

sticky marriage

- sticking
- stuck
- stopped

Marriage Enrichment

To make our marriage stick we...

1. **Cultivate our commitment.**
value constraint commitment in our marriage
2. **Cultivate our commitment.**
make choices that build our dedication commitment
3. **Determine our family's rallying cry.**
clarify what makes our family unique
4. **Respond to bids for connection.**
distinguish between turning away, against and toward
5. **Find the power to keep loving.**
the gospel keeps us connected to Christ and each other



**Cultivate commitment --
make choices that build our dedication commitment**

“Christ Jesus...being in very nature God, did not consider equality with God something to be grasped, but made himself nothing... he humbled himself and became obedient to death— even death on a cross!”

Philippians 2:5-8

1. Choose to give up some _____



Record as many activities as you can that a husband or wife can do to get _____ and his/her spouse _____ first.



Of the activities we've just heard, one I'd like to do to show my _____ to you is...

2. Guard against _____ alternatives

“Guard yourself in your spirit and do not break faith with the wife of your youth.” Malachi 2:15



Write one thing a spouse can do to...

- Look for good parts of your lawn...and the weeds in the other lawn.
A spouse can...
- Get away from the fence.
A spouse can...
- Not dwell on the greener grass.
A spouse can...
- Take care of the lawn where you live.
A spouse can...

3. Change what _____ do & what you do _____

“If possible, so far as it depends on you, live peaceably with all.” Romans 12:18 (ESV)

“Each one of you also must love his wife as he loves himself, and the wife must respect her husband.” Ephesians 5:33



Husband asks, “What things have I said or done that have made you feel _____?”

Wife asks, “What things have I said or done that have made you feel _____?”



Use Romans 7:21-25 to explain the value of both _____ and _____ commitment:

The moment I decide to do good, sin is there to trip me up. I truly delight in God’s commands, but it’s pretty obvious that not all of me joins in that delight. Parts of me covertly rebel, and just when I least expect it, they take charge.

I’ve tried everything and nothing helps. I’m at the end of my rope. Is there no one who can do anything for me? Isn’t that the real question?

The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

Romans 7:21-25 *The Message*



Of all that we've considered today, two of the most compelling reasons _____.



Our Plan

Below are three actions we've practiced today to build dedication commitment (in bold type).

What action will you take by next week to...

1. **Choose to give up some choices.**

Things I/we might give up to build dedication to each other:

2. **Guard against attractive alternatives.**

To look for good parts of our lawn, keep away from the fence, not dwell on greener grass and take care of our own lawn we will...

3. **Change what we do and what we do together.**

To show love and respect to each other, we will...