



Leaving the Ring

Those who bend the ropes:

I. Rope benders already have a championship belt!

Ephesians 1:3-7 (ESV)

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴ even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵ he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, ⁶ to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷ In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace,

- Without a healthy identity we live with insecurity and desperation for another's love.
- Knowing we are chosen, adopted, and forgiven relieves so much pressure from our marriage.
- We can risk holding the ropes when we know who is holding us.

Ephesians 4:32 (ESV)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

2. Rope benders have taken off the gloves.

James 1:19–20 (ESV)

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God.

- Rope benders have quit counterpunching!
- Rope benders start with self-examination over cross-examination.

Psalms 139:23-24 (NIV)

Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

- Conflict is a result of believing that our greatest problems exist outside of us instead of inside of us.

James 4:1 (NIV)

What causes fights and quarrels among you? Don't they come from your desires that battle within you?

3. Rope benders are opening the door for a new kind of fight. (Matthew 6:33)

- We will continue to fight each other until we decide to fight for each other and alongside each other.
- Seeing our marriage as a mission team will fuel our relationship.
- Rope benders say "I see glimpses of what God is doing in you and it excites me. I want to be on that journey with you."
- Rope benders are willing to celebrate progress not perfection.
- Rope benders realize that where the ideal is lacking grace abounds.