



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.

