



# Getting Help For Problems In Marriage



# Introduction

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- Marriage is too **sacred** to throw away when problems arise
- Life is too short for your marriage to be **miserable**

# Four Stages To Marital Breakdown

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- **1. Criticism**  
= habitually finding fault or judging unfavorably
- “You always”
- “You never”
- “You’re the type of person who...”



# Four Stages To Marital Breakdown

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- **2. Contempt** = a feeling of scorn – attacking your spouses sense of worth—insulting or psychologically abusive



# Four Stages To Marital Breakdown

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- Insults
- Name calling
- Sarcasm
- Mocking
- Tone of voice
- Body language
- Rolling of eyes



# Four Stages To Marital Breakdown

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- **3. Defensiveness** = seeing yourself as a victim and defending against what you feel is an attack



# Four Stages To Marital Breakdown

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- Making excuses
- Cross-complaining
- Disagree then cross-complain
- Yes –butting
- Repeating yourself without hearing what the other person is saying
- whining



# Four Stages To Marital Breakdown

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- **4. Stonewalling =**  
withdrawing from the relationship so as to avoid conflict
- Trying to be “neutral”





# Four Stages To Marital Breakdown

9

- It gives the ideas of disapproval, distancing oneself, separation, smugness
- This is considered to be the most dangerous stage!





# Problems And Maturity<sup>10</sup>

- Five ages of human beings:
- 1. **Chronological** (# of birthdays)
- 2. **Physical** (how well one is preserved)



# Problems And Maturity <sup>11</sup>

- Five ages of human beings:
- 3. **Mental** (wisdom and knowledge)
- 4. **Emotional** (how one acts and reacts)



## Problems And Maturity<sup>12</sup>

- Five ages of human beings:
- 5. **Spiritual** (one's relationship with God)
- In the last three we should seek to be spiritually mature
- **Mental – Emotional - Spiritual**



# Sources Of Help

13

- **Good books**
- **Marriage seminars**
- **Your doctor**
- **Other Christians**
- **Wise counselors whose advice is based upon the word of God**

# Foundation For A Strong Family<sup>14</sup>



- **1. United in Christ**
- **Ideal situation for both to be Christians**
- **A scriptural marriage**
- **1 Cor. 7:12-14**

# Foundation For A Strong Family<sup>15</sup>



- **2. A Committed relationship**
- **Husband and wife must be committed to the marriage**
- **Gen. 2:24 “Cleave” = to adhere to or to be glued to**

# Foundation For A Strong Family<sup>16</sup>



- **2. A Committed relationship**
- **Glue = commitment**
- **“There is no problem too great to overcome in marriage if two people are truly committed to each other.” Dan Flourney**



# Foundation For A Strong Family<sup>17</sup>



- **3. Based on mutual love and respect**
- **“Husbands, love your wives” Eph. 5:25**
- **“...women to love their husbands” Titus 2:4**

# Conclusion

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- **“May your marriage be blessed by the God who always knows what is best for our ultimate happiness”  
Glenn Colley**



# References

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- **1. Can I Get Help? - Glenn Colley, in the Spiritual Sword, Vol. 41 #3, April 2010**
- **2. How To Handle Problems – Jay Lockhart, in the Spiritual Sword, Vol. 41 #3, April 2010**
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# Four Stages To Marital Breakdown

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- 4. \_\_\_\_\_ = withdrawing from the relationship so as to avoid conflict
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## Problems And Maturity<sup>32</sup>

- Five ages of human beings:
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