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Do you have broken pieces in your Life?

What do you do when a relationship is broken and there's hurt and pain?

What causes hurt and pain in a relationship?

Have you ever heard, hurt people hurt people? Those who have been emotionally damaged tend to inflict their hurt and pain on other people.

How do you know when a person is hurting? Many reason, Habits changes

What does repetitive hurt and pain do to a relationship?

A. Feel distant from the other person

b. Instead of opening up, the other person shut down.

c. I don't know if I love him or her anymore. (***This is a sign of emotional abandonment***)

Emotional Abandonment- instead of physically leaving the relationship, they check out emotionally.

They stop investing in the marriage or relationship, leaving the mate feeling sad and detached.

How does marriage or relationships reach this point?

a. Complacency

b. A lot of little things that have gone unresolved. (Conflict is not bad, but you don't have resolution skills that make it bad).

What causes emotional distance?

a. Unforgiveness- Emotional abandonment is forgiveness taken to the extreme.

B. Callous/Hard Treatment-Careless how you treat your spouse.

C. Lack of effort-When we take our spouses for granted

d. Lack of time-Pack too much into a day

c. Fear of talking through issues.

d. Living in denial- We don't want to admit it's happening to me.

How do you work through Emotional Distance?

a. Agree to talk

b. Be prepared think through unresolved issues

c. Be direct but gentle

d. Begin to meet, unmet needs

E. deal with your own stuff first.

F. Intentionally Re-engage

G. Act Kindly

H. Love unconditionally

I. Allow God to work

What are some things that can hinder a marriages and relationships?

a. Kids b. money c. outside influences d. Assumptions

How do roles hinder or help relationships?

Husband- The Male partner in a marriage relationship. Husband had total authority over their wives in Bible times. Paul said husband should love their wives. **(Eph. 5:25)**

Wives- A married woman. Wives are urged to love and respect their husband. **(Eph 5:23)**

Help relationships?

HUSBANDs:

What was the first role God gave to man? (Gen 2:11) To cultivate and keep the garden. (Caretaker)

Caretaker- One who foster growth and who improves things with Care.

Men must be on guard.

a. Guard your home by (1) Consistent prayer, physical and emotional protection.

b. Guide- We are to lead by example, not by words.

c. Govern-It's a man responsibility to wisely govern all that God has entrusted to him.

d. Assume Leadership **(1 Cor 11:3) (Eph. 5:23)**

d. Husband provides for the family. He works and takes care of his family. *(Even when the relationship is broken)*

Wives:

Proverbs 31- The home is the woman's area and responsibility. Even if she has to rise early and stay up late, her family is well cared for.

What are some elements of a good Relationship?

1. ***Communication***- If you are able to communicate thru trials or conflicts you will be able to move your marriage or relationship to a new place.

2. ***Listening***- Listening is a skill. Listening to a or a significant other need is crucial to building a desirable foundation in a relationship.

3. ***Trust***- Trust is a very strong and much needed element in a relationship because it builds confidence between two people.

4. ***Integrity***- One thing people want from one another, however it's not always easy to maintain trust especially when the relationship is broken. Must be patient!!!

How do I restore my Marriage?

Step 1.

Forgiveness is the position and privilege that we have in Christ, and because of that forgiveness we are *COMMANDED* to forgive others.

Have you ever heard you can't use what you don't know? To learn God model for marriage, we must look into God's word. (Nothing else should get the last word. Not your feeling, emotions but God's word.

You must understand sin-God ordained the First marriage in the Garden of Eden between Adam and Eve. When SIN entered that perfect union was destroyed. **(Gen 3:16, 1 Cor 11:3)**

Does this apply today? Yes

God model of Marriage works, but it will take commitment on the part of both parties to create a relationship with balance of each individual being obedient to God and walking in fellowship with the Lord. ***It doesn't happen overnight.***

Conclusion: If a marriage or relationship has broken down there are issues that need to be forgiven and put behind in order to move forward. And that's a choice and commitment. Unwillingness on the part of either party will mean no restoration. The issue is each individual responsible before the Lord and then coming together before the Lord. Walking in forgiveness and fellowship is a great place to start to put the pieces back together again.