

Marriage on the Rock
11-13-11
Pastor Ted Bichsel
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Skills for Positive Communication

Phil 4:4-9 The “Bottom-line”

4 Rejoice in the Lord always. I will say it again: Rejoice!

- Your attitude needs to stay here especially when the going gets rough!
- The trials that come up in your marriage WILL cause you to grow
- “What is marriage was not intended to make you happy but holy?” The Scared Marriage

5 Let your gentleness be evident to all. The Lord is near.

- This is not about exposing your life, it is about “self control”; the fruit of the Spirit.
- “Evident” defined as: so obvious that it shouts to others a humble heart> humility then is founded on trusting the Lord. Strength outside yourselves.

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- Communication is a request. “Lord how can I share my heart or listen to my spouse to really hear what they have to say. Be ready for a transformed “hearing aide”
- Requests presented= peace once they are left at the foot of the cross.
- Transcends...feelings and logic> our personalized understanding.
- The changes are not just by chance but are protected by Christ Jesus. As your thoughts and attitudes reflect Christ, they are protected in His character and nature. They are transformed and can not be returned to your old self.
 - “Forgetting what is behind we press forward in the race.....”

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.

- This is the baseline. The filter to transform your words>even those from your unhealed heart.
- This takes thought and concentration. Vision and purpose. This is “Christ in you the hope of Glory”. Your communication has to have the vision of Gods glory, not your satisfaction alone.

9 Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you. NIV

- Put it into practice: “YOU CHOOSE TO PUT IT INTO YOUR IDENTITY”
- God’s peace will come:
 - As you are obedient
 - As you are transformed and you are not living in disobedience every day with every thought and word.
- We need to be mentors to each other and ultimately to others around us.