



4 Signs Your Marriage Is in Trouble

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27

The Four Predictors of Relational Failure

1. **CRITICISM** — Attacking a person's **character or personality** rather than addressing a specific behavior or problem.
2. **CONTEMPT** — Communicating **disrespect, disgust, or superiority** through words, tone, sarcasm, ridicule, or body language.
3. **DEFENSIVENESS** — **Protecting yourself from perceived blame** by making excuses, denying responsibility, or shifting blame back to the other person.
4. **STONEWALLING** — **Withdrawing from communication** by shutting down, disengaging, refusing to respond, or emotionally checking out.

Everyone should be quick to listen, slow to speak, and slow to become angry, because human anger does not produce the righteousness that God desires. James 1:19-20

Two-Question Test

1. Should it be **SAID**?
2. Should it be **SAID NOW**?

Big Idea: When one spouse wins, both lose.

Four Conversational Nevers

1. Never call **NAMES**.
2. Never get **HISTORICAL**.
3. Never threaten **DIVORCE**.
4. Never quote your **PASTOR** in a fight.

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. Colossians 3:13 NIV

ADMIT

BELIEVE

CHOOSE

²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 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.

Reflection Questions

1. Where am I keeping score in this relationship?

What offense, disappointment, or unmet expectation am I still holding against the other person?

2. What good am I withholding while waiting for them to go first?

Is there affection, forgiveness, encouragement, service, or an apology I already know I should give?

3. Where am I demanding my own way?

What preference, expectation, or “need” have I allowed to become more important than the health of our relationship?

4. What would it look like for me to “go first” this week?

Not because they deserve it or have earned it—but because that is what Christlike love does. The message’s central contrast is powerful here: *“Selfishness asks, ‘What about me?’ Love asks, ‘What about you?’”*

5. What do I need to surrender to Christ for this relationship to become healthier? Since the answer to selfishness is not simply greater willpower but surrender, what attitude, right, resentment, or expectation do I need to place before Him?

UPCOMING EVENTS

September

Join A Small Group
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SUNDAY

6

Growth Track Starts

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SUNDAY

6

SMALL GROUP CYCLE BEGINS



Shoe boxes for OCC will be
available in the lobby on Sept. 13th.