

Stopping the Crazy Cycle
Ephesians 5:33
Al Gascon | July 28, 2024

Ephesians 5:31-33

- For women there is an innate need for a wife to feel loved by her husband; she was created that way.
- For men there is an innate need for a husband to feel respected by his wife; he was created that way.

In the midst of arguments neither party feels what they were created to receive; innate needs are not being met. Wives don't feel loved therefore they disrespect their husbands. Husbands don't feel respected therefore they don't show the sacrificial love that they are commanded to show their wives. Without love she reacts with no respect, without respect he reacts with no love. – Dr. Emerson Eggerichs

- In the midst of an argument you MUST meet your spouse's deepest need; respect for men and love for women.

1 Corinthians 13:4-7

- NKJV—7 bears all things, believes all things, hopes all things, endures all things.
 - NLT—7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.
- In the midst of an argument don't fill in the gaps of uncertainty; hope and belief in your spouse can stop the crazy cycle.

Proverbs 15:1

Proverbs 18:20-21

- In the midst of arguments never speak from the out of bounds list; fight fair and with care.
 - The concept is simple: in the same way where anything out of bounds in a sporting event cannot come onto the playing field, so there are statements, behaviors, and people that need to stay out of the playing field of your arguments. Let your words bring life.

Out of bounds list:

- i. The Word "Divorce"
- ii. "You should leave" or "I'm leaving"
- iii. "You always/never"
- iv. Comparisons to other marriages
- v. Ignoring your spouse
- vi. Hurling insults at family members
- vii. Insults. Attack the issue, not your spouse
- viii. Anything you and your spouse render off limits.

Ephesians 6:13-17

- Armor up and pray during the heat of battle (spousal battle); visualize and pray the armor of God over your spouse.

Discussion Questions

- a. No discussion questions, but rather links to be watched and studied. These can be found in the CCV app in this week's sermon notes or in the Friday email.
- b. Create an out of bounds list with your spouse.