

Eph 4:22-24	Put off	Put on	Renew your mind
	To go from this...	To this...	Pray this...
Week #1	I measure my spouse by his/her ability to satisfy—and not disappoint—me.	I look to God alone to satisfy me. I realize He wants to do this and the result is glory to His name.	The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; He leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to His name. Psalm 23:1-3
Week #2	I choose to dwell on the fact that we cannot prevent the future collapse and failure of this marriage.	I am completely assured of the God-completed future of my spouse, and me. I pray for this work to continue.	And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns. Philippians 1:6.
Week #3	I operate out of my strength to attempt to identify and fix what's broken in our marriage.	I operate out of my admitted brokenness and ignorance, and beg for God's strength and power to be evident.	"LORD, <i>if it's you,</i> " Peter replied, "tell me to come to you on the water." "Come," He said. Matthew 14:28-29.
Week #4	A marriage is simply an earthly relationship between a man and a woman.	My marriage is about God living through this relationship, bringing Himself honor and glory by putting His name on display to impact far more people than we realize.	And when they climbed into the boat, the wind died down. Then those who were in the boat worshipped Him, saying, "Truly you are the Son of God." Matthew 14:32-33
Week #5	I must work to preserve my sense of worth and value through self-sufficiency and justification. I am offended when my spouse does not recognize my value and contributions.	I must kill the areas of my life in which I find—and look for others to confirm—my value. This is the only way those around me may be set free from fear.	For only as a human being could He die, and <u>only</u> by dying could He break the power of the devil, who had the power of death. <u>Only</u> in this way could He set free all who have lived their lives as slaves to the fear of dying. Hebrews 2:14-15.
Week #6	I hear my spouse's hurts and struggles and take them personally—as weapons directed to me. I internalize them and let bitterness build up inside.	I recognize my spouse's brokenness, especially when it involves me, and am not offended. I listen actively, participating in God's redemptive work in my spouse's heart, and taking responsibility for encouraging my spouse in the sanctification process.	For husbands, this means love your wives, just as Christ loved the church. He gave up His life for her to make her holy and clean, washed by the cleansing of God's Word. He did this to present her to Himself as a glorious church without spot or wrinkle or any other blemish. Ephesians 5:25-27