# M's Get a Grip — Strengthen Your Relationship



# WORSHIP

# SUGGESTED WORSHIP SONGS:

God is Great, Forever, The Love of Jesus, Christ is Enough

# WELCOME

My Vow. What is your vow to God and to your spouse or to your future spouse? Share it with your group.

# WORD

# **MATTHEW 5:31–32**

<sup>31</sup> "It has been said, 'Anyone who divorces his wife must give her a certificate of divorce.' <sup>32</sup> But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery

We do not get married just so that we can get a divorce later. No married couple anticipates their divorce at the time of their wedding. Some people would not even want to get married for fear of breaking-up in the future. This tells us that no one in his or her right mind would get married only to be divorced later on.

When conflict in marriage comes, our default mode should be to restore and not to destroy, to stay and not to run away. How can we strengthen the marital relationship? Get a GRIP on your marriage!

### GOD (GENESIS 2:18-24; MATTHEW 19:4-6)

Start with God. From the beginning, marriage is instituted by God with Adam and Eve. Before we even think about separation, go back to the *original* design of marriage and understand God's heart when He first instituted it.

If the husband and wife really want to enjoy their marriage, they must first see it from God's perspective. This is how God has designed their marriage to be: next to their relationship with God, the couple must treat each other, more than anybody else, as their first priority. This means that, we are only ready to get married if we are ready and willing to die to ourselves. By design, our spouse is our lifetime partner. God made the husband and wife *one*, therefore, no one should separate them (**Matthew 19:6**).

### RELATIONSHIP (EPHESIANS 5:22-27, 31-32)

Moses' concession in **Deuteronomy 24** was not to alter God's original design for marriage as a sacred and a lifetime covenant between husband and wife. Marital separations were already becoming very prevalent then. The provision for divorce was to regulate the alarming situation and to protect the divorced wives who became victims at their husbands' disposal. It was never to give the spouse the right to abuse and misuse such a provision.

It was not God's design to destroy families, but to build it up. Married couples should hold the marriage bed with honor (**Hebrews 13:4**). By law, adultery is punishable by death and whoever is found guilty of it will not inherit the kingdom of God (**Leviticus 20:10–16; 1 Corinthians 6:9; Galatians 5:19–21**).

The relationship of the husband and wife is not only between themselves but it is also a picture of Christ's relationship with the church (**Ephesians 5:22–27**, **31–32**). If we are truly part of the Body of Christ, our desire would be to please Him with our whole being (**Romans 12:1–5**). We die to ourselves in order to live in Christ.

As part of the Body of Christ, we humbly submit our marital difficulties to the leaders who are accountable of helping us understand our particular case with love and on Biblical grounds. Our Holy and perfect God will surely protect us as long as we are humble and our heart is correct (**1 Peter 5:5–8**).

#### **INTENTIONALITY (MATTHEW 19:6)**

God is at work to fix broken marriages, however, we need to be intentional. Since God's design of marriage is a lifetime commitment to our spouse, then we might as well choose to enjoy our marriage. Identify each other's differences and be willing to accept them. It is a sure evidence of spiritual maturity.



# WORD (cont'd)

The husband and wife should understand each other and satisfy each other's needs (**1 Peter 3:7; 1 Corinthians 7:30**). Pray and ask for wisdom, as our homes are built on the foundation of wisdom and understanding (**James 1:5; Proverbs 24:3**). Always remember that love is not to give and take but to give and keep on giving. Furthermore, be intentional to forgive (**Ephesians 4:31, Colossians 3:13**).

## POWER (EPHESIANS 1:19-20)

We need power to live out God's will. Remember the power of Jesus when He resurrected from the dead. That power that raised Him from the dead is the same power available to those who believe. There is no hopeless case in the Lord. If we think that our situation in marriage is already lifeless, you can still find a new beginning in the Lord. It can surely be resurrected by the power of Jesus Christ.

Jesus did not come to abolish the Law but to fulfill it. He knows your deepest longings and your darkest past. He knew where you are coming from. If He did not condemn the woman caught in adultery, who was brought to Him by the Pharisees, and who by the law should be stoned to death, Jesus is saying the same thing to you, go therefore and sin no more (John 8:2–11).

## **DISCUSSION QUESTIONS:**

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

- 1. Jesus Said. What was Jesus' instruction in Matthew 5:31-32?
- 2. The Blueprint. What is God's design for marriage and how is this reflected in your marriage and/or family?
- **3.** Get a GRIP. How are you to respond to relationship challenges in marriage? In what specific ways can you strengthen relationships with your spouse and/or other members of your family?

# WORKS

## PRAY CARE SHARE IN ACTION

List down at least 3 life principles that you have learned from today's message and group discussion. How can you use these principles in connecting to people who have marital problems?

## WEEKLY PRAYER POINTS

#### I. Thanksgiving

• Worship God for who He is, what He has done, and what He will do in our lives

#### II. Country and the World

- Upright and moral governance of Public Servants and a God-centered Philippines
- Repentance and Salvation

#### III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

#### **IV. CCF Facilities**

- Worship and Training Center
- Prayer Mountain

#### V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends