



MY COVENANT COMMITMENT

COMMIT TO WORKING TOGETHER THROUGH PROBLEMS AND NOT WALKING AWAY
(1 CORINTHIANS 7:27)

C

- *DECIDE TOGETHER THAT A DIVORCE IS NOT AN OPTION.*
- *AGREE TO COMMUNICATE FEELINGS HONESTLY AND LOVINGLY*

OFFER LOVE TO YOUR MATE EVEN WHEN YOU DON'T FEEL LIKE IT (1 CORINTHIANS 13:4-8)

O

- *EVALUATE HOW YOUR LOVE COMPARES TO THAT DESCRIBED IN 1 CORINTHIANS 13.*
- *SUBSTITUTE YOUR NAME IN THE PLACE OF THE WORD "LOVE" IN VERSES 4-8.*
- *PRAY DAILY FOR THOSE WHO HAVE HURT YOU- FORGIVE AND FORGIVE AGAIN - REFUSE TO KEEP A RECORD OF WRONG.*

V

VIEW YOUR MARRIAGE AS GOD'S SETTING FOR SPIRITUAL GROWTH (PROVERBS 15:13)

- *REALIZE THAT GOD DID NOT CREATE ANY ONE PERSON TO MEET ALL YOUR NEEDS.*
- *WHILE GOD IS YOUR ULTIMATE NEED - METER, SEE YOUR MATE AS GOD'S GIFT TO MEET SOME OF THOSE NEEDS.*

E

ELIMINATE ANY EMPHASIS ON YOUR RIGHTS (1 CORINTHIANS 6:19-20)

- *IDENTIFY WHAT MAKES YOU ANGRY*
- *SENSITIVELY EXPRESS YOUR HONEST DESIRES - "IT WOULD MEAN A LOT TO ME IF YOU WOULD TAKE OUT THE TRASH."*

N

NURTURE YOUR IDENTITY IN CHRIST (PHILIPPIANS 4:13)

- *EVALUATE IF YOUR SENSE OF SELF-WORTH IS BASED ON HOW YOUR SPOUSE TREATS YOU.*
- *ACKNOWLEDGE THAT YOUR TRUE IDENTITY IS IN CHRIST, NOT YOUR SPOUSE.*

A

ASK GOD TO CHANGE YOU (PSALM 51:10)

- *EVALUATE WHAT AREAS IN YOUR LIFE NEED CHANGING.*
- *ASK YOUR SPOUSE "WOULD YOU NAME ONE AREA IN MY LIFE WHERE YOU FEEL I NEED THE MOST CHANGE."*

N

NOURISH YOUR EXTENDED FAMILY RELATIONSHIPS (EXODUS 20:12)

- *EVALUATE THE TANGIBLE AND EMOTIONAL NEEDS OF YOUR IN - LAWS.*
- *CONSISTENTLY LOOK FOR THE POSITIVE IN YOUR SPOUSE'S FAMILY.*

T

TURN YOUR EXPECTATIONS OVER TO GOD (PSALM 62:1)

- *EVALUATE THE UNREALISTIC EXPECTATIONS YOU'VE HAD ON YOUR MARRIAGE AND YOUR SPOUSE.*
- *REALIZE GOD CAN BRING COMPLETE FULFILLMENT TO YOU REGARDLESS OF YOUR MARRIAGE PARTNER.*