

Overflow in Marriage

Meeting #4 Forgive Each Other

Focus Verse:

Ephesians 4:26 and 31-32

Don't sin by letting anger control you. Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.

31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Five Things:

1. Most couples understand that love in marriage (and parenting) is directed by choices and commitment and not feeling. Consider that forgiveness is also a choice and not a feeling. Consider that forgiveness is between you and the Lord and really has nothing to do with the offending party. Read Matthew 6:14-15 to acknowledge that forgiveness is a decision same as love is a daily decision. Forgiveness is crucial regarding conflict in marriage. How can unforgiveness and bitterness infiltrate a marriage? What is the result? How can we forgive our spouse without storing up bitterness at the same time? How do we stop holding past offenses against our spouse? What is the difference between a feeling and a decision? How does Colossians 3:13 encourage one to *decide* to forgive their spouse?

2. Accept Each Other

Romans 15:7 *Accept each other just as Christ has accepted you so that God will be given glory.*

Facts:

3. Spend Time With Each Other

Romans 12:15 *Be happy with those who are happy, and weep with those who weep. 16 Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all!*

Facts:

4. Love and Delight in Each Other

Romans 12:10 *Love each other with genuine affection, and take delight in honoring each other.*

Facts:

5. Love and Delight in Each Other Some More

1 Corinthians 7:3 *The husband should fulfill his wife's sexual needs, and the wife should fulfill her husband's needs. 4 The wife gives authority over her body to her husband, and the husband gives authority over his body to his wife.*

Facts:

Facts from Focus Verse:

1. Anger will control you if you let it.
2. Get rid of anger and bitterness by being kind and tenderhearted.
3. Do not repay offenses with unforgiveness. (See 1 Peter 3:8-9)

Close in prayer.