

The Father of lies

1 John 3:8 The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. (NIV)

John 8:44 You belong to your father, the devil and you want to carry out your father's desires. He was a murderer from the beginning, not holding to truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. (NIV)

John 10:10 The thief comes only to steal, kill and destroy; I have come that they may have life, and have it to the full. (NIV)

! Peter 5:8-9 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, and standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. (NIV)

Ephesians 6:11-16 Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (NIV)

Colossians 2:8 See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. (NIV)

2 Corinthians 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (NIV)

Where is our enemy

John 12:31 The time for judging this world has come, when Satan, the ruler of this world, will be cast out. (NLT)

Ephesians 2:2 You used to live in sin, just like the rest of the world, obeying the devil, the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. (NLT)

2 Corinthians 4:4 Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News (NLT)

1 John 5:19 We know that we are children of God and that the world around us is under the control of the evil one. (NLT)

Myths

Lies

&

The Truth that

Will set

you free

Myth # 1. Who you choose to marry is the most important choice you'll ever make.

Truth

Who you continue to choose after you marry is the most important choice you will ever make.

There are so many moments throughout the day when you have the choice to choose your spouse or not.

-technology



-when you choose to flirt with that co-worker at work.

-when you choose to stay at work a little longer every night.

-when you continually choose individualistic activities, over quality time with your spouse.

-when you put others before your spouse.

-when you choose a counterfeit substitute (pornography, self-adultery)

Myth # 2 There is always an easy way out, if it doesn't work out.

Truth

There will NEVER be an easy way!! (Matthew 19:4-6)

Haven't you read, that at the beginning the Creator made them male and female, and said for this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So, they are no longer

two, but one flesh. Therefore, what God has joined together, let no one separate (NIV)

-If we base our marriage on marginal love, which is based on performance instead of persistence we will be disappointed every time.

Persistence

The quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people; the state of occurring or existing beyond the usual, expected, or normal. (Merriam-Webster dictionary)

Ask God to give you a persistent kind of love, that:

- endures
- forgives
- finds good
- sustains
- encourages
- builds up not tears down
- constantly looks forward not backwards

Love is a choice

Myth # 3 Once married I will be complete

Truth

Spouses do not complete you, they complement you. We are to be helpmates to each other. (Genesis 2:18) *The*

Lord God said "it is not good for the man to be alone. I will make a helper suitable for him"

Ways to be a helpmate:

- encourage each other in strengths
- do not criticize weaknesses
- encourage individuations
- offer yourself in service to one another "what can I do to make your day better".
- be the best you can be for your spouse
- be intentional with your communication
 - . Ephesians 4:29 *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen (NIV)*
 - . 1st Peter 3:10 *For, whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech (NIV)*

Ways to communicate other than verbally:

- notes left in unusual places: lunch sack, briefcase, pillow, car, etc.
- text messages throughout the day
- washable markers on mirrors, shower walls, car windows, etc.
- sign language (make a heart shape, or the “I love you” sign in sign language)

Myth # 4 If we focus on our problems, we will get over them.

Truth

The more we focus on problems and not solutions, the more the problems grow. An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy, “It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.” He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.” The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

-Instead of focusing on problems and what is going wrong, start to focus on solutions and what is going right.

-Research shows that your current mood state (how you're feeling at the moment), creates the lens through which you view your life.

When you have just had an argument, you might tend to say “We fight ALL the time”

When you are lonely it's easy to believe, “you NEVER spend time with me”

When you're being ignored, your view might be, “You ALWAYS on your phone, and NEVER pay attention to me”

In these situations, we must think about the times when our partner responds in the way we desire them to. So, we focus on the solutions instead:

-What is it like when you're not fighting

- . how do you speak to each other?
- . how do you treat each other?
- . how do you communicate positively?
- . What actually brings you closer?

-What is it like when you do spend time together?

. Describe those things: “I love when we snuggle on the couch” , “I really enjoy going on walks with you” , “It means the world to me when _____”

-What is different when they are not on their phone?

- . “I feel valued, treasured, wanted, needed, etc.”

. Take advantage of every opportunity for positive feedback:

“Thank you for listening to me” , “I really appreciate your attentiveness” , “Thank you for putting your phone away”

Myth # 5 Because we are married, we have to share the same ideas, beliefs, & viewpoints. If we don't there will always be conflict

Truth

We are all created in very unique & different ways, and this goes towards our thoughts and beliefs as well. Yes, we are all created in the image of God (Genesis 1:27 *God created mankind in His own image*), but we are very different and unique. It is actually a strength of marriage to have differences. What one lacks in, the other is strong. (Ecclesiastes 4: 9-12 *Two are better than one, because they have a good return for their labor; if either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they keep warm, but how can one keep warm alone? Though one may be overpowered, two can defend themselves, A cord of three strands is not quickly broken*)

Influences of differences:

-Gender: based on who God created us to be

-family of origin (our upbringing)

-Environmental experiences

-emotional experiences

-Everyone has a right to their feelings, beliefs, or viewpoints.

-It is not our responsibility to tell others, especially our spouse that they are wrong in their thinking or they need to come to our way of thinking to avoid conflict.

-We must honor and cherish our spouse for who they are and what they believe.

-We should become humble and loving, wanting to know how they think and believe.

Philippians 2:3 “Do nothing out of selfish ambition or conceit, but in humility count others more significant than yourself”

1 Corinthians 10:24 “No one should seek their own good, but the good of others”

We can use our difference as a source of frustration, or for excitement and growth.

Myth # 6 Marriage will be filled with continual intimate ecstasy, and my spouse will always meet my desires.

Truth

We must be careful with the word “Continual” & “Always”. There is no reason your marriage cannot be filled with continual ecstasy, and I am certain each spouse truly wants to meet their mates every desire, but we must speak of reality as well. The reality is, there are going to be life events, that we must attend to.
-jobs –children –household obligations –illnesses

1 Corinthians 7: 3-5 The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife. Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer. Afterward you should come together again so that Satan won't be able to tempt you because of your lack of self-control. (NLT)

God created us to be sexual beings, yes for a purpose, but also to be a pleasure to each other.

What intimacy within a marriage is:

Created & approved by God

Spiritual unity between husband & wife

A gift, something to be thankful for

A mutual giving to one another

What intimacy within a marriage is not:

Dirty, shameful, vulgar, or repulsive

An idol (sex is not our god)

Obligatory

Used for manipulation

The Biggest myth & lie of all time:

“Why did God allow this to happen to me, or If God really loved me, he wouldn’t have put me through this”

Truth

God’s greatest gift to us, is his biggest heartache

FREE Will!!!!!!

The enemy uses this, like he did in the garden. He is jealous of God, (remember he wanted to be God) so he wants to hurt God in the biggest way possible, and he

knows if he gets us (God's greatest creation, and love) to turn against him because of our free will, then the enemy wins. So, the enemy whispers in your ear "if God really loved you, he wouldn't have let this happen to you" and that is a lie straight from the pit of hell. Dispel lies with God's truth. The sword is the sword of the spirit, which is the word of God. The truth is: Jesus said "I WILL NEVER LEAVE YOU OR FORSAKE YOU", he was there with you when a tragedy happened to you. He couldn't stop it, because of his free gift (free will), but he was there weeping and trying to comfort you.

Cover yourself in the truth!!!! Because when we know the truth, the truth will set us free.

Marital pitfalls (infidelity's)

Emotional infidelity: Seemingly innocent friendships with a person of the opposite sex (work place, gym, neighbor, mutual friends, etc)

Family of origin infidelity: parents, grand-parents, siblings, aunts/uncles, etc. A greater value is placed on these individuals than on your spouse

Mental infidelity: to imagine with an intentional and conscious desire that of another, other than your spouse

Visual infidelity: Committing adultery with your eyes
(Matthew 5:27-28 You may have heard that it was said "You shall not commit adultery", but I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart)

Self-infidelity: Meeting an intimate need/desire with self-gratification.

-Sexual addiction: often defined as a "false intimacy" and is magnified when individuals try to meet legitimate human need (connection & meaningful relationship) in an illegitimate way

Marriage Stealers

1. Choosing to think of yourself as more important.
2. Choosing what's best for you and not the other
3. The small lies, betrayals & deceit that you convince yourself are not a big deal
4. Being unteachable
5. Tearing down with words
6. Responding with defensiveness
7. The need to be in control and always be right
8. Thinking more of what you deserve, instead of focusing on what you can do to serve

9. Focusing more on being right than striving for righteousness (behavior that is pleasing to the Lord, and in God's will)
10. What you can get out of someone, instead of how you can invest in them.
11. Refusal to forgive
12. Refusal to humble yourself, or ask for forgiveness
13. Too busy pointing fingers, and not enough time looking in the mirror
14. Magnifying the weakness of your spouse, and refusing to examine your own
15. Refusing to look at your spouse's strength