

Staying Connected As You Raise Your Children

Apostolic Christian Counseling & Family Services
877-370-9988 www.accounseling.org info@accounseling.org

Relationships Are Difficult

Genesis 3:15 "And I will put enmity between thee and the woman, and between thy seed and her seed; ..."

Genesis 3:16 "... and thy desire shall be to thy husband, and he shall rule over thee."

- Relationship tension is a result of the fall.
- Expect Conflict.

First Things First

Colossians 3:12 "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;"

- You are the Elect of God.
- You are holy and beloved.

Vision of Friendship

Colossians 3:12-14 "Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; 13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. 14 And above all these things put on charity, which is the bond of perfectness."

Pursue a friendship with our spouse.

- Support each other.
- Goal of liking each other.

Vision of Friendship

Contract

- 50/50
- Evaluation of other party.
- For a period of time.
- Focus on Specific Actions.
- "If ... then ..." mentality.
- Motivated by getting something.

Friendship

- What can I do.
- Focus on blessing the other.
- Commitments as permanent.
- In this together.
- Enjoy serving.
- Focus on the benefit of the other.

Realistic Expectations?

- Anger:
 - Often driven by unrealistic expectations.
- Move toward acceptance of your spouse.
- When Triggered: Do the Next Right Thing.

Barriers to Friendship

Barriers

- Time
- Overwhelmed
- Unaware
- Communication is Hard.
- Different Roles

Move toward Friendship

- Simplify Life.
- Start one thing today.
- Be honest and vulnerable.
- Identify 3 Green Topics.
- Connect through the day.

4 Questions to Discuss

1. What do you think we do well?
2. In what ways could our relationship grow?
3. What are 3 barriers to friendship in our marriage?
4. What are we running toward?