

*Lord please save my*  
**MARRIAGE**

## A Radical Plan: Be Kind

The Gottman's can observe a couple 15 minutes and predict whether or not that couple will divorce with over 90% accuracy! The clue is "How do you respond when your spouse bids for you to connect?"

What is a bid? A bid is a request for connection.

When our spouse bids, we can respond by:

1. *turning toward*
2. *turning away*

Masters "turn towards" their spouses.

Masters scan for things they can appreciate.

Masters assume their spouses are kind and generous.

Disasters "turn away" from their spouses.

Disasters scan for partners' mistakes.

Disasters find faults that aren't there.

The Four Horsemen of Marriage: turning against

1. *criticism*
2. *defensiveness*
3. *stonewalling*
4. *contempt*

Ephesians 4:29 *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.* 30 *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.*

31 *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.* 32 *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

The Biblical cure is called Love and Respect.<sup>1</sup>

Ephesians 5:33 *However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.*



1. From Love and Respect by Emmerson Eggerichs