negative, destructive criticism of the (person) spouse-  
Practice finding something good about them, don't attack or critique or keep score.**



**2. Be agreeable: avoid arguing-  
A person convinced against their will  
is still a person who is unconvinced.**



**3. Accept your spouse as who they are-  
It is what it is, not their sin.**



**4. Express appreciation towards your spouse-  
Say “Thank you” and “I love you”**



**5. Find something you admire  
about your spouse**



**6. Express approval- Show them they are valuable to you.**



## **7. Give attention to your spouse-**

**Don't ignore:**

- Listen without interruption**
- Make eye contact**
- Eliminate distractions**



**The reason we must now work on ourselves (you) is because 85% of your happiness you will experience in your life will be a result of interactions we offer people. Only 15% of happiness comes from personal achievements. This is why you must work on yourself.**

