

Marriage uncertainties and challenges

GBUR Rwanda

Why marry despite challenges?

- You have a companion for life who loves you unconditionally.
- You are respected and because that respect is communicated to you, you develop self-respect.
- You are secure. You are confident.
- You are motivated to be what your mate expects of you because of the encouragement and love that envelope you.
- You have purpose in life as you learn to give and serve.
- You are fulfilled as you see those in your circle mature and become people of integrity and faith.
- You have a secure, stable retreat called home.

Causes of marriage uncertainties

- infidelity
- Money is one of the most frequently cited reasons for conflict within marriage
- Being under the influence of drugs or alcohol
- the loss of a job,
- health problems

Causes of marriage uncertainties

- a natural disaster
- Unfulfilled expectations
- Sudden change in one parties fortunes
- birth of a first child,
- job promotion
- or retirement

Causes of marriage uncertainties

- a serious automobile accident,
- the loss of a job,
- Long period of joblessness
- a diagnosis of cancer in the family,
- a house fire,

Causes of marriage uncertainties

- the death of a loved one
- Crippling disease of spouse
- Promotion of spouse
- Traveling job
- No children
- Or Only girls/boys
- Fire destroys home and have to squeeze into a motel room with small children

Uncertainty in turn cause conflict

- conflicts resemble a head-on collision
 - causing major damage — such as betrayal, unfaithfulness, or abuse.
- More often they're from small issues — such as
 - finances,
 - allotment of free time,
 - or in-laws

What makes it worse ?

- When couples are under a lot of stress, they tend to only do the necessary things for day-to-day survival, and their relationship fades into the background," Dr. Epstein says.
- "They focus all their time and energy into the crisis and don't have any energy left for their marriage.
- Eventually they may get worn down to the point where they feel alienated from one another."

What makes it worse ?

- Keeping score is one of the worst things you can do, because marriage partners rarely keep score fairly,"
- blame-placing. "Pointing the finger is the hallmark of a couple who's under a lot of stress,
- me vs. you instead of vs the issue
- the degree to which you and your mate can handle stress
- and how well you work as a team
- Are you friends or just partners (trust)

- Solution

Check your self for:

- Doctrinal understanding of leader viz the led
- Deceitful heart-Jer 17:9
- Insecurity-not sure of self worth,
- -defensive
- Jealousy
- Egocentricity-matt 7:3
- Inflexibility

Work out things together-

- *Talk matters out.* Be willing to share your concerns, fears and hopes without criticizing or judging
- presenting a united front against the problem not against each other
- Learn to respect your spouse's opinion, even when he or she sees things from a different point of view.
- Remember - if you blame you're probably going to get blamed back, and you're going to feel like adversaries instead of teammates

Work out things together2-

- *Keep the tragedy in perspective.* Distinguish your fears of the worst-case scenario from what is likely to happen.
- *Be flexible.* Routine tasks and responsibilities may need to be rethought or reshuffled in an emergency
- seek the support and encouragement of others outside the marriage who May have had similar issues .

Work out things together-3

- *Keep yourself active.* Don't let the tragedy or negative thoughts dominate in your lives. Schedule activities to get your mind on something positive.
- *Plan for couple time.* Block out some time in your schedule, several times a week, to be alone with your mate and get away from whatever is causing you stress
- "It's during the tough times that your partner needs the reassurance of your love even more.tell her so "

Work out things together-4

- communication and problem-solving abilities such as
 - openness, acceptance, understanding, flexibility, cooperation and kindness—in good times and bad.
 - Use the carefree times in your life to build these skills so that you can draw on them when you need them most
- a willingness to disclose all information regarding the infidelity/affair.
 - The cheater must be fully remorseful for their actions

Work out things together-5

- learning that Christ indwells us to live through us...not just a wife and husband
- Not destroying my precious wife/husband with criticism and a vile temper.
- She/he's loved and she knows it!"
- Believe God can work a miracle!
- Think-It's never too late. Let's try it

See everything in the light of eternity

- ¹¹ He has also set eternity in the human heart; yet^[a] no one can fathom what God has done from beginning to end

Realize your knowledge is limited

- v11..... yet^[a] no one can fathom what God has done from beginning to end

If you have something to eat , drink , wear be contented

- ¹² I know that there is nothing better for people than to be happy and to do good while they live.
- ¹³ That each of them may eat and drink, and find satisfaction in all their **toil—this is the gift of God**

God's doings are always good ...so accept them

- ¹⁴ I know that everything God does will endure forever; nothing can be added to it and nothing taken from it.
-

God is using your current circumstances to shame the devil and witness to others

- V11.....God does it so that people will fear him.

Being accountable removes guilt and fear

- ¹⁵ Whatever is has already been,
and what will be has been before;
and God will call the past to account

Much of life is a question of maintaining balance.

- Any athletic team knows that they need a balance between offense and defence and between quickness and strength.
- In our personal finances we work to maintain a balance between income and expenses.
- In teaching we try to keep the proper balance between content and creativity.
 - Too much emphasis on content and the subject becomes boring, too much emphasis on creativity and you have a lot of fun but communicate little.
- We all have to find the balance between diet, exercise and rest.
- Too much to one extreme or the other and we begin to hamper healthy living.

Pre requisites

- Avoid the dictatorship of the urgent
- Have Disciplined living
- Decision made on how well the item support fulfilment of your call
- Ability to say no and yes gracefully

Avoid addiction

1cor 10

- ²³ *“I have the right to do anything,”*
 - *you say—but not everything is beneficial.*
 - *“I have the right to do anything”—but not everything is constructive.*
 - ²⁴ *No one should seek their own good, but the good of others.*
-
- If something must be done yet no reasoned basis then it is an addiction
 - addiction –loss of control.....little of your mision fulfilled

- No friendship without trust
- Trust based on vulnerability
- Trust begets trust
- Suspicion be gets suspicion