

# Tending to your Marriage

October 2017

Galatians 6:9, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give-up."

## 10 Ways to Tend to your Marriage

1. Embrace your role in marriage.
2. Stay connected to the Lord.
3. Be your husband's champion.
4. Realize you are two becoming one.
5. Focus on friendship
6. Be a safe place.
7. Communicate Effectively.
8. Show him respect.
9. Prioritize physical intimacy
10. Trust God loves you and is in control.

## 10 things to Pray for your Husband (modified from Unveiled Wife)

1. That he would grow spiritually through reading, studying and prayer. {2 Peter 3:18}
2. That he would trust in God's plan, not his own. {Jeremiah 29:11}
3. That he would seek wisdom. {James 1:5}
4. That the Lord would teach him how to be a good husband & likewise me a good wife. {Ephesians 5:22-33}
5. That he would submit his fears to God. {Psalm 118:6}
6. That he would fully grasp his purpose in Christ. {Romans 8:28}
7. That he would be surrounded by people who bring him up. {Proverbs 13:20}
8. That he would have a humble, teachable spirit. {Proverbs 15:33}
9. That he would be full of patience and peace. {Romans 14:19}
10. That he would be quick to forgive. {1 Corinthians 13, Ephesians 4:32}

## Take a Step

Go to [www.watermark.org/dallas](http://www.watermark.org/dallas). Click on Ministries then "Care and Support".

- **Shelter from the Storm** (Christ-centered support group for women who have been sexually abused or assaulted).
- **MenD** (Christ-centered support group for men who have been sexually abused or assaulted).
- **Re-Engage** (Reignite, reconnect or resurrect your marriage).
- **Regeneration** (A biblically-based recovery program for healing, recovery and freedom).
- **Shiloh** (Christ-centered support group for those experiencing infertility or miscarriage).
- **Someone Cares** (post-abortion restoration support group for women).
- **Forgotten Fathers** (post-abortion support group for men).
- **Griefshare** (A safe place to process the loss of a loved one).

## How to Tend to the Big Weeds

1. What is the current \_\_\_\_\_ ?
2. What do I know \_\_\_\_\_ ?
3. What do I know \_\_\_\_\_ ?
4. What do I know \_\_\_\_\_ ?
5. What are the things I have to do \_\_\_\_\_ ?

## How to Move Forward

### **STEP 1) Take a step. (Move forward, don't freeze).**

Proverbs 4:25-27, "Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil."

### **STEP 2) Humble yourself. (Draw a circle around yourself).**

James 4:7, "Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up."

### **STEP 3) Purge it.**

1 John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

### **STEP 4) Follow His lead and let Him be faithful.**

Psalm 119:105, "Your word is a lamp to my feet and a light to my path."

