



How to Get a Marriage Makeover

WHAT GOES WRONG IN A MARRIAGE

- 1. Unrealistic _____
- 2. Unaccepted _____
- 3. Unresolved _____
- 4. Unforgiven _____

ESSENTIALS FOR A HEALTHY MARRIAGE STEPS TO A MARRIAGE MAKEOVER

Accept _____
“For we are each responsible for our own conduct.” Gal. 6:5 (NLT)

Believe _____
“Humanly speaking, it is impossible. But with God everything is possible.” Matt. 19:26 (NLT)

Commit _____
“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” Gal. 6:9 (NIV)

Deal _____
“Confess your sins to one another and pray for each other so that you may be healed.” James 5:16 (NLT)

“You must make allowance for each other’s faults and forgive the person who offends you. Remember, the Lord forgave you, so you must forgive others.” Col. 3:13 (NLT)

Enlist _____
“By wisdom a house is built, and through understanding it is established” Pr. 24:3 (NIV)

“Get all the advice and instruction you can...” Pr. 19:20 (NLT)

Focus _____
“Let us fix our eyes on Jesus, the author and perfecter of our faith” Heb. 12:2 (NIV)

“For God is working in you, giving you the desire to obey him and the power to do what pleases him.” Phil. 2:13 (NLT)

Daily Meditations

Here’s a chance to spend some time each day this week meditating on today’s topic!

Write your answers on another piece of paper this week.

This week’s memory verse:

Love always protects, always trusts, always hopes, always perseveres. Love never fails. 1 Cor. 13:7

Monday

Look back over the notes from this past weekend. If you’re married, which of the first four bullet points do you think your marriage is particularly vulnerable to?

Whether you are married or not, how can the points for a “marriage makeover” apply to any relationship?

Which of the A-B-C-D-E-F points is most difficult for you in your relationships?

Ask God to help you live in harmony in your relationships. Ask Him to show you which of the six final points is an area you need to grow in. Trust that He will help you!

Tuesday

Read 1 Corinthians 13. This is a very familiar chapter, read at thousands of weddings each year. But try this: If you want to see if you are loving your mate (or anyone in your life) unconditionally, read through 1 Cor. 13 again and substitute *your name* for the word “love”. Here are a couple verses to get you started:

“_____ is patient, _____ is kind. _____ does not envy, _____ does not boast, _____ is not proud. _____ is not rude, _____ is not self-seeking, _____ is not easily angered.” You get the idea! Now do this with the whole passage. How did you do?

You may be thinking that no one can love like that. And you’d be right! Only God Himself can model this kind of love perfectly. But Jesus living through us can help us to grow in these areas. How do we do that? By asking Him to live in and through us, and by making a conscious choice to love in the ways Paul describes in this passage.

Ask God to help you love like this in all your relationships!

Wednesday

Read Philippians 4:4-8. This passage teaches that, instead of worrying, we should bring our requests to God, with thanksgiving, and focus on the positive. This can help all of your relationships, including your relationship with your mate, if you are married.

Write down the names of two people who represent two of the most important relationships in your life:

Now bring your areas of anxiety or concern about them to God--and this is very important--with *thanksgiving*.

Think right now about things that are “noble, right, lovely, praiseworthy”, etc., just as verse 8 says, in the lives of both of those people. Write down your thoughts here:

Relationship to me: _____
Positive aspects about this person to focus on (read Phil. 4:8 for ideas):

Relationship to me: _____
Positive aspects about this person to focus on (read Phil. 4:8 for ideas):

Ask God to help you continue to focus on these positive aspects of your mate, children, or friends... all of your relationships.

Thursday

Today read Phil. 4:4-8 again and continue the exercise you started yesterday. Think of two more people in your life to whom you are very close (children, friends, parents, etc.). In each of those relationships, think right now about things that are “noble, right, lovely, praiseworthy”, etc., just as verse 8 says. Write down your thoughts here:

Relationship to me: _____
Positive aspects about this person to focus on (read Phil. 4:8 for ideas):

Relationship to me: _____
Positive aspects about this person to focus on (read Phil. 4:8 for ideas):

Ask God to help you continue to focus on these positive aspects of your mate, children, or friends... all of your relationships.

Friday

Read Galatians 6:7. This verse says that a person “reaps what he (she) sows”. What are ways that you could “sow” the seeds of a successful marriage today and this coming week?

If you’re single, how could you begin actively pursuing the life you want-- sowing what you wish to reap-- today?

In prayer, thank God for giving you the resources for a healthy marriage. Ask Him to give you opportunities to invest in your marriage today!

Saturday

Please pray for the services this weekend and finish any devotions you may have missed. Thanks!