

Re-Marry Me – Part 1  
 “Myths”  
 1/6/13

### **Covenant vs. Consumeristic Relationship**

Our culture pushes us toward thinking of marriage in a consumerist way. We get married with dreams of how wonderful it will make our lives...how marriage will be fulfilling and life giving to us. But... a consumerist marriage is loaded with expectations ...into crushing disillusionment... weightier than what many marriages can support.

*Eph 4:22-23 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds;*

When you think of a myth... think of some desire or belief that promises one thing but delivers something entirely different.

### **A Myth 1 - the “perfect” partner**

~ GOD never promises the perfect partner or match for you. They always fall short. But YOU fall short, too. And... here’s the deal... it does nothing to move you forward. We spend time fantasize about the partner we could have had, or should have had. Quit looking for the perfect partner.... they don’t exist.

### **Myth 2 - if they “would just” ...**

If they would just be more understanding, caring, patient, responsible, kind. If my husband “would just” be the spiritual leader, if my wife “would just” be more supportive...I need my spouse to change, or grow to have a full and happy life. It sets us up to put terrible expectations on our partner for a happy & fulfilling relationship.

### **A Myth 3 - but love shouldn’t be “this hard”**

We all know should be hard. But there reaches a point where the toughness builds, and we believe that it shouldn’t be “this” hard.

So how do we move forward in a marriage with a growing sense of hurt, frustration and disappointment?

*Eph 4:22-23 which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds;*

### **Journals**

Describe how you see the problem issues in your marriage, or in another relationship. Reflect on how those problem issues are connected to the three myths we described. Be brutally honest with yourself, no one else will see it! That is the LAW with this!!!!

**Truism 1 - Relational pain may feel like the end of the world, but it's not.**

(Exercise) Tell yourself "It's not the end of the world." IE...who's in the driver's seat????

- When your spouse comes home late, and leaves you with the kids who need to be bathed, fed, and driven across town for a recital say, "It's not the end of the world."
- When you walk in the door, and your spouse says we need to talk say, "It's not the end of the world."
- When you spouse accuses you of being lazy, nit picking, uncaring, or selfish say, "It's not the end of the world."
- When your child's teacher calls that he hasn't turned in the last 5 assignments say, "It's not the end of the world."

To those who feel washed over with pain the purpose of this exercise is to allow you to decompress.

*2 Cor 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.*

To take a thought captive is to be in control of it... to be in control of the choices you make.

**Truism 2 - There is a gap between stimulus and response. We can learn to widen this gap.**

The problem wasn't the problem. How we respond to the problem can damage our relationship more than the actual problems. When I get hurt I can immediately go on the defensive.... attacking...instead of widening the gap.

**Journals**

What character qualities are truly important to you in how you interact with your spouse?