

Intro

- Hey DBC! Great to be with you again for our weekly Marriage Encouragement.
- I hope to see you July 5 in person...for worship!
- Worship services will be at 9:00 & 10:45 (RSVP dallasbible.org/together)

Our encouragement this week is again, how to fight against stress in our marriage.

BTW - Do you know what today is? National Panic Day. Really! There's such a thing?! Who would've thought!

Marriage Moment

How to fight against stress in your marriage

- Last week we discussed some ideas about fighting against stress in our marriages. I shared three ideas, 1. Talk to someone (Trust)..not gossip time... 2. Develop a circle around you (community) 3. Keep leaning into God (Faith). Let's continue that discussion this week.

Marriage Moment

How to fight against stress in your marriage

- 1. **REST** - I think one of the greatest things we can do for our marriages, is REST.
- If anything, this pandemic has somewhat forced us to slow down from all the activity around us. Running to and from this and that, it's not all bad, but it can create weariness in a marriage.
- Sometimes this is the most spiritual thing one can do...REST!...It's been said that 70% of discipleship is a good night's sleep.
- Listen, it's a proven fact, that we need rest. Our bodies, minds, and souls need to get good rest.

Marriage Moment

- “By the seventh day God completed His work, which He had done, and He rested on the seventh day from all His work He had done.” Gen. 2:2
- May this interruption in our fast paced schedules, remind us that we need to slow down and rest. We don’t have to have a pandemic to remind us either.
- Practically speaking...develop habits of taking a couple retreat regularly. Family Life offers weekend getaways, do it!
- There’s another amazing word that describes what I’m talking about...SABBATH...do you practice sabbath.
- Mine and Jenn’s time in Colorado...not talking about kids... just couple time...invaluable!

Marriage Moment

How to fight against stress in your marriage

- **2. BELIEVE AND SHARE THE GOSPEL** - Listen, Jesus went through the pain and agony of a kind of dark night of the soul himself.
- He was a man of "many sorrows," in our place, so you and I don't need to experience that reality forever.
- Jesus died and rose from the dead to offer us a new creation of life in the present. This is the gospel.
- We need to share the gospel with ourselves every single day. Practice sharing the gospel with your spouse.

Marriage Moment

How to fight against stress in your marriage – Anchor truths...

- Read these verses regularly:
- "For all have sinned and fall short of the glory of God." Rom 3:23
- "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." Rom 6:23
- "But God shows His love for us in that while we were still sinners, Christ died for us." Rom 5:8
- "For by Grace you have been saved through faith. And this is not of your own doing: it is the gift of God, not a result of works, so that no one may boast." Eph 2:8-9
- "Becuase if you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved." Rom 10:9-10

Resources

- If you're looking for a good devotional idea to do as a couple, here ya go...
- **The Songs of Jesus;** a year of daily devotions in the Psalms by Tim Keller with Kathy Keller
- **God's Wisdom for Navigating Life;** a year of daily devotions in Proverbs by Tim Keller with Kathy Keller

How do you fight against stress in your marriage?

You Rest

You share the gospel with yourself

Until next time...