



Battle of the Sexes- Session 6
Staying in Love and Leaving the Ring

Introduction

Today we are going to learn the ingredients for what it takes to stay in love and get out of the battle of marriage. And we will see today that when we take the right steps that we are being Christlike in our attitude and actions.

1. The first step: As imitators of God we must learn that we can't stay in love without confession. 1 John 1:8-10

Based on this passage there are three points for us to remember that help us to be open to confession within our marriages.

A healthy marriage reminds us of indwelling original sin.

A healthy marriage is impossible while practicing your inner-lawyer.

A healthy marriage needs, not cross-examination, but self-examination.

What does it look like to confess?

- 1. Confession is honest**
- 2. Confession humbles**
- 3. Confession refuses to excuse**
- 4. Confession quickly owns up**

Based upon the passage of 1 John 1:8-10, what is the result of confessing our sins? Is this a conditional or unconditional promise (v. 9)?

Confessing is not just speaking the words, but it is agreeing with God that what we have done is wrong. Practically speaking, what does it look like for you to confess your sins? How is it essential to your marriage?

According to verse 10, if we claim to be without sin, what is not in us? What are the implications of this verse for our lives?

Why do we often “hear” and not “do” when it comes to Scripture? What does this say about our faith?

In what area of your life could you do a better job applying God's Word rather than just listening to it?

2. The next step: As imitators of God we must learn that we can't stay in love without forgiveness. Ephesians 4:32

What forgiveness is not:

- 1. Forgiveness is not the same as forbearance.**
- 2. Forgiveness is not approval of what they did**
- 3. Forgiveness is not excusing what they did**
- 4. Forgiveness is not pardoning what they did**
- 5. Forgiveness is not reconciliation**

What Forgiveness is:

- 1. Forgiveness keeps no record of wrongs**
- 2. Forgiveness does not punish**
- 3. Forgiveness is lovingly keeping silent**
- 4. Forgiveness is (in essence) not holding it against that person.**

What does the gospel teach us about the importance of forgiveness in the life of a Christian?

Why is forgiveness really a spiritual issue? What does our willingness or unwillingness to forgive reveal about our hearts?

How are compassion and forgiveness related? As your compassion for other people grows, how does your willingness and ability to forgive grow as well?

3. The final ingredient – Assuming the best. 1 Corinthians 13:7

What do you think it means for love to bear and believe all things? What are some examples that you know of in your life where this kind of love has been modeled for you?

What is it about love that can make us hopeful and give us endurance?

Application

How does denying or ignoring our sins harm us? More specifically, how does it harm our relationships?

How can you make confessing your sins a routine spiritual discipline? Share some ways this has (or hasn't) worked for you in the past as encouragement for one another.

Describe a time when you saw bitterness wreak havoc on you and a relationship in your life. What did you learn about the importance of forgiveness through that experience?

How might our marriages (or relationships) demonstrate an enduring love toward one another in tangible ways?

What is a way that you can hold up the ropes today for your marriage? What is a way that you can help another couple hold up the ropes in their marriage?