

## Overcoming a Rough Patch in Your Relationship

**Our Mission: To take as many people to Heaven as we can before we die. Period.**

### **1. When life deals you a blow, turn to each other and not on each other.**

"Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your families, your sons and your daughters, your wives and your homes." **Nehemiah 4:14b NIV**

### **2. Set a date to discuss your issues and offenses. Don't quit till fixed.**

"If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back. But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. If the person still refuses to listen, take your case to the church. Then if he or she won't accept the church's decision, treat that person as a pagan or a corrupt tax collector." **Matthew 18:15-17 NLT**

"...Reliable communication permits progress..." **Proverbs 13:17 TLB**

### **3. Soften your words. Speak truth in love and at the right time.**

Foolish people are always fighting, but avoiding quarrels will bring you honor. **Proverbs 20:3 NCV**

Dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry. Your anger can never make things right in God's sight. **James 1:19 NLT**

Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you. **Ephesians 4:31-32 MSG**

### **4. Create a backdrop of constant encouragement.**

But encourage one another day after day, as long as it is still called "Today," so that none of you will be hardened by the deceitfulness of sin. **Hebrews 3:13 NAS**

**Pursue her with words of affection.**

**Pursue him with words of affirmation.**

**5. Have sympathy for your spouse.**

Finally, all of you should be of one mind, full of sympathy toward each other, loving one another with tender hearts and humble minds. Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead, pay them back with a blessing. That is what God wants you to do, and he will bless you for it. **1 Peter 3:8-9 NLT**

**Message Notes: The Holy Bible, New Living Translation. New International Version, New American Standard, New Century Version. The Living Bible, paraphrased edition. The Message, by Eugene Peterson. *The Marriage Makeover*, by Rick Warren.**