

# RESTORED AND RENEWED

## *Getting Your Marriage Back on Track by Healing Her Heart*

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### WHEN NEEDS GO UNMET

◆ **Relational** \_\_\_\_\_

Acting in ways that harm your marriage. (abuse, infidelity, deception, etc.)

◆ **Relational** \_\_\_\_\_

Not acting in ways that nurture and protect your marriage.

◆ Both can kill a marriage

### WHEN SHE IS HURTING

Her feelings of hurt will often drive her to...

◆ \_\_\_\_\_ with anger

◆ \_\_\_\_\_ in fear

### KEY SCRIPTURES

*“You husbands likewise, **live with your wives in an understanding way**, as with a weaker vessel, since she is a woman; and **grant her honor** as a fellow heir of the grace of life, so that your prayers may not be hindered”.*

*“...not returning evil for evil, or insult for insult, but **giving a blessing instead...**” (1 Peter 3:7, 9a, NASB)*

### A FULL EMOTIONAL CUP

- ◆ A full emotional cup eventually spills over
- ◆ When her cup is full, good stuff can't get in
- ◆ Emptying the cup is the only remedy

### RESPONDING TO YOUR WIFE

- ◆ **YOU** \_\_\_\_\_ her hurts (2Cor 7:6; Rom 12:15)
- ◆ **YOU** \_\_\_\_\_ her in her fears (1 John 4:18)
- ◆ **SHE** chooses how she responds

### COMFORT HER HURTS

- ◆ Comfort is \_\_\_\_\_ to \_\_\_\_\_ communication (John 11: 32-36)
- ◆ Listen to her feelings not just her words

### AVOID UNPRODUCTIVE RESPONSES

- ◆ Advice giving – What you should have done was...
- ◆ Fact, logic and reason – Well have you considered...

- ◆ Condemnation – You are so sensitive...
- ◆ Defensiveness – I wouldn't have if you...
- ◆ Minimizing – It is no big deal...
- ◆ Fixing it – What I'll do is...

## COMFORT HER HURTS (cont.)

- ◆ Offer simple words of comfort and care – and sometimes \_\_\_\_\_
- ◆ A “Comforting Confession” is \_\_\_\_\_ the gift of understanding, not \_\_\_\_\_ forgiven

## AN EXAMPLE OF CONFESSION (From the movie Fireproof)

- ◆ An attitude of giving not getting
- ◆ Confession included acknowledging hurtful words, actions and attitudes of the heart
- ◆ No blaming, excuses or rationalizations

## GODLY SORROW

### Ask the Father...

- ◆ Show me the ways I have hurt \_\_\_\_\_?
- ◆ Let me see these offenses through \_\_\_\_\_ and with Your heart. (2 Cor 7:10)
- ◆ Show me how my spouse must feel. (empathy)

## THE GIFT OF A COMFORTING CONFESSION

### With an attitude of giving...

- ◆ One of the ways I have hurt you is...
- ◆ I was \_\_\_\_\_ to treat you this way because...
- ◆ You must have felt... (ask if there is more)
- ◆ Will you forgive me? (no pressure given)

## REASSURE HER IN HER FEARS

- ◆ God comforts our fear with \_\_\_\_\_
- ◆ You can become a channel of God’s perfect love to your wife
- ◆ How does your wife need God’s reassuring presence *and* yours in the midst of her fears?

## REVIEW

- ◆ A marriage can be poisoned to death and a marriage can be starved to death
- ◆ Hurt and fear accumulate, as if in an “emotional cup”
- ◆ Hurt requires words of comfort, care and sometimes confession
- ◆ A “comforting confession” is about giving, not getting

## PUTTING IT IN PRACTICE

- ◆ This weekend – ask The Father...
  - Show me how I have hurt Your daughter
  - Show me how she must feel
  - Then offer you wife a “comforting confession”
- ◆ Listen silently, without defensiveness - then offer comfort, compassion and care
- ◆ Expect skepticism – change must be consistent
- ◆ Imagine what a difference it could make...

## ADDITIONAL RESOURCES

- ◆ Intimate Encounters, 9:30 SS class starts Feb 6. Call 770-591-4770 to preregister
- ◆ [www.GreatCommandment.net](http://www.GreatCommandment.net) for Intimate Encounter material or additional resources
- ◆ [James.Eubanks@fbcw.net](mailto:James.Eubanks@fbcw.net) for additional outlines
- ◆ Thanks for coming to the 2011 Johnny Hunt Men's conference