

MARRIAGE COUNSELING WORKSHEET

Ephesians 5:1-(21-33)

The success or failure of all counseling depends on your willingness to study, believe and practice what God has given to us in His word. I will help to guide you in the appropriate scriptures but the choice of whether to apply these lessons is up to you. It is also vital that both individuals give their best effort to making sure things work out.

Now here is the promise that brings hope. God wants us to succeed in our marriages! He has made the “homes” that result from marriage the foundation of all that is important. If marriage fails then all else fails. Society, churches, children and the individuals of broken homes pay a tremendous price. The loss of productivity, financial costs, and emotional pain are impossible to anticipate or quantify. It is always best to do the hard work that it takes to reconcile the relationship, but it can be very hard work. Though difficult, it is always worth the effort.

To accomplish the work of reconciliation in the marriage relationship we will need to ensure that we do the following 5 things.

***The First Thing we must do is...

I. Receive and Give FORGIVENESS (Matt 18:21-35).

- a. From the Lord.
 - i. It is difficult for people who do not know the Lord to forgive because they themselves have never been forgiven.
 - ii. ???Do you know of a time and place when you know that Jesus forgave you for all your sins? Have you ever been; Saved, Born Again, Redeemed, or any other synonym for receiving everlasting forgiveness for your sins? (Luke 7:36-50).

- b. For your Mate.
 - i. God gave the example of forgiving “before” a person is worthy (Romans 5:8). And as we have already seen, He has forgiven us more than we could ever forgive!
 1. NOTE: Someone has to be the first to forgive. Someone is going to have to forgive the most.
 2. !!!Waiting for the other to be sorry “first” is a recipe for disaster.
 - ii. NOTE: Those who don’t care enough to give or receive forgiveness have already given up on the relationship. All they can think about is their hurts or desires. They are not motivated to reconcile.
 1. This is usually done by the one who has explored other options.
 2. Be careful to note that this situation is usually a temporary one, your suffering will be later and greater (Galatians 6:7-10; 1 Corinthians 6:7-12).
- c. From your Mate.
 - i. No good can come by wallowing in your sin and failure.
 1. Receive God’s forgiveness and your spouse’s forgiveness as a gift!
 2. Then resolve to live as one who is truly thankful for that forgiveness!
 - ii. NOTE: The key is to be thankful!
 1. That you have a patient and loving God.
 2. That you have a patient and loving mate!
 - iii. NOTE: If you have violated your mate’s trust they must forgive you to resolve the problem. However, trust that is lost must be rebuilt.