
The One Habit That Will Save Your Marriage

What causes fights and quarrels among you? Aren't they caused by the selfish desires that fight to control you? James 4:1 GW

BIG IDEA: Selfishness asks, "What about me?" Love asks, "What about you?" Jesus showed us another way—He went first.

3 Ways Selfishness Shows Up

1. Selfishness keeps SCORE.

... [Love] keeps no record of wrongs. 1 Corinthians 13:5 NIV

- Selfishness has an excellent memory.
- Keeping score has never built a **BETTER** marriage.
- What are you **KEEPING** score of?

IF YOUR SPOUSE LOSES, YOUR MARRIAGE DOESN'T WIN.

2. Selfishness WITHHOLDS.

If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them. James 4:17

- Sometimes the most selfish thing we can do is **NOTHING**.
- Love does not WAIT for the other person to deserve the first move.

SOMETIMES THE MOST SELFISH THING WE CAN DO IS NOTHING.

3. Selfishness DEMANDS its Own Way.

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Philippians 2:3-4 NIV

THE ANSWER TO SELFISHNESS ISN'T WILLPOWER; IT'S SURRENDER.

(Christ), being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷rather, he made himself nothing by taking the very nature of a servant ... ⁸he humbled himself by becoming obedient to death—even death on a cross!
Philippians 2:6-8 NIV

**You can feed your selfishness or feed your relationships;
you cannot feed both.**

ADMIT

BELIEVE

CHOOSE

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

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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.