

Marriage Moment

How to fight for emotional health in your marriage

Brian Radabaugh June 11, 2020

Fighting for Emotional Health in your marriage

- I want to share some ideas with you, that will help move the stress meter more towards the healthy side.
- This information is from Carey Neuwolf, a church leadership guru.
- The principles shared, are very relevant for marriage relationships too.
- Question: Do you ever feel stress in your marriage? Heck Yeah!
- How do you cope with that stress?

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- An unhealthy version of yourself might look like the following but not limited to:
 - Your passion fades
 - Everybody drains you
 - You're becoming cynical
 - You are self-medicating
 - You don't laugh anymore
 - Nothing satisfies you

Psalm 55:22 - "Cast your burden to the Lord, and He will sustain you; he will never permit the righteous to be moved."

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Three ways to fight against stress in your marriage

- **1. Tell someone...Scripture?**

- Swallow your pride and let someone in on the stress you feel. This person needs to be someone you trust.
- It's hard for good to happen when one only operates in isolation
- I'm also not advocating gossiping or talking about your spouse in an unhealthy manner to another person.
- I'm talking about you doing business with you, and inviting someone you trust to share in your stuff.
- We need this! Because it's hard for good to happen when one only operates in isolation

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- **2. Develop a circle around you...Scripture?**
 - You need people who believe in you when you've stopped believing in your self
 - Friends that remind us "Tomorrow the sun will rise" make a huge difference
 - This is why we're so passionate about people connecting in life groups. Reach out to me if you want to be in a small group
 - Reach out to me if you would like to lead a small group

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- **3. Keep Leaning into God...Scripture?**

- One doesn't have to look far to see pain, isolation and despair in the Psalms.
- At the same time, they run headlong into God, not away from Him.
- Don't give yourself permission to quit on your faith. Read more, when you don't feel like reading. Pray when it's hard.
- Just because you can't feel God's love, doesn't mean He doesn't love you.
- Here's a great resource: The Songs of Jesus in Psalms by Tim & Kathy Keller

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Conclusion:

- Matthew 11:28-30 Jesus says - "Come to me, all who labor and are heavy burden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. "
- Friends, don't let stress rob you of joy.
- "Come to me"...Three awesome words that offer hope and peace.
- Something to think about...see you soon!