

Protect Your Mind, Protect Your Marriage

Outline – February 9, 2025

John 8:31-32, 44; Romans 12:1-2; Ephesians 6:14-17

Before You Can Have The Marriage You Want, You And Your Spouse Must Have The Love & Life God Wants You To Have

I. The life Messiah offers

- A. Messiah is life
 - 1. When you know Him, you know life
 - 2. When you follow Him, you know truth
 - 3. When you serve Him, you know love
- B. With Jesus Messiah
 - 1. There is no condemnation
 - 2. You become a new creation
- C. He changes how you see
 - 1. Yourself
 - 2. God
 - 3. Relationships
- D. He changes your
 - 1. Heart
 - 2. Soul
 - 3. Mind
- E. He renews your mind

II. Your life takes on 7 primary emphases

- A. Seek & serve Him
- B. Enjoy His blessings
- C. Share His love
- D. Fight the good fight of faith
- E. Grow & learn His Word
- F. Discern His will
- G. Bless & love those He brings into your life

III. How do we love & bless those in our family & in our marriage?

- A. By having His Spirit take control of our lives
- B. Through a renewed mind (soul)
Know what needs to start & stop in our marriages & families

IV. The 7 lies that must stop being embraced in our mind

- A. I can change him/her
 - 1. That leads to wishing for someone you don't have
 - 2. You start becoming critical & complaining
 - 3. Only God can change the heart
 - 4. Pray, love, & seek to understand
- B. (2nd lie) A good marriage is 50/50
 - 1. A half-hearted effort
 - 2. A half-hearted commitment
 - 3. Means whole hearted disappointment
 - 4. Beware of "keeping score"
 - 5. Called to give 100%
 - 6. What if you both gave 100%?
- C. (3rd lie) Don't sweat the little things
 - 1. It's the little things that bring you down
 - 2. Guardrails are needed
 - 3. The importance of confessing your weakness
 - 4. Confession creates vulnerable & generous expression of trust & faith
 - 5. Hiding a secret is destructive
- D. (4th lie) God has given up on us
 - 1. Brokenness is real
 - 2. Pain is real

3. Some situations require a miracle
4. But if both are willing to submit, confess, repent, & restore amazing things can happen
5. It takes humility, grace, forgiveness, & time

- E. (5th lie) Marriage is just a piece of paper
 1. It's a sacred covenant
 2. More than a contract
 3. Is the deed to your home, your diploma, that warrant, or that birth certificate just a piece of paper?
- F. (6th lie) Living together is needed before marriage
- G. (7th lie) Adultery is not a big deal

V. Pursue one another

- A. Pursuing one another is a principle of marriage
- B. Pursue her with words of affirmation & affection
- C. Pursue him with words of affection & affirmation
- D. Your marriage is the product of thousands of little moments & choices
- E. When you think something good about your spouse, share it, speak it, & show it
- F. Your marriage is as good as both of you want it to be

VI. Start having fun

- A. Fun is good for the mind
- B. Fun creates attachment
- C. Fun heals brokenness
- D. Fun creates friendship
- E. Fun creates an identity

- F. Fun keeps you from being a warden or "boss"
- G. Most people are at their best when having fun
- H. Fun & happiness often go together in marriage
- I. People who are happy generate fun
- J. Life gets stressful & tense, it needs fun

VII. Start demonstrating love

- A. Made to love and be loved
- B. Love comes from God
 - God is love
- C. What is your source of love?
- D. Sources that don't work
 1. Self
 2. Spouse
 3. World
- E. Source that works
 1. God the Father
 2. God the Son
 3. God the Holy Spirit
- F. God loves you
 1. Perfectly
 2. Permanently
 3. Powerful
- G. God's love is supernatural
 1. As you walk in His Spirit
 2. As God lives in you
 3. You become the conduit of God's love to your spouse

**Love Is Our Greatest Need
Rejection Our Greatest Fear
As God Loves You Let Us Love One Another
As He Renews Our Heart & Our Mind**