

Marital Lies We Tell Ourselves

Genesis 2:18-25

The is an old joke that says there are three rings in marriage:
The engagement ring, the wedding ring, and suffering.

Suffering in marriage often comes from the **marital lies** we believe and tell ourselves.

Lie #1. All My Marital Problems are my **spouse's** fault.

Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? —Matthew 7:3-5

Lie #2. If our marriage takes hard work, we must **not be right** for each other.

But if you marry, you do not sin, and if a girl marries she does not sin. Yet those who marry will have worldly troubles, and I would spare you that. —1 Corinthians 7:28

Lie #3. My Spouse **Can and Should** Meet All of My Emotional Needs

Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. —Colossians 3:16

Lie #4. My Spouse **Owes** Me -- for all I do.

Owe no one anything, except to love one another; for he who loves his neighbor has fulfilled the law. —Romans 13:8

Lie #5. I Shouldn't Have to Change who I Am to Make our Marriage Better

Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect.

—Romans 12:2

Lie #6. My Spouse Should be Like Me

Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith;

—Romans 12:6

Marital Truths:

Truth #1. My marital problems are at least half my fault, probably more.

Truth #2. Marriage is such hard work because we ourselves need so much work.

Truth #3. Your spouse cannot meet all your emotional needs; we must rely on our Church, family, and community of friends.

Truth #4. You are owed nothing for all you do in marriage; the payment for what you do for your spouse is getting to do it! *The reward is in the giving not what our partner does in response.*

Truth #5. Of course you need to make changes to strengthen your marriage. If you are perfect, become a little less perfect so you are not so hard to live with.

Truth #6. God did not make your spouse exactly like you and God does not intend to change them to be exactly like you. It takes two individuals with differing gifts to make a complete couple.

God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

—Genesis 1:31

- **Pray together and for each other.**
- **Study the truth together.**
- **Work with God's grace to make your marriage the best it can be.**

Memory Verse:

For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.

—Genesis 2:24