

FROM
ME TO WE

KEYS FOR BUILDING **STRONG FAMILIES AND RELATIONSHIPS**

#7 MAKING MARRIAGE WORK - PART 6

To make marriage work you must pursue peace.

Romans 12:17, 18 (NLT) Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone.

1. Address pain points positively.

Matthew 5:9 (NLT) God blesses those who work for peace, for they will be called the children of God.

Ephesians 4:3 (NIV) Make every effort to keep the unity of the Spirit through the bond of peace.

- ▶ Own your own bad behavior and attitudes.
- ▶ Begin by affirming your commitment to love and peace.
- ▶ Use "I feel" or "I experience" statements, instead of "you make me..." statements.
- ▶ Consider how you are contributing to the problem, and be willing to admit it.
- ▶ Address problems clearly; don't blame, name-call, or attack.
- ▶ Remove the drama.

- ▶ Avoid generalizations.
- ▶ Listen — really listen.
- ▶ Be teachable.
- ▶ Accept apologies graciously.
- ▶ Give attention and space for repair and recovery.
- ▶ Learn to let go.

Ephesians 4:29-32 (TPT) And never let ugly or hateful words come from your mouth, but instead let your words become beautiful gifts that encourage others; do this by speaking words of grace to help them. The Holy Spirit of God has sealed you in Jesus Christ until you experience your full salvation. So never grieve the Spirit of God or take for granted his holy influence in your life Lay aside bitter words, temper tantrums, revenge, profanity, and insults. But instead be kind and affectionate toward one another. Has God graciously forgiven you? Then graciously forgive one another in the depths of Christ's love.

2. Accept imperfection.

- **Isaiah 53:6**
- **Proverbs 17:9**
- **1 Peter 4:8**
- **Romans 15:7**

3. Choose to become better not bitter.

- **2 Corinthians 12:9-10**
- **James 1:2-5**