

Sermon Notes for February 12, 2006 A.M.

**Morning: "Handling Stress in Marriage"** Ephesians 5:18-33 (Pew Bible page 1041)  
(Spirituality: The Healthy Christian Life)

The Holy Spirit presents the Bible's most comprehensive guidance about healthy marriages in a passage devoted to the filling of the Holy Spirit! The Holy Spirit and His filling are required to build a marriage that is pleasing to God. On this Valentine's Day week let us seek the mind of God in how to handle stress in marriage.

**Introduction:**

*"Except **the Lord** build **the house**, they labor in vain that build it: except the Lord keep the city, the watchman wakes but in vain."* Psalm 127:1 (551)

*"Awake you who sleep!"* Ephesians 5:14

*"Redeeming the time because the days are evil."* Ephesians 5:16

*"Doing the will of God from the heart."* Ephesians 6:9

*"Believe on the Lord Jesus and thou shalt be saved and **thy house**."* Acts 16:31 (984)

*The Church and the family are forever linked by God. Strong families make strong Churches and ultimately form a solid culture and nation. A Church is a family. Like a family a Church is called to build space for its family members to grow and to do the will of God. The principles of building a Christian home and building for a Church family are identical in the Bible.*

- I. *The **Foundation** to God's house is the Word of God and the Spirit of God— "The will of the Lord . . . be filled with the Spirit."* Ephesians 5:17-18
  
  - II. *The **Transformation** of family members is required to enter the house of God— "Wives, submit . . . Husbands, love as Christ loved . . . Children, obey your parents."* Ephesians 5:22, 25, 6:1
  
  - III. *An **Orientation** of discipleship of ministry roles gives strength to the house of God— "Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the Church; and He is the Saviour of the body."* Ephesians 5:22-23  
*"Husbands, love your wives, just as Christ also loved the Church."* Ephesians 5:25-27
  
  - IV. ***Proclamation** to the next generation is the purpose of the house of God— "Honor thy father and mother; which is the first commandment with promise; That it may be well with thee, and thou mayest live long on the earth."* Ephesians 6:2-3
- I. Marriages are stressed by inadequate **Fellowship** between husband and wife— "Submitting yourselves one to another in the fear of God." Ephesians 5:21

❖ **Time**— "Redeeming the time because the days are evil." Ephesians 5:16

❖ **Communication**— "Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ." Ephesians 5:20

- God's answer is establishing the **Priority** of our Home in our Hearts— "Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." "Wherefore be ye not unwise, but understanding what the will of the Lord is." Ephesians 5:14, 17

II. Marriage is stressed by unwise or ill-prepared use of **Finances** by husband or wife— “See then that ye walk circumspectly, not as fools, but as wise.” “And be not drunk with wine, wherein is excess; but be filled with the Spirit.” Ephesians 5:15, 5:18; Matthew 6:24, 6:31-32;

- God’s answer is magnifying His **Authority** over our Home to its members— Matthew 6:33; Psalm 127:1; Joshua 24:15; Proverbs 3:5-6; Malachi 3:8-10; A family who tithes to the Lord may not become wealthy but they will always have enough.” (II Corinthians 8:15)

III. Marriages are jeopardized by stress through lack of **Faithfulness** by husband or wife— “For the husband is the head of the wife, even as Christ is the head of the Church: and He is the saviour of the body.” “Husbands, love your wives, even as Christ also loved the Church, and gave Himself for it; That He might sanctify and cleanse it with the washing of water by the word, That He might present it to Himself a glorious Church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.” Ephesians 5:23, 5:23-27

- God’s answer is sharing Christ’s **Humility** throughout our home— “Submitting yourselves one to another in the fear of God. Wives, submit yourselves unto your own husbands, as unto the Lord.” “So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.” “This is the great mystery: but I speak concerning Christ and the Church. Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she reverence her husband.” Ephesians 5:21-22, 5:28, 5:32-33 The most Christ-like, victorious quality in a successful marriage is “Humility.” Matthew 11:28-30

“O perfect Love, all human thought transcending,  
Lowly we kneel in prayer before Thy throne,  
That theirs may be the love which knows no ending,  
Whom Thou forevermore dost join in one.

O perfect Life, be Thou their full assurance  
Of tender charity and steadfast faith,  
Of patient hope and quiet brave endurance,  
With childlike trust that fears no pain nor death.

Grant them the joy which brightens earthly sorrow;  
Grant them the peace which calms all earthly strife,  
And to life’s day the glorious unknown morrow  
That dawns upon eternal love and life.”