

The Dynamic Marriage

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To find recorded teachings and notes> www.sgtmarriages.com

Stress Reduction Kit



Directions:
1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

Stress in Marriage

Key Thought: Stress is a signal that we need to get back in God's corner together.

How Stress is realized:

Husbands: Regrets, Anxiety, and Fear
Wives: Anxiety and Aloneness

Marriage is Stressful: 1 Cor 7:26-28

26 Because of the current pressures on us from all sides, I think it would probably be best to stay just as you are. 27 Are you married? Stay married. Are you unmarried? Don't get married. 28 But there's certainly no sin in getting married, whether you're a virgin or not. All I am saying is that when you marry, *you take on additional stress* in an already stressful time, and I want to spare you if possible. THE MESSAGE

NIV> Additional Stress is translated....troubles.

- Relationships are stressful if we really want change.
- Paul makes it clear> go into your relationship with your eyes wide open, not just thinking that everything will work out. You have to roll up your sleeves and take on the truth of what God is doing through the stress points and seasons of your marriage.
- But the key is growth into His vision for you.

Take on the Stress: James 1:2-8

2 Consider it pure joy, my brothers, whenever you face trials of many kinds, 3 because you know that the testing of your faith develops perseverance. 4 Perseverance must finish its work so that you may be mature and complete, not lacking anything. 5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. 6 But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. 7 That man should not think he will receive anything from the Lord; 8 he is a double-minded man, unstable in all he does. NIV

- *Vs 2-4 The Stress Factor*
 - Attitude of the heart: YOU CONSIDER it pure joy.
 - Attitude of the head: YOU KNOW
 - Attitude of the Spirit: YOUR FAITH GROWS
- *Vs 5-8 The Stress free Facilitator*
 - Wisdom deficit: REALITY OF LACKING AN ANSWER OR DIRECTION
 - Wisdom request: REALITY OF NEEDING IT
 - Wisdom deposit: REALITY OF RECEIVING IT

- *The Process*
 - **Choice:** Men> Informational choice, weighing the factors involved
Women> Choice based on factors including facts & relationships
 - **Trials:** Men> Fight to conquer, to win, to fight the battle
Women> Fight to seek out safety and protection
 - **Perseverance:** Men>Linear, sometimes perseverance is the goal alone
Women> Relational> causing growth through communication.
 - **Wisdom:** Men> Understanding of the “task pieces” in the process.
Women> Understanding how all the pieces connect to a bigger picture of unity.
 - **God given:** Men> Tools to persevere with
Women> Understanding to persevere with
 - **God imparted:** Men> Supplied to do the work I have to do
Women> **Supplied** for security and significance for all involved

The New Normal James 1:6-8

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- God has a plan to impart His wisdom into your “stress” and see something “new” come out of it.
- Wisdom is a transformation of the heart, not just a fresh idea.
 - Prov 2:10 For wisdom will enter your heart, and knowledge will be pleasant to your soul. NIV
 - Prov 3:13 13 Blessed is the man who finds wisdom, the man who gains understanding, NIV
 - Prov 4:10-12 10 Listen, my son, accept what I say, and the years of your life will be many. 11 I guide you in the way of wisdom and lead you along straight paths. 12 When you walk, your steps will not be hampered; when you run, you will not stumble. NIV
 - Prov 11:2 When pride comes, then comes disgrace, but with humility comes wisdom. NIV
- Wisdoms from James: James 3:13-18

13 Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. 14 *But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such "wisdom" does not come down from heaven but is earthly, unspiritual, of the devil. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice.*

17 But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. 18 Peacemakers who sow in peace raise a harvest of righteousness. NIV

STRESS: Being void of wisdom, understanding and agreement.

The new norm is what is birthed out of “heavenly” wisdom in a marriage.

- To build on the oneness we have in Christ
- To build a new direction in an old situation
- To see the fruit of the Spirit released and a new answer released.
- The stress is released and a new normal of God’s plan unfolds.
- Wisdom releases a oneness that meets all you needs>within/without.