ESPRESSO

BUILDING A HEALTHY MARRIAGE DANNY ANDERSON

1. You must <u>connect</u>

Then the Lord God said, "It is **not good** for the man to be **alone**. I will make a helper who is just right for him." *Genesis 2*:18

"The deepest emotional need we have is to feel loved by the significant people in our lives." — Gary Chapman

2. Be humble.

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, **humility**, gentleness and patience. *Colossians* 3:12

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

3. Be patient.

Always be humble and gentle. Be **patient** with each other, **making allowance** for each other's **faults** because of your love. *Ephesians 4:2*

"If you always express your mind about everything that bothers you, you won't get along with anyone." — Willie George

4. Be faithful .

But the man who commits adultery is an **utter fool**, for he **destroys** himself. *Proverbs* 6:32

Outwardly we can remain in the lines, but inwardly we can be living out of bounds.

"But I say, anyone who even **looks** at a woman with lust has already committed adultery with her in his **heart**." *Matthew* 5:28

5. Be loving .

Follow God's example, therefore, as dearly loved children and **walk** in the way of **love**, just as Christ loved us and **gave** himself up for us as a fragrant offering and sacrifice to God. *Ephesians 5:1-2*

"Love is never stationary." – Bob Goff

"Your marriage is either getting better or worse. It is not staying the same." — Gary Chapman

What does your marriage need?

One Year New Testament Devotionals

Small group discussion questions related to the weekend message will resume in September 2018 during our next 10-week group semester. Small group registration opens August 11. Use these One Year New Testament questions to discuss with your small group or answer individually.

Devotionals

We often second guess our decisions. We do this in our relationship with God as well. Have you ever wondered if you are even a Christian or question if God still loves you? These lies can be very convincing tactics used by Satan to doubt our relationship with Christ.

It is important to understand the difference between justification and sanctification. Justification is God's act of removing the guilt and penalty of sin while at the same time making us righteous through Christ's atoning sacrifice. Sanctification is the daily process of becoming more like Jesus. Don't doubt yourself, your salvation, or God's love for you because you messed up or fell short. Aim for progress, not perfection. Would you get rid of a Lamborghini because a headlight went out? Of course not; you would fix it! He purchased you at a very expensive price, and He doesn't just throw us to the side when we mess up. God is fixing you daily. Read John 19:30 and Romans 8:31-39 for further study.

Sunday, August 5 – 1 Corinthians 1:18-2:5

Have you ever been criticized or labeled as ignorant for believing in God? How did you respond? How did you defend your faith? What difference should it make in your life to know that God chooses the weak and lowly people of the world to do His work?

Monday, August 6 – 1 Corinthians 2:6-3:4

What comes to mind when you hear the word 'theology'? The word 'theology' literally translates to "studying God's nature", or knowing Him deeper. With that definition, how are you trying to know God deeper? Would you consider yourself drinking 'spiritual milk' or eating 'spiritual meat' as Paul says? How can you use that to impact others around you, and not just let it become head knowledge?

Tuesday, August 7 – 1 Corinthians 3:5-23

Who are some of your favorite preachers or authors in the Christian faith? How do you relate what Paul is talking about in today's verses to what your faith mentors say? Do you still look to God before looking to these great leaders in the faith?

Wednesday, August 8 - 1 Corinthians 4:1-21

How were the Corinthians going beyond the teaching of Scripture in their behavior and attitudes? How closely do you think our lives should conform to Paul's own experience? What is one way you could imitate the example or wisdom of a more mature Christian you know?

Thursday, August 9 - 1 Corinthians 5:1-13

What comes to mind when you hear the word judgment? How are we as believers supposed to judge others? Carefully read Paul's words in verses 9-12. What does a healthy way of judging others look like? How can you remember to avoid a condemning judgmental spirit toward others this week?

Friday, August 10 - 1 Corinthians 6:1-20

Think of the last time you got into an argument with somebody. How did you handle that situation? How can we use what Paul is talking about in today's devotion and implement it the next time we get into a fight with somebody? What do you think is the best way to settle disputes between strangers? What particular action or attitude can help you forgive others when you are wronged?

Saturday, August 11 - 1 Corinthians 7:1-24

What instruction did Paul give to the unmarried and widowed? What perspective can help us serve God well whether married or single? How can we be a light to those around us who are not believers? How can you use your unique experiences as a married or single person to serve God this week?