

Maintaining Healthy Marriages

July 11th & 12th, 2016

Ephesians 5:21-33

The Covenant of Marriage was created by God and designed for the glory of God and for the display of His splendor! (*Ephesians 5:32*) The unity of Spirit, designed by God in the Covenant of Marriage (*Malachi 2:15*), like all of creation has been affected by the fall of man and will deteriorate for lack of attention and maintenance.

Science has discovered this fact: “Of all the laws of science — they don't get any simpler and easier to understand than the *second law of Thermodynamics*. In fact, Albert Einstein called it the most *basic law* of science. Closely related to the *second law of Thermodynamics* is the fact that **everything in our universe, when left to itself, tends toward more and more disorder** (called ‘*entropy*’).”¹

So it is with marriage — left unattended, disorder will increase!

Ephesians 5:26 gives the key to maintaining the unity of Spirit in a healthy marriage.

*“that He might sanctify her, having cleansed her by the washing of water **with the word**,”* (emphasis added)

❖ Obedience to the Word of God must be the foundation of the marriage!

📖 Matthew 7:24-27

❖ The husband must ensure that God's Word is central to the marriage and family!

♦ The Word of God has a cleansing effect on the wife and family.

Psalm 112:1-2 “Praise the Lord! Blessed is the man who fears the Lord, who greatly delights in His commandments! His offspring will be mighty in the land; the generation of the upright will be blessed.

♦ The Word of God also gives us clear instruction on how to maintain healthy relationships and grow in holiness before God.

↳ Holiness is necessary to see God work in our lives.

Hebrews 12:14 “Strive for peace with everyone, and for the holiness without which no one will see the Lord.”

Scriptural insights for healthy marriages:

❖ Good Communication requires honesty and transparency!

♦ We are to walk in the light.

1 John 1:7 “But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.”

♦ There can be no secrets or hidden areas.

Psalm 90:8 “You have set our iniquities before you, our secret sins in the light of your presence.”

♦ Healthy relationships are built on trust.

Trust: “Confidence; a reliance or resting of the mind on the integrity ... of another person.”²

↳ Lying destroys trust!

Colossians 3:9 “Do not lie to one another, seeing that you have put off the old self with its practices”

♦ Words are important!

Ephesians 4:29 “Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.”

❖ Continual Forgiveness requires an understanding of God's forgiveness!

- ♦ Forgiveness is a lifestyle.

Colossians 3:13 "bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

- ♦ Forgiveness requires patience.

Matthew 18:21-22 "Then Peter came up and said to Him, 'Lord, how often will my brother sin against me, and I forgive him? As many as seven times?' Jesus said to him, 'I do not say to you seven times, but seventy-seven times.'"

- ♦ Forgiveness is an act of kindness.

Ephesians 4:32 "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

- ♦ Forgiveness of others is a prerequisite to receiving God's forgiveness!

Matthew 6:12 "and forgive us our debts, as we also have forgiven our debtors."

❖ Christ-like attitude requires humility!

- ♦ Caring for one another is the heartbeat of a healthy relationship.

📖 *Philippians 2:1-5*

- ♦ Christ is our example to follow!

📖 *Ephesians 5:28-29*

Nourish: "To feed and cause to grow; ... To support; ... to encourage. ..." ²

Cherish: "To treat with tenderness and affection; ... To hold dear; ..." ²

**Jesus is the fundamental source of a healthy marriage for the Scripture states,
"...in Him all things hold together." *Colossians 1:17***

Endnotes:

¹"Science's 'Law of Disorder': The Second Law of Thermodynamics." *ReligiouslyIncorrect.org*. © 2009 ReligiouslyIncorrect.org, (Published - n.d.) Web.

²Webster, Noah. *American Dictionary of the English Language (1828 Facsimile Edition)*. San Francisco: Foundation for American Christian Education, 1989. Print.

♦ Scripture quotations are from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.