

Divorce-Proof Your Marriage

1. Four Horsemen #1. Criticism. The Antidote? Gentle Start-Ups (soften your delivery)

“Catch for us the little foxes that ruin the vineyards...” **Song of Songs 2:15 NIV**

“Four Horseman,” by Dr. John Gottman

Let everyone see that you are gentle and kind. **Philippians 4:5a NCV**

A gentle answer turns away wrath, But a harsh word stirs up anger. **Proverbs 15:1 NAS**

everyone must be quick to hear, slow to speak *and* slow to anger; for the anger of man does not achieve the

righteousness of God. **James 1:19 NAS**

2. Four Horsemen #2. Contempt. The Antidote? Admiration, gratitude, & honor.

“Above all, keep loving one another earnestly, since love covers a multitude of sins. **1 Peter 4:8 ESV**

So encourage each other and give each other strength, just as you are doing now. **1 Thessalonians 5:11 NCV**

Love each other...Give each other more honor than you want for yourselves. **Romans 12:10 NCV**

set examples for each other in showing respect. **Romans 12:10 CJB**

3. Four Horsemen #3. Defensiveness. Antidote? Take responsibility.

Why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye? **Matthew 7:3 NAS**

Humble yourselves before the Lord.. **James 4:10 ESV**

Whoever conceals their sins does not prosper, but the one who confesses... finds mercy. **Proverbs 28:13 NIV**

**4. Four Horsemen #4. Stonewalling. Antidote? Calm down then come back.
(regulate your emotions)**

It is better to be patient than to fight. It is better to control your temper.. **Proverbs 16:32 NIV**

In your anger do not sin... do not let the sun go down while you are still angry. **Ephesians 4:26 NIV**

the prudent sift and weigh every word. **Proverbs 14:15 MSG**

Ask yourself: "Where do I need to repent?"

Consider how far you have fallen! Repent and do the things you did at first. **Revelation 2:5^{NIV}**

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life." **Proverbs 13:12 NIV**