

**Marriage by Design 04: "Harmony"**  
**Ephesians 4:17-32**

May 3, 2026

**Big Idea:** To build harmony in marriage, couples need to overcome anger.

**Mutual Honor vs. Being Right**

God's plan for your home is relatively simple. Honor is the key. In harmonious marriages husbands and wives honor (value) their spouse's differences as being genuine, equal, and valuable in the relationship. This new perspective creates harmony in the home but is too often sacrificed to the "god of rightness."

**Cultural Misunderstanding #4: I should fight to prove I'm right.**

**Q: How do you handle anger?**

What's an appropriate response to an angry partner? You don't have to fight. You are teammates, not opponents. Even if you argue, if you do it properly anger does not have to rule your emotions.

1. **Aggressive Response** – the emotion asserted by someone with a strong conviction and a craving for someone else to share that same conviction.
2. **Assertive Response** – the emotion exhibited by someone with a strong conviction who is also considerate of the needs of others involved.

**Power Struggles**

Power Struggles almost never occur during the first 12 months of a relationship. We can overlook many things about the one we love for a time, but after a while we must learn to deal with things in a way that keeps our spirits open. The question is: "Are you locked into a power struggle?" Here's How You can tell...

- ❑ **Level One: Issues are constantly raised - but never resolved.** Keep acting out, speaking out, or shutting out and you will wind up in a level 1 power struggle. **KEY:** You need to work at turning your aggressive anger into assertive anger. **Counseling will be of great value.**
- ❑ **Level Two: As problems pile up, you drop "the issue" and begin to pick on each other.** You are not angry over an issue, you are angry at a person. **KEY:** You need to give in on a key issue. **Counseling will be of some value but you need to respond.**
- ❑ **Level Three: The final option - attacking the relationship.** You are in danger of losing your relationship. **KEY:** You must realize that habits have formed and even in your best intentions, you are harming the relationship as you try to reconcile. **Act now or counseling will be of no value.**

**Remember** – You are partners. Learn to handle your anger and you will take giant strides toward harmony at home.

**Family Night – Read Ephesians 4:17-32**

- **Elementary School** – Ask, "Why are some people separated from the life God wants them to live (v.18)? Why should we always tell the truth? What kind of talk is 'unwholesome' talk (v.29)? How should we treat others (v.32)?"
- **Middle/ High School** – Ask, "How are we made new (v.23)? What does that mean? How can we be angry without sin? How can anger become a 'foothold' for the enemy? How should we treat each other?"

**Prayer:** "Father we want to handle our anger in a way that is right and honoring in our home. Please help us. Amen."

**Velocity (Middle and High School Students)**

**Velocity:** Meets this Wednesday, May6th at 6:30pm.

**Gravity:** Gravity Today

**Today's Songs**

*Running Home*.....Cochran and Co.  
*A Thousand Hallelujahs*.....Brooke Ligertwood  
*Praise You Anywhere*.....Brandon Lake

**Musicians Needed**

We are looking for musicians to play in the band on Sundays. If you are interested, fill out a Communication Card. Thanks!

**Wildfire Relief**

We are taking cash donations in the lobby to purchase gift cards for families displaced by the wildfires in South Georgia.

**Baby Dedication**

Next Sunday, May 10<sup>th</sup> in both services. If you would like to participate, sign up at the Welcome Desk. Choose which service you will attend and take an information sheet.

**Velocity Summer Camp**

Rafting Trip is June 22-26 for rising 6<sup>th</sup> – 12<sup>th</sup> graders. Contact Tyler to sign up!