



In this series we will dive into some Biblical principles that will help navigate those ups and downs in every relationship. The truth is every relationship, not just in marriage, has ups and downs.

This morning, I want to unpack the silent “marriage killer.”

Anger is one clear killer of marriages. When we allow our anger to control us or our words, it will lead to bitterness and division when not addressed.

We know from Scripture there are other marriage killers, which will also harm and hinder our personal lives for Christ. Those are summarized in 1 John 2:16 as “lust of the flesh, lust of the eyes and the pride of life.”

Text: **Genesis 2:25**

I. Helping one another to heal through Christ.

A. Is unspoken shame hindering your marriage?

“None of us have a perfect marriage, or should expect it, but what holds us back too often is the presence of shame — the fear that I will be rejected if I am vulnerable with you (my spouse).”

B. We don’t have to hide from Christ because we are in Christ. - **Vs. Romans 8:1, 38-39**

Conviction of sin by the Spirit is healthy and biblical. A shame imposed by the flesh, to keep us defeated and doubtful of the love and grace of Christ is a tactic of the enemy.
(**2 Corinthians 10:5**)

Emboldened by the gospel, and empowered by the Spirit, we then can be a reflection of this covering and healing grace for our spouse.

C. Where do we start?

1) Start with self.

2) Share with your spouse.

3) Stand in your identity in Christ. (**Ephesians 1:5-6**)

“We must believe what God’s word says about us, that we are adopted and accepted in the beloved, Jesus Christ!”

Application:

Psalms 34:4-5 tells us, *“I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.”*

Will you and your spouse make the decision to be one in Christ, no longer allowing shame to silently destroy your marriage, but committing together to heal and help one another stand in Christ, free and forgiven!