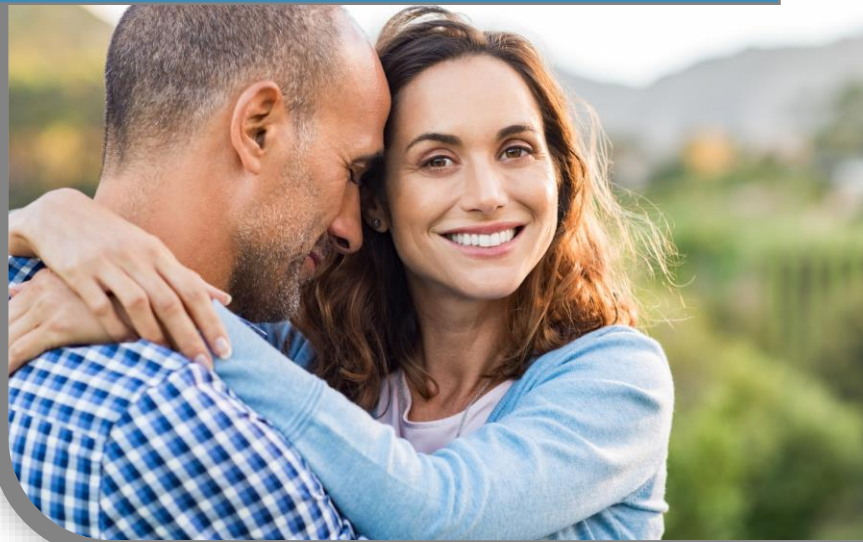




## The Bible on Marriage



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## What's the Bible Say About Marriage?

I am thrilled that you want to know what the Bible says about marriage and relationships! The word of God is active and alive!

When my wife, Michelle, and I first began in marriage ministry, we searched the Bible for wisdom. What I learned is that it is not as easy as simply doing a word search. There are multiple topics and messages. We struggled with how to make this easy.

I also wanted to learn what marriage researchers had determined to be marriage “best practices.”

We loved the writing of Dr. John Gottman. Rather than starting with a theory, he decided to see how couples deal with conflict in real life. He had couples come and stay in his “marriage lab” where he would watch them. He studied hundreds of couples. He was able to find patterns of behaviors that separated the “masters” from the “disasters” of relationships.

He and his colleagues got so that they could predict whether a couple would divorce with over 90% accuracy. We loved his best practice concepts.

As a Christian, we found his concepts to be totally aligned with a biblically based marriage. We started to incorporate them into our marriage education classes.

I ran into Dr. Walter Schumm. He created a table that linked the major Gottman concepts to the supporting Biblical passages. He graciously gave us his permission to use his material.

I want to provide a resource to you that can act as a Bible reference for you. This eBook can be used for Bible studies, sermons and individual devotions.

We have laid it out by grouping Bible passages by topics. The first topic is all about how your spouse is your indispensable help. Then, we grouped topics that Dr. Gottman identified as key to a healthy marriage relationship. There are five major sections, with additional sub-themes:

1. Your Spouse Is an Indispensable Help
2. Love One Another / Maximizing Positive Affect
3. Regulating Conflict Constructively
4. Avoiding Escalation of Destructive Patterns or Attitudes
5. Foundational Values and Traits

We pray that this paper will help you to draw closer, to minister to others and to become more connected to your spouse.

In Christ,

Phil Carlson



## Your Spouse Is an Indispensable Help

The LORD God said, “It is not good for the man to be alone. I will make a helper suitable for him.” Genesis 2:18 (NIV)

In Genesis, the Bible says that God created a helper for Adam. That word “helper” doesn’t translate well. “Helper” sounds like an assistant or a servant. The word actually means much, much more.

The word for helper is *ezer* (pronounced “ay-zer”), and it is used in the context of indispensable rescue and support. In the Old Testament, *ezer* is used twenty-one times. It is used either in reference to military help in dire circumstances or in reference to God as a helper.

In marriage, God created someone to be your partner that you turn to for protection, rescue and soothing. This person is someone that you turn to when you need help. They are your comforter, rescuer and support.

The following passages are the way in which *ezer* is used in the Old Testament.



### Ezer In the Old Testament

Genesis 2:18 (NIV)	The Lord God said, “It is not good for the man to be alone. I will make a <i>helper</i> [ezer] suitable for him.”
Exodus 18:4	Moses had said, “The God of my father has been my <i>help</i> [ezer] and delivered me from the sword of Pharaoh.”
Deuteronomy 33:7	And this is the blessing to Judah. He said, “Listen, O Lord, to Judah’s voice, and bring him to his people. May his power be great, and may you <i>help</i> [ezer] him against his foes.”
Deuteronomy 33:26	There is no one like God, O Jeshurun, who rides through the sky to <i>help</i> [ezer] you, on the clouds in majesty.
Deuteronomy 33:29	You have joy, Israel! Who is like you? You are a people delivered by the Lord, your <i>protective</i> [ezer] shield and your exalted sword.

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Psalm 20:2	May he send you <i>help</i> [ezer] from his temple; from Zion may he give you support!
Psalm 33:20	We wait for the Lord; he is our <i>deliverer</i> [ezer] and shield.
Psalm 70:5	I am oppressed and needy! O God, hurry to me! You are my <i>helper</i> [ezer] and my deliverer! O Lord, do not delay
Psalm 89:17	For you give them splendor and <i>strength</i> [ezer]. By your favor we are victorious.
Psalm 115:11	You loyal followers of the Lord, trust in the Lord! He is their <i>deliverer</i> [ezer] and protector.
Psalm 121:1-2	I look up toward the hills. From where does my <i>help</i> [ezer] come? My <i>help</i> [ezer] comes from the Lord, the Creator of heaven and earth!
Psalm 124:8	Our <i>deliverer</i> [ezer] is the Lord, the Creator of heaven and earth.
Psalm 146:5	How blessed is the one whose <i>helper</i> [ezer] is the God of Jacob, whose hope is in the Lord his God
Isaiah 30:5	all will be put to shame because of a nation that cannot <i>help</i> [ezer] them, who cannot give them aid or help, but only shame and disgrace.”
Ezekiel 12:14	All his retinue—his <i>attendants</i> [ezer] and his troops—I will scatter to every wind; I will unleash a sword behind them.
Daniel 11:34	When they stumble, they will be granted some <i>help</i> [ezer]. But many will unite with them deceitfully.
Hosea 13:9	I will destroy you, O Israel! Who is there to <i>help</i> [ezer] you?

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## Love One Another – Maximizing Positive Affect

Jesus said that the greatest commandment is to love God with all your heart, with all your soul, with all your mind, and with all your strength (Mark 12:29). Don't you get the sense that this is meant to be total commitment and something that is obvious?

Jesus went on to say that the second commandment is to love your neighbor as yourself. In other words, love obviously.

I have a cartoon that shows a woman asking her husband, "Do you love me?" He replies, "I told you I love you on the day we were married, if it changes I'll let you know." That man may love his wife, but he's not being obvious about it.



John Gottman's research shows that couples need to maximize the positive affect. In other words, the more the other person senses and knows that you love them, the better off you will be.

His research says that it takes five positive interactions to counteract every negative interaction. Healthy couples have the five-to-one ratio while unhealthy couples have closer to one-to-one ratios. Show your love in a way that your partner feels love.

### Maximize the Positive Affect

Leviticus 19:18	You must not take vengeance or bear a grudge against the children of your people, but you must love your neighbor as yourself. I am the LORD.
2 Samuel 1:26	I grieve over you, my brother Jonathan! You were very dear to me. Your love was more special to me than the love of women.
Proverbs 15:17	Better a meal of vegetables where there is love than a fattened ox where there is hatred.
Proverbs 17:17	A friend loves at all times, and a relative is born to help in adversity.
Proverbs 31:11	The heart of her husband has confidence in her, and he has no lack of gain.
John 15:12	My commandment is this—to love one another just as I have loved you.
John 17:26	I made known your name to them, and I will continue to make it known, so that the love you have loved me with may be in them, and I may be in them."



Romans 13:8	Owe no one anything, except to love one another, for the one who loves his neighbor has fulfilled the law.
Romans 15:2	Let each of us please his neighbor for his good to build him up.
1 Corinthians 13:13	And now these three remain: faith, hope, and love. But the greatest of these is love.
Galatians 5:22-23	But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.
Philippians 2:4	Each of you should be concerned not only about your own interests, but about the interests of others as well.
Colossians 3:14	And to all these virtues add love, which is the perfect bond.
1 Thessalonians 3:12	Now on the topic of brotherly love you have no need for anyone to write you, for you yourselves are taught by God to love one another.
1 Thessalonians 5:11	Therefore encourage one another and build up each other, just as you are in fact doing.
2 Thessalonians 1:3	We ought to thank God always for you, brothers and sisters, and rightly so, because your faith flourishes more and more and the love of each one of you all for one another is ever greater.
Hebrews 13:1	Brotherly love must continue.
1 Peter 4:8	Above all keep your love for one another fervent, because love covers a multitude of sins.
1 John 2:10	The one who loves his fellow Christian resides in the light, and there is no cause for stumbling in him. For this is the gospel message that you have heard from the beginning: that we should love one another,
1 John 3:23	Now this is his commandment: that we believe in the name of his Son Jesus Christ and love one another, just as he gave us the commandment.
1 John 4:7-11	Dear friends, let us love one another, because love is from God, and everyone who loves has been fathered by God and knows God. The person who does not love does not know God, because God is love. By this the love of God is revealed in us: that God has sent his one and only Son into the world so that we may live through him. In this is love: not that we have loved God, but that he loved us and sent his Son to be the atoning sacrifice for our sins. Dear friends, if God so loved us, then we also ought to love one another.

## Showing Positive Affect

Proverbs 15:1	A gentle response turns away anger, but a harsh word stirs up wrath.
Proverbs 16:24	Pleasant words are like a honeycomb, sweet to the soul and healing to the bones.
Proverbs 22:11	The one who loves a pure heart and whose speech is gracious—the king will be his friend.
Proverbs 31:26	She opens her mouth with wisdom, and loving instruction is on her tongue.
Amos 4:5	Burn a thank offering of bread made with yeast! Make a public display of your voluntary offerings! For you love to do this, you Israelites.” The sovereign LORD is speaking
Matthew 24:12	and because lawlessness will increase so much, the love of many will grow cold.
Romans 12:10	Be devoted to one another with mutual love, showing eagerness in honoring one another.
Romans 14:19	So then, let us pursue what makes for peace and for building up one another.
Romans 15:14	But I myself am fully convinced about you, my brothers and sisters, that you yourselves are full of goodness, filled with all knowledge, and able to instruct one another.
Ephesians 4:32	Instead, be kind to one another, compassionate, forgiving one another, just as God in Christ also forgave you.
Ephesians 5:25	Husbands, love your wives just as Christ loved the church and gave himself for her
Philippians 2:4	Each of you should be concerned not only about your own interests, but about the interests of others as well.
Colossians 3:15	Let the peace of Christ be in control in your heart (for you were in fact called as one body to this peace), and be thankful.
Colossians 3:17	And whatever you do in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.
2 Timothy 3:2	For people will be lovers of themselves, lovers of money, boastful, arrogant, blasphemers, disobedient to parents, ungrateful, unholy,

## Being Grateful for Partner's Positive Qualities

Psalm 13:6	I will sing praises to the LORD when he vindicates me.
Psalm 26:3	For I am ever aware of your faithfulness, and your loyalty continually motivates me.
Psalm 95:2	Let's enter his presence with thanksgiving! Let's shout out to him in celebration!
Nehemiah 12:31	I brought the leaders of Judah up on top of the wall, and I appointed two large choirs to give thanks. One was to proceed on the top of the wall southward toward the Dung Gate.
Luke 22:17	Then he took a cup, and after giving thanks he said, "Take this and divide it among yourselves.
John 11:41	So they took away the stone. Jesus looked upward and said, "Father, I thank you that you have listened to me.
Romans 1:21	For although they knew God, they did not glorify him as God or give him thanks, but they became futile in their thoughts and their senseless hearts were darkened.
2 Thessalonians 1:3	We ought to thank God always for you, brothers and sisters, and rightly so, because your faith flourishes more and more and the love of each one of you all for one another is ever greater.

## Sharing Fondness and Admiration; Affirming the Other

Ruth 1:16	But Ruth replied, "Stop urging me to abandon you! For wherever you go, I will go. Wherever you live, I will live. Your people will become my people, and your God will become my God.
Proverbs 10:11	The teaching of the righteous is a fountain of life, but the speech of the wicked conceals violence.
Proverbs 12:25	Anxiety in a person's heart weighs him down, but an encouraging word brings him joy.
Proverbs 15:23	A person has joy in giving an appropriate answer, and a word at the right time – how good it is!
Proverbs 15:26	The LORD abhors the plans of the wicked, but pleasant words are pure.
Proverbs 15:30	A bright look brings joy to the heart, and good news gives health to the body.

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Proverbs 16:24	Pleasant words are like a honeycomb, sweet to the soul and healing to the bones.
Proverbs 27:2	Let another praise you, and not your own mouth; someone else, and not your own lips.
Proverbs 27:21	As the crucible is for silver and the furnace is for gold, so a person is proved by the praise he receives.
Proverbs 31:26	She opens her mouth with wisdom, and loving instruction is on her tongue.
Proverbs 31:28	Her children rise up and call her blessed, her husband also praises her
Romans 12:10	Be devoted to one another with mutual love, showing eagerness in honoring one another.
Romans 14:19	So then, let us pursue what makes for peace and for building up one another.
Romans 15:2	Let each of us please his neighbor for his good to build him up.
Philippians 2:3	Instead of being motivated by selfish ambition or vanity, each of you should, in humility, be moved to treat one another as more important than yourself.
Ephesians 4:29	You must let no unwholesome word come out of your mouth, but only what is beneficial for the building up of the one in need, that it may give grace to those who hear.
Colossians 4:6	Let your speech always be gracious, seasoned with salt, so that you may know how you should answer everyone.
1 Thessalonians 5:11	Therefore encourage one another and build up each other, just as you are in fact doing.

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## Catching the Other Person Doing Good Things and Expressing Appreciation Rather Than Trying to Catch Them Doing “Bad” Things

Romans 14:1-10	Now receive the one who is weak in the faith, and do not have disputes over differing opinions. One person believes in eating everything, but the weak person eats only vegetables. The one who eats everything must not despise the one who does not, and the one who abstains must not judge the one who eats everything, for God has accepted him. Who are you to pass judgment on another’s servant? Before his own master he stands or falls. And he will stand, for the Lord is able to make him stand. One person regards one day holier than other days, and another regards them all alike. Each must be fully convinced in his own mind. The one who observes the day does it for the Lord. The one who eats, eats for the Lord because he gives thanks to God, and the one who abstains from eating abstains for the Lord, and he gives thanks to God. For none of us lives for himself and none dies for himself. If we live, we live for the Lord; if we die, we die for the Lord. Therefore, whether we live or die, we are the Lord’s. For this reason Christ died and returned to life, so that he may be the Lord of both the dead and the living. But you who eat vegetables only—why do you judge your brother or sister? And you who eat everything—why do you despise your brother or sister? For we will all stand before the judgment seat of God.
Romans 14:13	Therefore, we must not pass judgment on one another, but rather determine never to place an obstacle or a trap before a brother or sister.
Philippians 2:14	Do everything without grumbling or arguing,
Philippians 4:8	Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things.
Colossians 4:6	Let your speech always be gracious, seasoned with salt, so that you may know how you should answer everyone.
1 John 4:18	There is no fear in love, but perfect love drives out fear, because fear has to do with punishment. The one who fears punishment has not been perfected in love.

### Avoiding Mere Flattery

Proverbs 2:16	to deliver you from the adulteress, from the sexually loose woman who speaks flattering words;
Proverbs 5:3	For the lips of the adulterous woman drip honey, and her seductive words are smoother than olive oil,

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Proverbs 7:21	She persuaded him with persuasive words; with her smooth talk she compelled him.
Proverbs 26:25	When he speaks graciously, do not believe him, for there are seven abominations within him.
Psalms 5:9	For they do not speak the truth; their stomachs are like the place of destruction, their throats like an open grave, their tongues like a steep slope leading into it.
Psalms 12:3	May the Lord cut off all flattering lips, and the tongue that boasts!
Psalms 28:3	Do not drag me away with evil men, with those who behave wickedly, who talk so friendly to their neighbors, while they plan to harm them!
Thessalonians 2:5	For we never appeared with flattering speech, as you know, nor with a pretext for greed—God is our witness—

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### Meeting Needs

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Proverbs 3:27	Do not withhold good from those who need it, when you have the ability to help.
Proverbs 11:24-26	One person is generous and yet grows more wealthy, but another withholds more than he should and comes to poverty. A generous person will be enriched, and the one who provides water for others will himself be satisfied. People will curse the one who withholds grain, but they will praise the one who sells it.
Proverbs 14:21	The one who despises his neighbor sins, but whoever is kind to the needy is blessed.
Proverbs 31:11	The heart of her husband has confidence in her, and he has no lack of gain.

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Luke 11:5-13	Then he said to them, "Suppose one of you has a friend, and you go to him at midnight and say to him, 'Friend, lend me three loaves of bread, because a friend of mine has stopped here while on a journey, and I have nothing to set before him.' Then he will reply from inside, 'Do not bother me. The door is already shut, and my children and I are in bed. I cannot get up and give you anything.' I tell you, even though the man inside will not get up and give him anything because he is his friend, yet because of the first man's sheer persistence he will get up and give him whatever he needs. "So I tell you: Ask, and it will be given to you; seek, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened. What father among you, if your son asks for a fish, will give him a snake instead of a fish? Or if he asks for an egg, will give him a scorpion? If you then, although you are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"
John 13:14	If I then, your Lord and Teacher, have washed your feet, you too ought to wash one another's feet.
Acts 2:45	and they began selling their property and possessions and distributing the proceeds to everyone, as anyone had need.
Romans 12:13	Contribute to the needs of the saints, pursue hospitality.
2 Corinthians 9:7	Each one of you should give just as he has decided in his heart, not reluctantly or under compulsion, because God loves a cheerful giver.
Galatians 6:10	So then, whenever we have an opportunity, let us do good to all people, and especially to those who belong to the family of faith.
Thessalonians 5:15	See that no one pays back evil for evil to anyone, but always pursue what is good for one another and for all.
Titus 3:8	This saying is trustworthy, and I want you to insist on such truths, so that those who have placed their faith in God may be intent on engaging in good works. These things are good and beneficial for all people.
James 1:27	Pure and undefiled religion before God the Father is this: to care for orphans and widows in their misfortune and to keep oneself unstained by the world.
1 John 3:17	But whoever has the world's possessions and sees his fellow Christian in need and shuts off his compassion against him, how can the love of God reside in such a person?

### Empathy / Listening, Getting In Touch With Partner's Feelings, Pain, Needs, Dreams

Proverbs 14:10	The heart knows its own bitterness, and with its joy no one else can share.
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Proverbs 18:2	A fool takes no pleasure in understanding but only in disclosing what is on his mind.
Proverbs 18:13	The one who gives an answer before he listens— that is his folly and his shame.
Proverbs 20:3	It is an honor for a person to cease from strife, but every fool quarrels.
Romans 12:15	Rejoice with those who rejoice, weep with those who weep.
1 Corinthians 12:26	If one member suffers, everyone suffers with it. If a member is honored, all rejoice with it.
James 1:19	Understand this, my dear brothers and sisters! Let every person be quick to listen, slow to speak, slow to anger.

### Creating Shared Meanings

Philippians 2:2	complete my joy and be of the same mind, by having the same love, being united in spirit, and having one purpose.
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### Discovering and Support Each Other's Life Dreams

John 10:16	I have other sheep that do not come from this sheepfold. I must bring them too, and they will listen to my voice, so that there will be one flock and one shepherd.
John 10:28	I give them eternal life, and they will never perish; no one will snatch them from my hand.
Philippians 4:8	Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things.

### Turning Toward One Another in Frequent, if Small, Ways

Psalms 90:12	So teach us to consider our mortality, so that we might live wisely.
Proverbs 7:15	That is why I came out to meet you, to look for you, and I found you!
Proverbs 19:22	What is desirable for a person is to show loyal love, and a poor person is better than a liar.
Ephesians 5:16	taking advantage of every opportunity, because the days are evil.



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Philippians 2:3                      Instead of being motivated by selfish ambition or vanity, each of you should, in humility, be moved to treat one another as more important than yourself.

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### Being a Friend

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Proverbs 18:24                      A person who has friends may be harmed by them, but there is a friend who sticks closer than a brother.

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Proverbs 31:11                      The heart of her husband has confidence in her, and he has no lack of gain.

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Song of Solomon 5:16              His mouth is very sweet; he is totally desirable. This is my beloved! This is my companion, O maidens of Jerusalem!

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John 15:14                          You are my friends if you do what I command you.

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Romans 15:7                        Receive one another, then, just as Christ also received you, to God's glory.

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### Having Fun, Being Playful

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Ecclesiastes 2:1                      I thought to myself, "Come now, I will try self-indulgent pleasure to see if it is worthwhile." But I found that it also is futile.

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Ecclesiastes 9:9                      Enjoy life with your beloved wife during all the days of your fleeting life that God has given you on earth during all your fleeting days; for that is your reward in life and in your burdensome work on earth.

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### Accepting Influence

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Proverbs 1:25                        because you neglected all my advice, and did not comply with my rebuke,

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Proverbs 1:30                        they did not comply with my advice, they spurned all my rebuke.

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Proverbs 3:11-12                    My child, do not despise discipline from the LORD, and do not loathe his rebuke. For the LORD disciplines those he loves, just as a father disciplines the son in whom he delights.

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Proverbs 3:28                        Do not say to your neighbor, "Go! Return tomorrow and I will give it," when you have it with you at the time.

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Proverbs 9:8-9                      Do not reprove a mocker or he will hate you; reprove a wise person and he will love you. Give instruction to a wise person, and he will become wiser still; teach a righteous person and he will add to his learning.

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Proverbs 10:17                      The one who heeds instruction is on the way to life, but the one who rejects rebuke goes astray.

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Romans 12:10 Be devoted to one another with mutual love, showing eagerness in honoring one another.

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Revelation 3:19 All those I love, I rebuke and discipline. So be earnest and repent!

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### Being Trustworthy and/or Giving Trust

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Proverbs 3:29-30 Do not plot evil against your neighbor when he dwells by you unsuspectingly. Do not accuse anyone without legitimate cause, if he has not treated you wrongly.

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Proverbs 31:11 The heart of her husband has confidence in her, and he has no lack of gain.

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### Enjoying Sexual Intimacy and Benefits of Associated Body Chemistry

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Proverbs 5:18-19 May your fountain be blessed, and may you rejoice in your young wife— a loving doe, a graceful deer; may her breasts satisfy you at all times, may you be captivated by her love always.

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Song of Solomon 1:2 Oh, how I wish you would kiss me passionately! For your lovemaking is more delightful than wine.

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Song of Solomon 2:4-6 He brought me into the banquet hall, and he looked at me lovingly. Sustain me with raisin cakes, refresh me with apples, for I am faint with love. The Double Refrain: Embracing and Adjuration His left hand caresses my head, and his right hand stimulates me.

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1 Corinthians 7:3-5 A husband should give to his wife her sexual rights, and likewise a wife to her husband. It is not the wife who has the rights to her own body, but the husband. In the same way, it is not the husband who has the rights to his own body, but the wife. Do not deprive each other, except by mutual agreement for a specified time, so that you may devote yourselves to prayer. Then resume your relationship, so that Satan may not tempt you because of your lack of self-control.

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Hebrews 13:4 Marriage must be honored among all and the marriage bed kept undefiled, for God will judge sexually immoral people and adulterers.

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### Understanding Love Maps

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1 Peter 3:7 Husbands, in the same way, treat your wives with consideration as the weaker partners and show them honor as fellow heirs of the grace of life. In this way nothing will hinder your prayers.

## Sense of “We-ness” Versus “Me-ness”

Psalm 133:1	Look! How good and how pleasant it is when brothers live together!
Proverbs 3:27	Do not withhold good from those who need it, when you have the ability to help.
Romans 12:16	Live in harmony with one another; do not be haughty but associate with the lowly. Do not be conceited.
Philippians 2:2	complete my joy and be of the same mind, by having the same love, being united in spirit, and having one purpose.
1 Peter 4:1	So, since Christ suffered in the flesh, you also arm yourselves with the same attitude, because the one who has suffered in the flesh has finished with sin.

## Pray For Others

1 Timothy 2:1	First of all, then, I urge that requests, prayers, intercessions, and thanks be offered on behalf of all people,
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## Be Enthusiastic

Song of Solomon 4:10	How delightful is your love, my sister, my bride! How much better is your love than wine; the fragrance of your perfume is better than any spice!
Colossians 3:23	Whatever you are doing, work at it with enthusiasm, as to the Lord and not for people,

## Show Love in Precise, Knowledgeable and Timely Ways

Proverbs 13:12	Hope deferred makes the heart sick, but a longing fulfilled is like a tree of life.
Proverbs 15:23	A person has joy in giving an appropriate answer, and a word at the right time—how good it is!
Luke 11:13	If you then, although you are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”
John 13:14	If I then, your Lord and Teacher, have washed your feet, you too ought to wash one another’s feet

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Philippians 1:9	And I pray this, that your love may abound even more and more in knowledge and every kind of insight.
Colossians 4:6	Let your speech always be gracious, seasoned with salt, so that you may know how you should answer everyone.

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### Show Love and Respect

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Ephesians 5:22-33	<p>Wives, submit to your husbands as to the Lord, because the husband is the head of the wife as also Christ is the head of the church—he himself being the savior of the body. But as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives just as Christ loved the church and gave himself for her to sanctify her by cleansing her with the washing of the water by the word, so that he may present the church to himself as glorious—not having a stain or wrinkle, or any such blemish, but holy and blameless. In the same way husbands ought to love their wives as their own bodies. He who loves his wife loves himself. For no one has ever hated his own body but he feeds it and takes care of it, just as Christ also does the church, for we are members of his body. <b><i>For this reason a man will leave his father and mother and will be joined to his wife, and the two will become one flesh.</i></b> This mystery is great—but I am actually speaking with reference to Christ and the church. Nevertheless, each one of you must also love his own wife as he loves himself, and the wife must respect her husband.</p>
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## Regulating Conflict Constructively

Conflict is inevitable in marriage. We are going to disagree with our spouse. What we do with conflict is what makes the difference. Do we allow conflict to build up our connection or do we let conflict tear it down?

We can let selfishness drive our conflict and then it becomes about winning. It becomes about me.

The other way of thinking is to focus on our connection. How do we work together to build our bond?



Gottman calls this change moving from “I-ness” to “We-ness”. We move from thinking about ourselves and start to think about the relationship. Instead of letting our behavior tear down the relationship, we focus on ways to disagree that will help to build connection. Do this even during conflict!

### Maintain Positive Affect During Conflicts

Colossians 1:11

being strengthened with all power according to his glorious might for the display of all patience and steadfastness, joyfully

Colossians 4:6

Let your speech always be gracious, seasoned with salt, so that you may know how you should answer everyone.

### Resolve Issues so the Negative Thoughts Don't Keep Recycling in Your Mind

Philippians 4:6-7

Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Colossians 3:19

Husbands, love your wives and do not be embittered against them.

### Being Willing to Discuss It Constructively and Resolve Problems Where Possible

Proverbs 27:5-6

Better is open rebuke than hidden love. Faithful are the wounds of a friend, but the kisses of an enemy are excessive.

Proverbs 28:23

The one who reproves another will in the end find more favor than the one who flatters with the tongue.

Psalm 34:14	Turn away from evil and do what is right! Strive for peace and promote it!
Romans 12:14	Bless those who persecute you, bless and do not curse.
Philippians 2:2	complete my joy and be of the same mind, by having the same love, being united in spirit, and having one purpose.

### Attack the Problem, Not Each Other

Psalm 34:14	Turn away from evil and do what is right! Strive for peace and promote it!
Proverbs 18:21	Death and life are in the power of the tongue, and those who love its use will eat its fruit.
Proverbs 27:6	Faithful are the wounds of a friend, but the kisses of an enemy are excessive.
Proverbs 31:11	The heart of her husband has confidence in her, and he has no lack of gain.
1 Corinthians 13:5	It is not rude, it is not self-serving, it is not easily angered or resentful.
1 Peter 3:11	And he must turn away from evil and do good; he must seek peace and pursue it.
1 Peter 5:14	Greet one another with a loving kiss. Peace to all of you who are in Christ.

### Avoiding Harsh Start-up and Use a Gentle Start to Any Potentially Tense Discussion

Proverbs 1:10-11; 15	My child, if sinners try to entice you, do not consent! If they say, "Come with us! We will lie in wait to shed blood... My child, do not go down their way, withhold yourself from their path
Proverbs 12:18	Speaking recklessly is like the thrusts of a sword, but the words of the wise bring healing.
Proverbs 14:17	A person who has a quick temper does foolish things, and a person with crafty schemes is hated.
Proverbs 14:29	The one who is slow to anger has great understanding, but the one who has a quick temper exalts folly.
Proverbs 15:1	A gentle response turns away anger, but a harsh word stirs up wrath.
Proverbs 15:18	A quick-tempered person stirs up dissension, but one who is slow to anger calms a quarrel.

Proverbs 16:32	Better to be slow to anger than to be a mighty warrior, and one who controls his temper is better than one who captures a city.
Proverbs 20:3	It is an honor for a person to cease from strife, but every fool quarrels.
Proverbs 21:9	It is better to live on a corner of the housetop than in a house in company with a quarrelsome wife.
Proverbs 21:19	It is better to live in a desert land than with a quarrelsome and easily-provoked woman.
Proverbs 25:15	Through patience a ruler can be persuaded, and a soft tongue can break a bone.
Proverbs 31:26	She opens her mouth with wisdom, and loving instruction is on her tongue.
Galatians 5:22-23	But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.
Galatians 6:1	Brothers and sisters, if a person is discovered in some sin, you who are spiritual restore such a person in a spirit of gentleness. Pay close attention to yourselves, so that you are not tempted too.
James 1:19	Understand this, my dear brothers and sisters! Let every person be quick to listen, slow to speak, slow to anger.
James 3:6	And the tongue is a fire! The tongue represents the world of wrongdoing among the parts of our bodies. It pollutes the entire body and sets fire to the course of human existence—and is set on fire by hell.
James 3:10	From the same mouth come blessing and cursing. These things should not be so, my brothers and sisters.
Matthew 5:22	But I say to you that anyone who is angry with a brother will be subjected to judgment. And whoever insults a brother will be brought before the council, and whoever says 'Fool' will be sent to fiery hell.
1 Corinthians 13:5	It is not rude, it is not self-serving, it is not easily angered or resentful.
1 Thessalonians 2:7	although we could have imposed our weight as apostles of Christ; instead we became little children among you. Like a nursing mother caring for her own children,

### Begin Repair Attempts at Lower Levels of Negativity

Proverbs 13:24	The one who spares his rod hates his child, but the one who loves his child is diligent in disciplining him.
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Proverbs 27:6 Faithful are the wounds of a friend, but the kisses of an enemy are excessive.

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### Avoid Blaming Criticism

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Proverbs 15:1 A gentle response turns away anger, but a harsh word stirs up wrath.

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Matthew 5:22 But I say to you that anyone who is angry with a brother will be subjected to judgment. And whoever insults a brother will be brought before the council, and whoever says 'Fool' will be sent to fiery hell.

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John 8:10-11 Jesus stood up straight and said to her, "Woman, where are they? Did no one condemn you?" She replied, "No one, Lord." And Jesus said, "I do not condemn you either. Go, and from now on do not sin any more."

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Romans 14:10 But you who eat vegetables only—why do you judge your brother or sister? And you who eat everything—why do you despise your brother or sister? For we will all stand before the judgment seat of God.

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Romans 14:13 Therefore we must not pass judgment on one another, but rather determine never to place an obstacle or a trap before a brother or sister.

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James 1:19 Understand this, my dear brothers and sisters! Let every person be quick to listen, slow to speak, slow to anger.

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James 4:11 Do not speak against one another, brothers and sisters. He who speaks against a fellow believer or judges a fellow believer speaks against the law and judges the law. But if you judge the law, you are not a doer of the law but its judge.

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James 5:9 Do not grumble against one another, brothers and sisters, so that you may not be judged. See, the judge stands before the gates!

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Peter 2:1 So get rid of all evil and all deceit and hypocrisy and envy and all slander.

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### Avoid Defensiveness

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Psalms 112:7 He does not fear bad news. He is confident; he trusts in the LORD.

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Proverbs 3:11 My child, do not despise discipline from the LORD, and do not loathe his rebuke.

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Proverbs 6:23 For the commandments are like a lamp, instruction is like a light, and rebukes of discipline are like the road leading to life,

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Proverbs 9:8 Do not reprove a mocker or he will hate you; reprove a wise person and he will love you.

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Proverbs 13:18                      The one who neglects discipline ends up in poverty and shame, but the one who accepts reproof is honored.

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Proverbs 27:16                      Whoever hides her hides the wind or grasps oil with his right hand.

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Proverbs 28:1                      The wicked person flees when there is no one pursuing, but the righteous person is as confident as a lion.

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Proverbs 29:25                      The fear of people becomes a snare, but whoever trusts in the LORD will be set on high.

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### Avoid Contempt

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Proverbs 22:10                      Drive out the scorner and contention will leave; strife and insults will cease.

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Proverbs 24:17                      Do not rejoice when your enemy falls, and when he stumbles do not let your heart rejoice,

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Matthew 7:1                      “Do not judge so that you will not be judged.

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Luke 6:37                      “Do not judge, and you will not be judged; do not condemn, and you will not be condemned; forgive, and you will be forgiven.

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Romans 14:3                      The one who eats everything must not despise the one who does not, and the one who abstains must not judge the one who eats everything, for God has accepted him.

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Romans 14:10                      But you who eat vegetables only—why do you judge your brother or sister? And you who eat everything—why do you despise your brother or sister? For we will all stand before the judgment seat of God.

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Hebrews 12:15                      See to it that no one comes short of the grace of God, that no one be like *a bitter root springing up* and causing trouble, and through him many become defiled.

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### Avoid Stonewalling

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Proverbs 21:29                      A wicked person shows boldness with his face, but as for the upright, he discerns his ways.

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### Honoring Weaknesses, Enduring Vulnerabilities

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Proverbs 12:10                      A righteous person cares for the life of his animal, but even the most compassionate acts of the wicked are cruel.

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Proverbs 20:3	It is an honor for a person to cease from strife, but every fool quarrels.
Romans 15:1	But we who are strong ought to bear with the failings of the weak, and not just please ourselves.
1 Thessalonians 5:14	And we urge you, brothers and sisters, admonish the undisciplined, comfort the discouraged, help the weak, be patient toward all.
1 Peter 3:7	Husbands, in the same way, treat your wives with consideration as the weaker partners and show them honor as fellow heirs of the grace of life. In this way nothing will hinder your prayers.

### Editing, Thinking before You Speak

Proverbs 3:30	Do not accuse anyone without legitimate cause, if he has not treated you wrongly.
Proverbs 4:14-16	Do not enter the path of the wicked or walk in the way of those who are evil. Avoid it, do not go on it; turn away from it, and go on. For they cannot sleep unless they cause harm; they are robbed of sleep until they make someone stumble.
Proverbs 4:24	Remove perverse speech from your mouth; keep devious talk far from your lips.
Proverbs 10:19	When words abound, transgression is inevitable, but the one who restrains his words is wise.
Proverbs 11:12-13	The one who denounces his neighbor lacks wisdom, but the one who has discernment keeps silent. The one who goes about slandering others reveals secrets, but the one who is trustworthy conceals a matter.
Proverbs 12:16	A fool's annoyance is known at once, but the prudent overlooks an insult.
Proverbs 12:23	The shrewd person conceals knowledge, but foolish people publicize folly.
Proverbs 13:3	The one who guards his words guards his life, but whoever is talkative will come to ruin.
Proverbs 15:28	The heart of the righteous considers how to answer, but the mouth of the wicked pours out evil things.
Proverbs 17:27-28	The truly wise person restrains his words, and the one who stays calm is discerning. Even a fool who remains silent is considered wise, and the one who holds his tongue is deemed discerning.

Proverbs 18:13	The one who gives an answer before he listens— that is his folly and his shame.
Proverbs 19:11	A person's wisdom makes him slow to anger, and it is his glory to overlook an offense.
Proverbs 21:23	The one who guards his mouth and his tongue keeps his life from troubles
Proverbs 29:11	A fool lets fly with all his temper, but a wise person keeps it back.
Proverbs 20:30	Beatings and wounds cleanse away evil, and floggings cleanse the innermost being.
Proverbs 30:32	If you have done foolishly by exalting yourself or if you have planned evil, put your hand over your mouth!
Philippians 4:5	Let everyone see your gentleness. The Lord is near!
James 1:19	Understand this, my dear brothers and sisters! Let every person be quick to listen, slow to speak, slow to anger.
James 1:26	If someone thinks he is religious yet does not bridle his tongue, and so deceives his heart, his religion is futile.

### Soothing Self/Other Effectively, Taking Breaks to Calm Emotions

Job 16:2	I have heard many things like these before. What miserable comforters are you all!
Psalms 69:20	Their insults are painful and make me lose heart; I look for sympathy, but receive none, for comforters, but find none.
Proverbs 12:25	Anxiety in a person's heart weighs him down, but an encouraging word brings him joy.
Proverbs 15:1	A gentle response turns away anger, but a harsh word stirs up wrath.
John 14:27	Peace I leave with you; my peace I give to you; I do not give it to you as the world does. Do not let your hearts be distressed or lacking in courage.

### Remaining Calm during Conflict

Luke 10:41	But the Lord answered her, "Martha, Martha, you are worried and troubled about many things"
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## Positive versus Negative Sentiment Override

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Romans 12:21

Do not be overcome by evil, but overcome evil with good.

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## Remaining More or Less Affectively Neutral During Conflict

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Romans 12:14

Bless those who persecute you, bless and do not curse.

Philemon 4-22

Thanks for Philemon's Love and Faith. I always thank my God as I remember you in my prayers, because I hear of your faith in the Lord Jesus and your love for all the saints. I pray that the faith you share with us may deepen your understanding of every blessing that belongs to you in Christ. I have had great joy and encouragement because of your love, for the hearts of the saints have been refreshed through you, brother. Paul's Request for Onesimus. So, although I have quite a lot of confidence in Christ and could command you to do what is proper, I would rather appeal to you on the basis of love—I, Paul, an old man and even now a prisoner for the sake of Christ Jesus— I am appealing to you concerning my child, whose spiritual father I have become during my imprisonment, that is, Onesimus, who was formerly useless to you, but is now useful to you and me. I have sent him (who is my very heart) back to you. I wanted to keep him with me so that he could serve me in your place during my imprisonment for the sake of the gospel. However, without your consent I did not want to do anything, so that your good deed would not be out of compulsion, but from your own willingness. For perhaps it was for this reason that he was separated from you for a little while, so that you would have him back eternally, no longer as a slave, but more than a slave, as a dear brother. He is especially so to me, and even more so to you now, both humanly speaking and in the Lord. Therefore if you regard me as a partner, accept him as you would me. Now if he has defrauded you of anything or owes you anything, charge what he owes to me. I, Paul, have written this letter with my own hand: I will repay it. I could also mention that you owe me your very self. Yes, brother, let me have some benefit from you in the Lord. Refresh my heart in Christ. Since I was confident that you would obey, I wrote to you, because I knew that you would do even more than what I am asking you to do. At the same time also, prepare a place for me to stay, for I hope that through your prayers I will be given back to you.

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## Using Active Listening While Being Neutral

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Proverbs 14:10

The heart knows its own bitterness, and with its joy no one else can share.

Proverbs 18:13

The one who gives an answer before he listens—that is his folly and his shame.

## Being Willing and Able to Compromise

Proverbs 11:14	When there is no guidance a nation falls, but there is success in the abundance of counselors.
Proverbs 15:22	Plans fail when there is no counsel, but with abundant advisers they are established.
Proverbs 20:18	Plans are established by counsel, so make war with guidance.

## Complimenting Your Relationship While In Conflict

Philemon 1:4-7	I always thank my God as I remember you in my prayers, because I hear of your faith in the Lord Jesus and your love for all the saints. I pray that the faith you share with us may deepen your understanding of every blessing that belongs to you in Christ. I have had great joy and encouragement because of your love, for the hearts of the saints have been refreshed through you, brother.
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## Taking Responsibility for Your Contributions to the Conflict

Philemon 1:18	Now if he has defrauded you of anything or owes you anything, charge what he owes to me.
James 5:16	So confess your sins to one another and pray for one another so that you may be healed. The prayer of a righteous person has great effectiveness.
Proverbs 13:13	The one who despises instruction will pay the penalty, but whoever esteems instruction will be rewarded.

## Using Humor

Proverbs 13:13	The one who despises instruction will pay the penalty, but whoever esteems instruction will be rewarded.
Ecclesiastes 3:4	A time to weep, and a time to laugh; a time to mourn, and a time to dance.

## Looking for Points of Agreement

Proverbs 16:7	When a person's ways are pleasing to the LORD, he even reconciles his enemies to himself.
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John 17:21-23      that they will all be one, just as you, Father, are in me and I am in you. I pray that they will be in us, so that the world will believe that you sent me. The glory you gave to me I have given to them, that they may be one just as we are one— I in them and you in me—that they may be completely one, so that the world will know that you sent me, and you have loved them just as you have loved me.

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Acts 15:13-21      After they stopped speaking, James replied, “Brothers, listen to me. Simeon has explained how God first concerned himself to select from among the Gentiles a people for his name. The words of the prophets agree with this, as it is written, “After this I will return, and I will rebuild the fallen tent of David; I will rebuild its ruins and restore it, so that the rest of humanity may seek the Lord, namely, all the Gentiles I have called to be my own,” says the Lord, who makes these things known from long ago.” Therefore I conclude that we should not cause extra difficulty for those among the Gentiles who are turning to God, but that we should write them a letter telling them to abstain from things defiled by idols and from sexual immorality and from what has been strangled and from blood. For Moses has had those who proclaim him in every town from ancient times, because he is read aloud in the synagogues every Sabbath.”

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Acts 17:23-29      For as I went around and observed closely your objects of worship, I even found an altar with this inscription: ‘To an unknown god.’ Therefore what you worship without knowing it, this I proclaim to you. The God who made the world and everything in it, who is Lord of heaven and earth, does not live in temples made by human hands, nor is he served by human hands, as if he needed anything, because he himself gives life and breath and everything to everyone. From one man he made every nation of the human race to inhabit the entire earth, determining their set times and the fixed limits of the places where they would live, so that they would search for God and perhaps grope around for him and find him, though he is not far from each one of us. For in him we live and move about and exist, as even some of your own poets have said, ‘For we too are his offspring.’ So since we are God’s offspring, we should not think the deity is like gold or silver or stone, an image made by human skill and imagination.



1 Corinthians 3:3-14

for you are still influenced by the flesh. For since there is still jealousy and dissension among you, are you not influenced by the flesh and behaving like unregenerate people? For whenever someone says, "I am with Paul," or "I am with Apollos," are you not merely human? What is Apollos, really? Or what is Paul? Servants through whom you came to believe, and each of us in the ministry the Lord gave us. I planted, Apollos watered, but God caused it to grow. So neither the one who plants counts for anything, nor the one who waters, but God who causes the growth. The one who plants and the one who waters work as one, but each will receive his reward according to his work. We are coworkers belonging to God. You are God's field, God's building. According to the grace of God given to me, like a skilled master-builder I laid a foundation, but someone else builds on it. And each one must be careful how he builds. For no one can lay any foundation other than what is being laid, which is Jesus Christ. If anyone builds on the foundation with gold, silver, precious stones, wood, hay, or straw, each builder's work will be plainly seen, for the Day will make it clear, because it will be revealed by fire. And the fire will test what kind of work each has done. If what someone has built survives, he will receive a reward.

### Finding Dreams within a Conflict

Proverbs 29:18

When there is no prophetic vision the people cast off restraint, but the one who keeps the law, blessed is he!

### Not Turning Against or Away

Proverbs 12:4

A noble wife is the crown of her husband, but the wife who acts shamefully is like rottenness in his bones.

### Avoid Flooding the Other Emotionally or Being Flooded as This Blocks Empathy and Effective Problem Solving

Proverbs 19:13

A foolish child is the ruin of his father, and a contentious wife is like a constant dripping.

Proverbs 21:19

It is better to live in a desert land than with a quarrelsome and easily provoked woman.

Proverbs 27:15

A continual dripping on a rainy day and a contentious wife are alike.

## Avoid Merely Summarizing Your Own Views Rather Than Ensuring You Understand Your Partner's Feelings and Views

Proverbs 12:9	Better is a person of humble standing who nevertheless has a servant, than one who pretends to be somebody important yet has no food.
Proverbs 29:11	A fool lets fly with all his temper, but a wise person keeps it back.
Ecclesiastes 5:3	Just as dreams come when there are many cares, so the rash vow of a fool occurs when there are many words.
Ecclesiastes 10:14	yet a fool keeps on babbling. No one knows what will happen; who can tell him what will happen in the future?
1 Corinthians 4:19	But I will come to you soon, if the Lord is willing, and I will find out not only the talk of these arrogant people, but also their power.

## Emotional Regulation, Comfort with Your Own Emotions / Discussing Emotions with Others

1 Thessalonians 2:8	with such affection for you we were happy to share with you not only the gospel of God but also our own lives, because you had become dear to us.
Hebrews 2:18	For since he himself suffered when he was tempted, he is able to help those who are tempted.
Hebrews 4:15	For we do not have a high priest incapable of sympathizing with our weaknesses, but one who has been tempted in every way just as we are, yet without sin.

## Situational Anger

Genesis 49:5-7	Simeon and Levi are brothers, weapons of violence are their knives! O my soul, do not come into their council, do not be united to their assembly, my heart, for in their anger they have killed men, and for pleasure they have hamstrung oxen. Cursed be their anger, for it was fierce, and their fury, for it was cruel. I will divide them in Jacob, and scatter them in Israel!
Exodus 11:8	All these your servants will come down to me and bow down to me, saying, 'Go, you and all the people who follow you,' and after that I will go out." Then Moses went out from Pharaoh in great anger.
Nehemiah 9:17	They refused to obey and did not recall your miracles that you had performed among them. Instead, they rebelled and appointed a leader to return to their bondage in Egypt. But you are a God of forgiveness, merciful and compassionate, slow to get angry and unfailing in your loyal love.



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Psalm 30:5	For his anger lasts only a brief moment, and his good favor restores one's life. One may experience sorrow during the night, but joy arrives in the morning.
Psalm 37:8	Do not be angry and frustrated! Do not fret! That only leads to trouble!
Psalm 85:5	Will you stay mad at us forever? Will you remain angry throughout future generations?
Psalm 103:8	The Lord is compassionate and merciful; he is patient and demonstrates great loyal love.
Proverbs 22:24-25	Do not make friends with an angry person, and do not associate with a wrathful person, lest you learn his ways and entangle yourself in a snare.
Ecclesiastes 10:4	If the anger of the ruler flares up against you, do not resign from your position, for a calm response can undo great offenses.
Jeremiah 23:20	The anger of the Lord will not turn back until he has fully carried out his intended purposes. In days to come you people will come to understand this clearly.
Jeremiah 25:7	So, now the Lord says, 'You have not listened to me. But you have made me angry by the things that you have done. Thus you have brought harm on yourselves.'
Jeremiah 32:37	'I will certainly regather my people from all the countries where I will have exiled them in my anger, fury, and great wrath. I will bring them back to this place and allow them to live here in safety.
Jonah 4:2	He prayed to the Lord and said, "Oh, Lord, this is just what I thought would happen when I was in my own country. This is what I tried to prevent by attempting to escape to Tarshish!—because I knew that you are gracious and compassionate, slow to anger and abounding in mercy, and one who relents concerning threatened judgment.
Nahum 1:3	The Lord is slow to anger but great in power; the Lord will certainly not allow the wicked to go unpunished.
Mark 3:3-5	So he said to the man who had the withered hand, "Stand up among all these people." Then he said to them, "Is it lawful to do good on the Sabbath, or evil, to save a life or destroy it?" But they were silent. After looking around at them in anger, grieved by the hardness of their hearts, he said to the man, "Stretch out your hand." He stretched it out, and his hand was restored.
Ephesians 4:26	Be angry and do not sin; do not let the sun go down on the cause of your anger.

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James 1:19-21 Understand this, my dear brothers and sisters! Let every person be quick to listen, slow to speak, slow to anger. For human anger does not accomplish God's righteousness.

### Being Truthful, Not Lying, Not Slandering

Colossians 3:9 Do not lie to one another since you have put off the old man with its practices

Ephesians 4:25 Therefore, having laid aside falsehood, each one of you speak the truth with his neighbor, for we are members of one another.

James 4:11 Do not speak against one another, brothers and sisters. He who speaks against a fellow believer or judges a fellow believer speaks against the law and judges the law. But if you judge the law, you are not a doer of the law but its judge.

James 5:16 So confess your sins to one another and pray for one another so that you may be healed. The prayer of a righteous person has great effectiveness.

### Forgiving

Genesis 50:17 'Tell Joseph this: Please forgive the sin of your brothers and the wrong they did when they treated you so badly.' Now please forgive the sin of the servants of the God of your father." When this message was reported to him, Joseph wept.

Exodus 32:31-32 So Moses returned to the LORD and said, "Alas, this people has committed a very serious sin, and they have made for themselves gods of gold. But now, if you will forgive their sin..., but if not, wipe me out from your book that you have written."

2 Chronicles 7:14 if my people, who belong to me, humble themselves, pray, seek to please me, and repudiate their sinful practices, then I will respond from heaven, forgive their sin, and heal their land.

Psalms 25:11 For the sake of your reputation, O Lord, forgive my sin, because it is great.

Psalms 38:18 Yes, I confess my wrongdoing, and I am concerned about my sins.

Psalms 86:13 For you will extend your great loyal love to me, and will deliver my life from the depths of Sheol.

Psalms 86:15 But you, O Lord, are a compassionate and merciful God. You are patient and demonstrate great loyal love and faithfulness.

Psalms 103:3 He is the one who forgives all your sins, who heals all your diseases,

Psalm 130:4	But you are willing to forgive, so that you might be honored.
Psalm 149:8	They bind their kings in chains, and their nobles in iron shackles,
Proverbs 10:12	Hatred stirs up dissension, but love covers all transgressions.
Proverbs 11:17	A kind person benefits himself, but a cruel person brings himself trouble.
Proverbs 17:9	The one who forgives an offense seeks love, but whoever repeats a matter separates close friends.
Proverbs 19:11	A person's wisdom makes him slow to anger, and it is his glory to overlook an offense.
Jeremiah 31:34	"People will no longer need to teach their neighbors and relatives to know me. For all of them, from the least important to the most important, will know me," says the Lord. "For I will forgive their sin and will no longer call to mind the wrong they have done."
Matthew 6:12-15	and forgive us our debts, as we ourselves have forgiven our debtors. And do not lead us into temptation, but deliver us from the evil one." For if you forgive others their sins, your heavenly Father will also forgive you. But if you do not forgive others, your Father will not forgive you your sins.
Matthew 18:21-35	Then Peter came to him and said, "Lord, how many times must I forgive my brother who sins against me? As many as seven times?" Jesus said to him, "Not seven times, I tell you, but seventy-seven times! "For this reason, the kingdom of heaven is like a king who wanted to settle accounts with his slaves. As he began settling his accounts, a man who owed ten thousand talents was brought to him. Because he was not able to repay it, the lord ordered him to be sold, along with his wife, children, and whatever he possessed, and repayment to be made. Then the slave threw himself to the ground before him, saying, 'Be patient with me, and I will repay you everything.' The lord had compassion on that slave and released him, and forgave him the debt. After he went out, that same slave found one of his fellow slaves who owed him one hundred silver coins. So he grabbed him by the throat and started to choke him, saying, 'Pay back what you owe me!' Then his fellow slave threw himself down and begged him, 'Be patient with me, and I will repay you.' But he refused. Instead, he went out and threw him in prison until he repaid the debt. When his fellow slaves saw what had happened, they were very upset and went and told their lord everything that had taken place. Then his lord called the first slave and said to him, 'Evil slave! I forgave you all that debt because you begged me! Should you not have shown mercy to your fellow slave, just as I showed it to you?' And in anger his lord turned him over to the prison guards to torture him until he repaid all he owed. So also my heavenly Father will do to you, if each of you does not forgive your brother from your heart."

Mark 11:25	Whenever you stand praying, if you have anything against anyone, forgive him, so that your Father in heaven will also forgive you your sins.”
Luke 7:43-48	Simon answered, “I suppose the one who had the bigger debt canceled.” Jesus said to him, “You have judged rightly.” Then, turning toward the woman, he said to Simon, “Do you see this woman? I entered your house. You gave me no water for my feet, but she has wet my feet with her tears and wiped them with her hair. You gave me no kiss of greeting, but from the time I entered she has not stopped kissing my feet. You did not anoint my head with oil, but she has anointed my feet with perfumed oil. Therefore I tell you, her sins, which were many, are forgiven, thus she loved much; but the one who is forgiven little loves little.” Then Jesus said to her, “Your sins are forgiven.”
Luke 11:4	and forgive us our sins, for we also forgive everyone who sins against us. And do not lead us into temptation.”
Romans 2:1	Therefore you are without excuse, whoever you are, when you judge someone else. For on whatever grounds you judge another, you condemn yourself, because you who judge practice the same things.
Colossians 3:13	bearing with one another and forgiving one another, if someone happens to have a complaint against anyone else. Just as the Lord has forgiven you, so you also forgive others.

### Be Truthful, in Love

Psalms 15:2	Whoever lives a blameless life, does what is right, and speaks honestly.
Psalms 56:6	Look, you desire integrity in the inner man; you want me to possess wisdom.
Proverbs 4:24	Remove perverse speech from your mouth; keep devious talk far from your lips.
Proverbs 6:17	haughty eyes, a lying tongue, and hands that shed innocent blood,
Proverbs 8:7	For my mouth speaks truth, and my lips hate wickedness.
Proverbs 10:18	The one who conceals hatred utters lies, and the one who spreads slander is certainly a fool.
Proverbs 12:24	The diligent person will rule, but the slothful will become a slave.
Proverbs 14:5	A truthful witness does not lie, but a false witness breathes out lies.

Proverbs 27:5	Better is open rebuke than hidden love.
Malachi 2:6	He taught what was true; sinful words were not found on his lips. He walked with me in peace and integrity, and he turned many people away from sin.
John 8:44	You people are from your father the devil, and you want to do what your father desires. He was a murderer from the beginning, and does not uphold the truth, because there is no truth in him. Whenever he lies, he speaks according to his own nature, because he is a liar and the father of lies.
John 17:17	Set them apart in the truth; your word is truth.
Romans 12:9	Love must be without hypocrisy. Abhor what is evil, cling to what is good.
Philippians 4:8	Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things.
Ephesians 4:15	But practicing the truth in love, we will in all things grow up into Christ, who is the head.
Ephesians 4:25	Therefore, having laid aside falsehood, each one of you speak the truth with his neighbor, for we are members of one another.
Colossians 3:9	Do not lie to one another since you have put off the old man with its practices
1 Peter 1:22	You have purified your souls by obeying the truth in order to show sincere mutual love. So love one another earnestly from a pure heart.

### Resolve Conflict

Matthew 5:24	leave your gift there in front of the altar. First go and be reconciled to your brother and then come and present your gift.
Romans 12:18	If possible, so far as it depends on you, live peaceably with all people.
Colossians 3:13	bearing with one another and forgiving one another, if someone happens to have a complaint against anyone else. Just as the Lord has forgiven you, so you also forgive others.

### Joint Prayer

James 5:16	So confess your sins to one another and pray for one another so that you may be healed. The prayer of a righteous person has great effectiveness.
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## Avoiding Escalation of Destructive Patterns

Overtime, couples can develop destructive patterns to their conflict. It takes a great deal of work to recognize and to change these patterns. It may require professional help.

If conflicts escalate and never reach a constructive solution, that is not good. Taking a break from the conflict to let emotions calm down can be healthy.

The problem becomes worse when someone starts to label his or her partner with a negative interpretation. For example, when someone starts to fixate on the other person as being “bad”, they start to interpret their partner’s actions in that negative light.



### Avoid the Nasty State of Gridlock

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Proverbs 17:13                      As for the one who repays evil for good, evil will not leave his house.

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1 Thessalonians 5:15              See that no one pays back evil for evil to anyone, but always pursue what is good for one another and for all.

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### Avoid Escalating Conflict

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Proverbs 15:1                      A gentle response turns away anger, but a harsh word stirs up wrath.

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Psalm 37:8                         Do not be angry and frustrated! Do not fret! That only leads to trouble!

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Proverbs 15:18                    A quick-tempered person stirs up dissension, but one who is slow to anger calms a quarrel.

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Proverbs 17:9                     The one who forgives an offense seeks love, but whoever repeats a matter separates close friends.

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Proverbs 17:14                    Starting a quarrel is like letting out water; stop it before strife breaks out!

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Proverbs 20:20                    The one who curses his father and his mother, his lamp will be extinguished in the blackest darkness.

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Proverbs 25:21	If your enemy is hungry, give him food to eat, and if he is thirsty, give him water to drink,
Matthew 5:44	But I say to you, love your enemy and pray for those who persecute you,
Romans 12:14-21	Bless those who persecute you, bless and do not curse. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty but associate with the lowly. Do not be conceited. Do not repay anyone evil for evil; consider what is good before all people. If possible, so far as it depends on you, live peaceably with all people. Do not avenge yourselves, dear friends, but give place to God's wrath, for it is written, "Vengeance is mine, I will repay," says the Lord. Rather, if your enemy is hungry, feed him; if he is thirsty, give him a drink; for in doing this you will be heaping burning coals on his head. Do not be overcome by evil, but overcome evil with good.
1 Corinthians 6:7	The fact that you have lawsuits among yourselves demonstrates that you have already been defeated. Why not rather be wronged? Why not rather be cheated?
1 Peter 2:23	When he was maligned, he did not answer back; when he suffered, he threatened no retaliation, but committed himself to God who judges justly.
1 Peter 3:9	Do not return evil for evil or insult for insult, but instead bless others because you were called to inherit a blessing.

### Avoid the Use of Physical or Emotional Abuse Designed to Punish or Control the Other

Romans 12:17	Do not repay anyone evil for evil; consider what is good before all people.
1 Timothy 3:3	not a drunkard, not violent, but gentle, not contentious, free from the love of money.

### Avoid Development of Exaggerated, Negative Attributions About the Other's Character

Proverbs 18:9	The one who is slack in his work is a brother to one who destroys.
Hebrews 12:15	See to it that no one comes short of the grace of God, that no one be like a bitter root springing up and causing trouble, and through him many become defiled.
Colossians 3:19	Husbands, love your wives and do not be embittered against them.

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## Avoid Making Unfavorable Comparisons of Your Current Partner to Someone Else

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Malachi 2:14-15	Yet you ask, "Why?" The Lord is testifying against you on behalf of the wife you married when you were young, to whom you have become unfaithful even though she is your companion and wife by law. No one who has even a small portion of the Spirit in him does this. What did our ancestor do when seeking a child from God? Be attentive, then, to your own spirit, for one should not be disloyal to the wife he took in his youth.
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## Avoid the Distance and Isolation Cascade

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Proverbs 18:19	A relative offended is harder to reach than a strong city, and disputes are like the barred gates of a fortified citadel.
Proverbs 24:17	Do not rejoice when your enemy falls, and when he stumbles do not let your heart rejoice,
Matthew 24:12	and because lawlessness will increase so much, the love of many will grow cold.



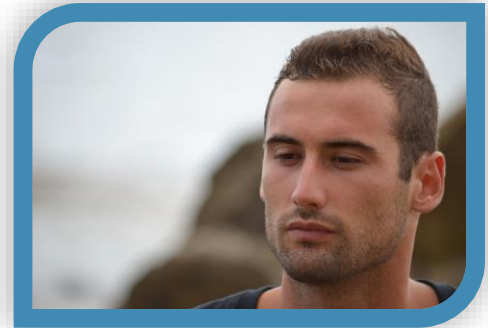


## Foundational Values and Traits

God is working in us to make us holy. He wants to create foundational values and traits in our life.

If only we became perfect when we believed!

Instead, God leads us and guides us to sanctification. As we develop these values in increasing amounts, they help us to be better husbands and wives!



### Allow God to Work in Your Life

John 14:16-17	Then I will ask the Father, and he will give you another Advocate to be with you forever— the Spirit of truth, whom the world cannot accept, because it does not see him or know him. But you know him, because he resides with you and will be in you.
John 14:26	But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and will cause you to remember everything I said to you.
John 16:13	But when he, the Spirit of truth, comes, he will guide you into all truth. For he will not speak on his own authority, but will speak whatever he hears, and will tell you what is to come.
John 17:26	I made known your name to them, and I will continue to make it known, so that the love you have loved me with may be in them, and I may be in them.
1 Corinthians 3:16	Do you not know that you are God’s temple and that God’s Spirit lives in you?
Philippians 2:13	for the one bringing forth in you both the desire and the effort—for the sake of his good pleasure—is God.
Philippians 4:7	And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.
Colossians 1:27	God wanted to make known to them the glorious riches of this mystery among the Gentiles, which is Christ in you, the hope of glory.
Colossians 3:3	for you have died and your life is hidden with Christ in God.

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2 Thessalonians 2:13                      But we ought to thank God always for you, brothers and sisters loved by the Lord, because God chose you from the beginning for salvation through sanctification by the Spirit and faith in the truth.

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### Commit Unconditionally

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Ruth 1:16                                      But Ruth replied, "Stop urging me to abandon you! For wherever you go, I will go. Wherever you live, I will live. Your people will become my people, and your God will become my God.

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Proverbs 5:18                                May your fountain be blessed, and may you rejoice in your young wife—

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Proverbs 17:17                              A friend loves at all times, and a relative is born to help in adversity.

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Proverbs 28:20                              A faithful person will have an abundance of blessings, but the one who hastens to gain riches will not go unpunished

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Malachi 2:15                                No one who has even a small portion of the Spirit in him does this. What did our ancestor do when seeking a child from God? Be attentive, then, to your own spirit, for one should not be disloyal to the wife he took in his youth.

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### Love Others

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Proverbs 6:18                                a heart that devises wicked plans, feet that are swift to run to evil,

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Psalms 66:18                                If I had harbored sin in my heart, the Lord would not have listened.

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Romans 13:8                                 Owe no one anything, except to love one another, for the one who loves his neighbor has fulfilled the law.

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Romans 13:10                                Love does no wrong to a neighbor. Therefore love is the fulfillment of the law.

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Mark 10:9                                    Therefore what God has joined together, let no one separate."

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### Able to Earn a Living with Hard Work

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Exodus 20:9                                 For six days you may labor and do all your work,

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Deuteronomy 5:13                            You are to work and do all your tasks in six days

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Psalms 104:23                                Men then go out to do their work, and labor away until evening.

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Proverbs 4:17                                For they eat bread gained from wickedness and drink wine obtained from violence.

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Proverbs 6:9-11	How long, you sluggard, will you lie there? When will you rise from your sleep? A little sleep, a little slumber, a little folding of the hands to relax, and your poverty will come like a robber, and your need like an armed man.
Proverbs 10:4	The one who is lazy becomes poor, but the one who works diligently becomes wealthy.
Proverbs 10:16	The reward which the righteous receive is life; the recompense which the wicked receive is judgment.
Proverbs 10:26	Like vinegar to the teeth and like smoke to the eyes, so is the sluggard to those who send him.
Proverbs 12:11-14	The one who works his field will have plenty of food, but whoever chases daydreams lacks wisdom. The wicked person desires a stronghold, but the righteous root endures. The evil person is ensnared by the transgression of his speech, but the righteous person escapes out of trouble. A person will be satisfied with good from the fruit of his words, and the work of his hands will be rendered to him.
Proverbs 12:24	The diligent person will rule, but the slothful will become a slave.
Proverbs 13:4	The appetite of the sluggard craves but gets nothing, but the desire of the diligent will be abundantly satisfied.
Proverbs 14:23	In all hard work there is profit, but merely talking about it only brings poverty.
Proverbs 19:15	Laziness brings on a deep sleep, and the idle person will go hungry.
Proverbs 24:30-34	I passed by the field of a sluggard, by the vineyard of one who lacks wisdom. I saw that thorns had grown up all over it, the ground was covered with weeds, and its stone wall was broken down. When I saw this, I gave careful consideration to it; I received instruction from what I saw: “A little sleep, a little slumber, a little folding of the hands to relax, and your poverty will come like a bandit, and your need like an armed robber.”
Proverbs 31:13-22	She obtains wool and flax, and she is pleased to work with her hands. She is like the merchant ships; she brings her food from afar. She also gets up while it is still night, and provides food for her household and a portion to her female servants. She considers a field and buys it; from her own income she plants a vineyard. She begins her work vigorously, and she strengthens her arms. She knows that her merchandise is good, and

her lamp does not go out in the night. Her hands take hold of the distaff, and her hands grasp the spindle. She extends her hand to the poor, and reaches out her hand to the needy. She is not afraid of the snow for her household, for all of her household are clothed with scarlet. She makes for herself coverlets; her clothing is fine linen and purple.

Romans 12:11

Do not lag in zeal, be enthusiastic in spirit, serve the Lord.

1 Corinthians 4:12

We do hard work, toiling with our own hands. When we are verbally abused, we respond with a blessing, when persecuted, we endure,

1 Thessalonians 4:11

to aspire to lead a quiet life, to attend to your own business, and to work with your own hands, as we commanded you.

Ephesians 4:28

The one who steals must steal no longer; rather he must labor, doing good with his own hands, so that he may have something to share with the one who has need.

2 Thessalonians 3:10-12

For even when we were with you, we used to give you this command: "If anyone is not willing to work, neither should he eat." For we hear that some among you are living an undisciplined life, not doing their own work but meddling in the work of others. Now such people we command and urge in the Lord Jesus Christ to work quietly and so provide their own food to eat.

## Avoid Sex or Drug Addiction

For the lips of the adulterous woman drip honey, and her seductive words are smoother than olive oil, but in the end she is bitter as wormwood, sharp as a two-edged sword.

Her feet go down to death; her steps lead straight to the grave. Lest she should make level the path leading to life,

her paths are unstable but she does not know it. So now, children, listen to me; do not turn aside from the words I speak. Keep yourself far from her, and do not go near the door of her house, lest you give your vigor to others and your years to a cruel person, lest strangers devour your strength, and your labor benefit another man's house.

Proverbs 5:3-17

And at the end of your life you will groan when your flesh and your body are wasted away. And you will say, "How I hated discipline! My heart spurned reproof! For I did not obey my teachers and I did not heed my instructors. I almost came to complete ruin in the midst of the whole congregation!" Drink water from your own cistern and running water from your own well. Should your springs be dispersed outside, your streams of water in the wide plazas? Let them be for yourself alone, and not for strangers with you.

Proverbs 20:1

Wine is a mocker and strong drink is a brawler; whoever goes astray by them is not wise.

Proverbs 31:4-7	It is not for kings, O Lemuel, it is not for kings to drink wine, or for rulers to crave strong drink, lest they drink and forget what is decreed, and remove from all the poor their legal rights. Give strong drink to the one who is perishing, and wine to those who are bitterly distressed; let them drink and forget their poverty, and remember their misery no more.
John 8:34	Jesus answered them, "I tell you the solemn truth, everyone who practices sin is a slave of sin.
Romans 13:13	Let us live decently as in the daytime, not in carousing and drunkenness, not in sexual immorality and sensuality, not in discord and jealousy.
1 Corinthians 6:10	thieves, the greedy, drunkards, the verbally abusive, and swindlers will not inherit the kingdom of God.
1 Corinthians 6:12	"All things are lawful for me"—but not everything is beneficial. "All things are lawful for me"—but I will not be controlled by anything.
1 Thessalonians 5:7	For those who sleep, sleep at night and those who get drunk are drunk at night.
1 Timothy 3:3	not a drunkard, not violent, but gentle, not contentious, free from the love of money.
1 Timothy 6:9	Those who long to be rich, however, stumble into temptation and a trap and many senseless and harmful desires that plunge people into ruin and destruction.
<b>Be Vulnerable</b>	
Proverbs 20:9	Who can say, "I have kept my heart clean; I am pure from my sin"?
Proverbs 28:13	The one who covers his transgressions will not prosper, but whoever confesses them and forsakes them will find mercy.
Psalms 19:12	Who can know all his errors?
James 5:16	So confess your sins to one another and pray for one another so that you may be healed. The prayer of a righteous person has great effectiveness. Please do not punish me for sins I am unaware of.
1 John 1:9-10	But if we confess our sins, he is faithful and righteous, forgiving us our sins and cleansing us from all unrighteousness. If we say we have not sinned, we make him a liar and his word is not in us.

## Be Humble

Psalm 4:4	Tremble with fear and do not sin! Meditate as you lie in bed, and repent of your ways!
Psalm 39:4	“O Lord, help me understand my mortality and the brevity of life! Let me realize how quickly my life will pass!
Psalm 84:10	Certainly spending just one day in your temple courts is better than spending a thousand elsewhere.
Proverbs 3:7	Do not be wise in your own estimation; fear the Lord and turn away from evil.
Proverbs 6:3	then, my child, do this in order to deliver yourself, because you have fallen into your neighbor’s power: go, humble yourself, and appeal firmly to your neighbor.
Proverbs 6:17	haughty eyes, a lying tongue, and hands that shed innocent blood,
Proverbs 8:13	The fear of the Lord is to hate evil; I hate arrogant pride and the evil way and perverse utterances.
Proverbs 11:2	When pride comes, then comes disgrace, but with humility comes wisdom.
Proverbs 16:5	The Lord abhors every arrogant person; rest assured that they will not go unpunished.
Proverbs 16:18-19	Pride goes before destruction, and a haughty spirit before a fall. It is better to be lowly in spirit with the afflicted than to share the spoils with the proud.
Proverbs 22:4	The reward for humility and fearing the Lord is riches and honor and life.
Proverbs 26:12	Do you see a man wise in his own eyes? There is more hope for a fool than for him.
Isaiah 57:15	For this is what the high and exalted one says, the one who rules forever, whose name is holy: “I dwell in an exalted and holy place, but also with the discouraged and humiliated, in order to cheer up the humiliated and to encourage the discouraged.
Micah 6:8	He has told you, O man, what is good, and what the Lord really wants from you: He wants you to promote justice, to be faithful, and to live obediently before your God.

John 13:14	If I then, your Lord and Teacher, have washed your feet, you too ought to wash one another's feet.
Romans 12:3	For by the grace given to me I say to every one of you not to think more highly of yourself than you ought to think, but to think with sober discernment, as God has distributed to each of you a measure of faith.
Romans 12:16	Live in harmony with one another; do not be haughty but associate with the lowly. Do not be conceited.
James 3:2	For we all stumble in many ways. If someone does not stumble in what he says, he is a perfect individual, able to control the entire body as well.
1 Peter 5:5-6	In the same way, you who are younger, be subject to the elders. And all of you, clothe yourselves with humility toward one another, because God opposes the proud but gives grace to the humble. And God will exalt you in due time, if you humble yourselves under his mighty hand
Philippians 2:3	Instead of being motivated by selfish ambition or vanity, each of you should, in humility, be moved to treat one another as more important than yourself.
Philippians 2:8	He humbled himself, by becoming obedient to the point of death—even death on a cross!
Colossians 3:12	Therefore, as the elect of God, holy and dearly loved, clothe yourselves with a heart of mercy, kindness, humility, gentleness, and patience,
Titus 3:2	They must not slander anyone, but be peaceable, gentle, showing complete courtesy to all people

### Focus on Understanding Others Rather Than Justifying Yourself

Deuteronomy 12:8	You must not do like we are doing here today, with everyone doing what seems best to him
Judges 17:6	In those days Israel had no king. Each man did what he considered to be right.
Proverbs 12:15	The way of a fool is right in his own opinion, but the one who listens to advice is wise.
Proverbs 18:13	The one who gives an answer before he listens—that is his folly and his shame.

### Be Unselfish

Proverbs 22:11	The one who loves a pure heart and whose speech is gracious—the king will be his friend.
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Proverbs 31:11	The heart of her husband has confidence in her, and he has no lack of gain.
Philippians 2:4	Each of you should be concerned not only about your own interests, but about the interests of others as well.
Romans 15:2	Let each of us please his neighbor for his good to build him up.

### Develop Personal Virtue

Psalms 119:11	In my heart I store up your words, so I might not sin against you.
Psalms 139:23-24	Examine me, and probe my thoughts! Test me, and know my concerns! See if there is any idolatrous tendency in me, and lead me in the reliable ancient path!
Proverbs 4:7	Wisdom is supreme—so acquire wisdom, and whatever you acquire, acquire understanding!
Proverbs 12:4	A noble wife is the crown of her husband, but the wife who acts shamefully is like rotteness in his bones.
Proverbs 16:7	When a person's ways are pleasing to the Lord, he even reconciles his enemies to himself.
Proverbs 31:11	The heart of her husband has confidence in her, and he has no lack of gain.
Philippians 4:8	Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things.
1 Peter 1:16	for it is written, "You shall be holy, because I am holy."
1 Peter 3:4	but the inner person of the heart, the lasting beauty of a gentle and tranquil spirit, which is precious in God's sight.

### Don't Be Impulsive

Proverbs 4:26-27	Make the path for your feet level, so that all your ways may be established. Do not turn to the right or to the left; turn yourself away from evil.
Proverbs 5:21-23	For the ways of a person are in front of the Lord's eyes, and the Lord weighs all that person's paths. The wicked will be captured by his own iniquities, and he will be held by the cords of his own sin. He will die because there was no discipline; because of the greatness of his folly he will reel.



Proverbs 14:29	The one who is slow to anger has great understanding, but the one who has a quick temper exalts folly.
Romans 13:14	Instead, put on the Lord Jesus Christ, and make no provision for the flesh to arouse its desires.
2 Timothy 3:4	treacherous, reckless, conceited, loving pleasure rather than loving God
1 Peter 2:1	So get rid of all evil and all deceit and hypocrisy and envy and all slander.

### Be Able to Delay Gratification

Psalms 1:6	Certainly the Lord guards the way of the godly, but the way of the wicked ends in destruction.
Psalms 84:11	For the Lord God is our sovereign protector. The Lord bestows favor and honor; he withholds no good thing from those who have integrity.
Proverbs 1:19	Such are the ways of all who gain profit unjustly; it takes away the life of those who obtain it!
Proverbs 8:36	But the one who does not find me brings harm to himself; all who hate me love death.”
Proverbs 9:11	For because of me your days will be many, and years will be added to your life.
Proverbs 9:17-18	“Stolen waters are sweet, and food obtained in secret is pleasant!” But they do not realize that the dead are there, that her guests are in the depths of the grave.
Proverbs 10:5	The one who gathers crops in the summer is a wise son, but the one who sleeps during the harvest is a son who brings shame to himself.
Proverbs 10:24-25	What the wicked fears will come on him; what the righteous desire will be granted. When the storm passes through, the wicked are swept away, but the righteous are an everlasting foundation.
Proverbs 10:27-30	Fearing the Lord prolongs life, but the life span of the wicked will be shortened. The hope of the righteous is joy, but the expectation of the wicked will remain unfulfilled. The way of the Lord is like a stronghold for the upright, but it is destruction to evildoers. The righteous will never be moved, but the wicked will not inhabit the land.
Proverbs 11:19	True righteousness leads to life, but the one who pursues evil pursues it to his own death.

Proverbs 12:7	The wicked are overthrown and perish, but the righteous household will stand.
Proverbs 11:30-31	The fruit of the righteous is like a tree producing life, and the one who wins souls is wise. If the righteous are recompensed on earth, how much more the wicked sinner!
Proverbs 13:22	A benevolent person leaves an inheritance for his grandchildren, but the wealth of a sinner is stored up for the righteous.
Proverbs 14:12	There is a way that seems right to a person, but its end is the way that leads to death.
Proverbs 16:25	There is a way that seems right to a person, but its end is the way that leads to death.
Romans 7: 14-24	For we know that the law is spiritual—but I am unspiritual, sold into slavery to sin. For I don't understand what I am doing. For I do not do what I want—instead, I do what I hate. But if I do what I don't want, I agree that the law is good. But now it is no longer me doing it, but sin that lives in me. For I know that nothing good lives in me, that is, in my flesh. For I want to do the good, but I cannot do it. For I do not do the good I want, but I do the very evil I do not want! Now if I do what I do not want, it is no longer me doing it but sin that lives in me. So, I find the law that when I want to do good, evil is present with me. For I delight in the law of God in my inner being. But I see a different law in my members waging war against the law of my mind and making me captive to the law of sin that is in my members. Wretched man that I am! Who will rescue me from this body of death?
Romans 16:18	For these are the kind who do not serve our Lord Christ, but their own appetites. By their smooth talk and flattery they deceive the minds of the naïve.
Galatians 6:7	Do not be deceived. God will not be made a fool. For a person will reap what he sows,
Philippians 3:19	Their end is destruction, their god is the belly, they exult in their shame, and they think about earthly things.
Colossians 3:5	So put to death whatever in your nature belongs to the earth: sexual immorality, impurity, shameful passion, evil desire, and greed which is idolatry.
2 Timothy 3:4	treacherous, reckless, conceited, loving pleasure rather than loving God.
1 Peter 2:11	Dear friends, I urge you as foreigners and exiles to keep away from fleshly desires that do battle against the soul,

## Be Sexually Faithful

Proverbs 6:25	Do not lust in your heart for her beauty, and do not let her captivate you with her alluring eyes;
Proverbs 7:21	She persuaded him with persuasive words; with her smooth talk she compelled him.
Proverbs 23:28	Indeed, she lies in wait like a robber, and increases the unfaithful among men.
Proverbs 28:13	The one who covers his transgressions will not prosper, but whoever confesses them and forsakes them will find mercy.
Romans 13:9	For the commandments, “Do not commit adultery, do not murder, do not steal, do not covet,” (and if there is any other commandment) are summed up in this, “Love your neighbor as yourself.”
1 Corinthians 6:9	Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived! The sexually immoral, idolaters, adulterers, passive homosexual partners, practicing homosexuals,
1 Corinthians 6:18	Flee sexual immorality! “Every sin a person commits is outside of the body” — but the immoral person sins against his own body.
1 Corinthians 10:8	And let us not be immoral, as some of them were, and twenty-three thousand died in a single day.
2 Corinthians 12:21	I am afraid that when I come again, my God may humiliate me before you, and I will grieve for many of those who previously sinned and have not repented of the impurity, sexual immorality, and licentiousness that they have practiced.
Galatians 5:19	Now the works of the flesh are obvious: sexual immorality, impurity, depravity,
1 Thessalonians 4:3-7	For this is God’s will: that you become holy, that you keep away from sexual immorality, that each of you know how to possess his own body in holiness and honor, not in lustful passion like the Gentiles who do not know God. In this matter no one should violate the rights of his brother or take advantage of him, because the Lord is the avenger in all these cases, as we also told you earlier and warned you solemnly. For God did not call us to impurity but in holiness.
James 2:11	For he who said, “Do not commit adultery,” also said, “Do not murder.” Now if you do not commit adultery but do commit murder, you have become a violator of the law.
Hebrews 13:4	Marriage must be honored among all and the marriage bed kept undefiled, for God will judge sexually immoral people and adulterers.

## Avoid Self-deceiving Pride

Psalm 81:12	I gave them over to their stubborn desires; they did what seemed right to them.
Proverbs 3:5	Trust in the Lord with all your heart, and do not rely on your own understanding.
Proverbs 14:12	There is a way that seems right to a person, but its end is the way that leads to death.
Proverbs 16:2	All a person's ways seem right in his own opinion, but the Lord evaluates the motives.
Proverbs 16:25	There is a way that seems right to a person, but its end is the way that leads to death.
Proverbs 20:6	Many people profess their loyalty, but a faithful person—who can find?
Proverbs 21:2	All of a person's ways seem right in his own opinion, but the Lord evaluates the motives.
Proverbs 26:12	Do you see a man wise in his own eyes? There is more hope for a fool than for him.
Proverbs 30:12	There is a generation who are pure in their own eyes and yet are not washed from their filthiness.
Romans 12:3	For by the grace given to me I say to every one of you not to think more highly of yourself than you ought to think, but to think with sober discernment, as God has distributed to each of you a measure of faith.
1 Corinthians 3:18-21	Guard against self-deception, each of you. If someone among you thinks he is wise in this age, let him become foolish so that he can become wise. For the wisdom of this age is foolishness with God. As it is written, "He catches the wise in their craftiness." And again, "The Lord knows that the thoughts of the wise are futile." So then, no more boasting about mere mortals! For everything belongs to you,

## Trust in God Over All Else

Job 13:15	Even if he slays me, I will hope in him; I will surely defend my ways to his face!
Job 39:11	Will you rely on it because its strength is great? Will you commit your labor to it?

Proverbs 2:6	For the Lord gives wisdom, and from his mouth comes knowledge and understanding.
Proverbs 3:5	Trust in the Lord with all your heart, and do not rely on your own understanding.
Proverbs 3:9-10	Honor the Lord from your wealth and from the first fruits of all your crops; then your barns will be filled completely, and your vats will overflow with new wine.
Psalms 25:2	My God, I trust in you. Please do not let me be humiliated; do not let my enemies triumphantly rejoice over me!
Psalms 31:6	I hate those who serve worthless idols, but I trust in the Lord.
Psalms 37:3-4	Trust in the Lord and do what is right! Settle in the land and maintain your integrity! Then you will take delight in the Lord, and he will answer your prayers.
Psalms 40:3	He gave me reason to sing a new song, praising our God. May many see what God has done, so that they might swear allegiance to him and trust in the Lord!
Psalms 55:23	But you, O God, will bring them down to the deep Pit. Violent and deceitful people will not live even half a normal lifespan. But as for me, I trust in you.
Psalms 56:3	When I am afraid, I trust in you.
Psalms 62:8	Trust in him at all times, you people! Pour out your hearts before him! God is our shelter!
Psalms 78:22	because they did not have faith in God, and did not trust his ability to deliver them.
Psalms 115:9	O Israel, trust in the Lord! He is their deliverer and protector.
Psalms 118:8	It is better to take shelter in the Lord than to trust in people.
Psalms 143:8	May I hear about your loyal love in the morning, for I trust in you. Show me the way I should go, because I long for you
Jeremiah 9:23-24	The Lord says, "Wise people should not boast that they are wise. Powerful people should not boast that they are powerful. Rich people should not boast that they are rich. If people want to boast, they should boast about this: They should boast that they understand and know me. They should boast that they know and understand

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that I, the Lord, act out of faithfulness, fairness, and justice in the earth and that I desire people to do these things," says the Lord.

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Jeremiah 49:11      Leave your orphans behind and I will keep them alive.  
Your widows too can depend on me."

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Isaiah 26:4      Trust in the Lord from this time forward, even in Yah, the Lord, an enduring protector!

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Isaiah 50:10      Who among you fears the Lord? Who obeys his servant?  
Whoever walks in deep darkness, without light, should trust in the name of the Lord and rely on his God.

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Matthew 6:33      But above all pursue his kingdom and righteousness, and all these things will be given to you as well.

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#### References:

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