

Lesson Notes:

Having a Christian Marriage

It is easy to be overcome by the challenges of life and forget the importance of nurturing our marriage. Below are passages of scripture related to maintaining and promoting a Christian marriage and continued contentment in the home.

Scriptural Principles

- 1) **Fortify Your Faith - 1 Peter 3:4-5** tells us that what God values is a caring heart and a gentle quiet spirit. We cannot possess those qualities unless we have an intimate relationship with our Lord and Savior. If we offer the same qualities to our spouse they will see the beauty that resides inside and will have a continuing desire to be in our presence.
- 2) **Remember your Commitment to each Other** - Peter tells us in **1 Peter 3:1, 7** that marriage is not a contract. It is a covenant. We need to honor our spouse and remember the covenant we made to each other in the presence of God on our wedding day.
- 3) **Cultivate Contentment in the Home** - In **1 Peter 3:7** we are to be content with each other and the gifts that each other brings to the marriage relationship.
- 4) **Banish Bitterness** - In **1 Peter 3:8-10** Peter tells us to be gentle, tender hearted and not to hold bitterness and grudges against one another. Never go to sleep with a division between you.
- 5) **Maintain Open Lines of Communication** - In **1 Peter 3:8-10** Peter encourages us to carry on clear and open communication. Continue to express the love and the concern that you hold for one another even when you may disagree. A good way to express an opinion that differs from your spouse is to start out by saying, "Honey I Love You but..."
- 6) **Refresh Romance in your Marriage** - In **1 Peter 3:7** Peter tells us to dwell with each other. This passage is not only referring to the living arrangement but has a deeper meaning. The intent here is for us to share each other's challenges and concerns and to spend time physically expressing the love you hold for each other. When you speak to your wife on the phone do you end the conversation with, "I Love You" or just "Good Bye"? "I Love You" reaffirms your commitment and love for her.
- 7) **Practice Prayer - (1 Peter 3:7)** The couple that prays together stays together.