

Vital Signs of a Healthy Marriage

I. Trusting _____ to meet my needs rather than expecting my _____ to meet them.

A. Unhealthy tendency: Trying to get my mate to meet my needs through _____, _____, _____ tactics.

B. What God says:

1. God _____ to meet our needs (Philippians 4:19, Matt 6:44).

2. He meets them _____ He sees fit according to His purposes in our lives (Philippians 1:6; Romans 8:28).

3. He is capable of prompting _____ and loving attitudes in my spouse (Proverbs 21:1).

C. How we can experience God's promise in our marriage. What it would look like? (Hebrews 11:1-12).

1. Take our _____ to God, _____ and _____ Him to meet our needs. (James 1:6-7)

2. _____ God and look to Him as our _____ (Heb 11:6).

3. Praying _____ and _____ my mate, asking God to meet my mate's needs, _____ myself to God as an instrument, and asking Him to show me how I can meet my mate's needs.

4. When we have unmet needs, instead of _____ we _____.

D. In which of the above ways have you demonstrated faith in God to meet your needs?

Which do you sense God may be seeking to develop in you?

E. Expressing your desire to trust your needs and yourself to God:

“Father, You created me and you know my every need. You said that you care about my needs and you promise to meet them. Lord I seem to find myself needing more _____ (attention, appreciation, support, etc). I choose to look to you to provide for my needs. Please help me to resist manipulating, nagging, or demanding to get my needs met. I turn my focus to you as my source and I wait upon you to meet my needs according to your timing and purpose. Lord, I open my heart to receive your provision. Thank you Lord. In Jesus' name, amen.”

II. Honestly expressing my needs to my mate in _____, _____

ways rather than _____ our needs or attacking our partner for not meeting them.

A. Unhealthy tendency: Either _____ or _____.

B. What God says:

1. He wants us to _____ each other _____ with our words (Eph 4:29).

2. To do both is to “speak the _____ in _____.” (Ephesians. 4:15)

C. What would “faith” look like? How would we act upon what God says in our marriage?

1. _____ our spouse our needs, not expecting, or "mind-reading."

2. Not _____ process.

D. Examples: **Need**

“Speaking Truth in Love”

Attention

“I’ve missed having time together. Could we plan a date for this weekend?”

Support

“Would you go with me to my family reunion? I could use your support.”

E. Yours: _____

III. Giving to each other even when we are not _____.

A. Unhealthy tendency: _____ since our partner isn’t.

B. If our partner is treating us poorly, perhaps there is an _____ we could seek to “ give to meet,”

C. What God says:

1. Genuine love means _____, period (1 Corinthians 13:1-8).

2. God wants us to regard our spouse as _____

_____, and to look out for our spouse’s interests (Philippians 2:3-4).

D. What would Philippians 2:3-4 look like? How would we act upon what God says in our marriages?

1. We would continue to _____ even when our spouse isn't.
2. We'd look for the _____ in our mate and try to meet them.

Poor Treatment by Spouse

Possible Unmet Need

“Losing it” with kids

Support with kids;
attention (need to be
prioritized)

Complaining about spending

Appreciation for hard
work to earn money

Telling you what to do

Respect; Approval

Feeling sorry for self (self-pity)

Comfort of hurt

You: _____

3. Ask God to help you to be aware of your spouse's needs and to help you give to your mate to meet those needs:

Heavenly Father, Thank You for loving me unconditionally- for giving to me, and for giving to me- whether I deserve it or not. Help me learn of You how to love and to give. I especially want to meet my mate's need for _____
_____. Help me to give unconditionally to my mate. Make me sensitive and help me to be a part of your plan to meet these needs. In Jesus name, Amen.

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Scripture References

Philippians 4:19

And my God will meet all your needs according to his glorious riches in Christ Jesus.

Philippians 1:6

being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Proverbs 21:1

The king's heart is in the hand of the LORD;
he directs it like a watercourse wherever he pleases.

Hebrews 11:1-3, 8-13

1 Now faith is being sure of what we hope for and certain of what we do not see. 2 This is what the ancients were commended for. 3 By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

James 1:6-7

6 But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. 7 That man should not think he will receive anything from the Lord;

Ephesians 4:29

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.

Ephesians 4:15

Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church.

1 Corinthians 13:1-8

4 Love is patient and kind. Love is not jealous or boastful or proud 5 or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. 6 It does not rejoice about injustice but rejoices whenever the truth wins out. 7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Philippians 2:3-4

3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others.