

How to Ruin Your Marriage: Part 2- We are out of control!

1 Peter 5:5b-7 and Philippians 4:6-7

I. ME

- A. Welcome/Online/So What About
- B. Intro Series
 - 1. Singles
 - a. Single is good
 - b. Still applicable
 - 2. How to ruin your marriage
 - a. What not to do is sometimes more helpful than a list of what to do

3. GAME

II. WE

- A. Whether you're a Jesus-Follower or not... Marriages is difficult b/c people are difficult.
 - 1. You're a difficult person to live with.
 - 2. B/c you want what you want and when you don't get it there is... conflict
 - 3. What you want might be (probably is) totally justifiable... help with kids, chores, respect, time, attention, etc.
 - 4. But when you don't get those things how do you usually react?
 - 5. Calmly communicate your feelings with "I" language?
 - a. "I feel..."
 - 6. Usually anger and/or annoyance, right?
 - 7. You're not getting what you want or you're afraid you won't get what you want so you respond in a certain way in order to control the outcome in your favor.

B. Examples

1. Can be passive aggressive
2. You don't get what you want so...
 - a. Manipulate- crying
 - b. Guilt
 - c. You withdraw and put up a wall... withhold any affection
 - d. Stop communicating... silent treatment
3. Might be more overt...
 - a. Bullying
 - b. Nagging
 - c. Belittling
 - d. Threats/ultimatums
 - e. Yelling
 - f. Intimidation
 - g. Even physical
8. As it goes on over time and continues day in and day out, months, years... you get in the habit of trying to control... you become- CONTROLLING.
9. Probably a tendency that started in you even before you met our spouse... might come from childhood. Don't have time for all of that...

C. How to Ruin Your Marriage... Control It.

1. Like trying to overcorrect a fishtailing car... you're only going to make it worse.
2. Now pretend there are two steering wheels...Control issues are at the heart of many failed and failing relationships.
3. Control weakens trust, shuts down all communication
4. It is a clear sign that you place more value on what you want than on your spouse and your relationship.

- D. So why do we do it? We know it's horrible
1. Answer... Pride and Fear (Insecurity)
 2. **Pride and Fear are the parents of Control**
 3. They are so inter-tangled that it's impossible to really separate them
 4. **Pride**- We deserve respect/attention/what we want.
 - a. Our wants are more important than anything else in the world including our spouse and relationship
 - b. And we know best how to achieve those
 - c. We know best how life SHOULD be
 - d. In fact... we know best how others should act in order for them to experience it too.
 5. **Fear/Insecurity**- can't trust anyone else. I may lose everything we want. So I have to try to control the situation so I don't get hurt.
- E. If you let these two win... you will always be grasping for control and you will ruin every relationship you touch.
1. And we all have the tendency in us to do just that.
- F. But there's good news...
1. Even if you don't buy this whole Jesus thing I think there's a principle that can help.
 2. But I'm a firm believer that Following Jesus makes your life better and you better at life...
 3. And it is never more true that in this situation
 4. So you're definitely more than welcome to use this principle but you are not required to...
 5. What we'll find is **a great marriage is out of your control.**

III. **GOD (1 Peter 5:5b-7)**

A. **Peter**

1. Begins as one of the most controlling people in the Bible.
2. **Examples**- Tried to tell Jesus what to do, tried to start a revolution in the garden, always spoke first...
3. But when he saw Jesus after his resurrection he began to change and by the time he was an old man and wrote 1 Peter (60-64 AD) he understood the key to enjoying relationships and getting control of his control issues.

B. **V. 5b (All of you...)**

1. "Clothe yourselves with humility"
2. The opposite of Pride is Humility
 - a. Knowing who you truly are
 - b. You are not of more value than anyone else
 - c. Nor are you of less value
 - d. You have nothing to prove and you don't deserve more than anyone else
 - e. You are you and that is enough
3. "Clothe"
 - a. To cover.
 - b. Everyday you are covered with the knowledge and attitude that you are not the only one that matters
4. "Toward one another"
 - a. **Pride turns other people into obstacles or tools.**
 - b. Pride births control b/c you start seeing other people as either obstacles in the way or tools to get what YOU want
 - c. So you control them to either get their wants out of your way or to make them give you what you want.
 - d. Peter says, "That's just not going to work out for you."

5. “God opposes the proud...”

- a. If someone was trying to manipulate your kid and control them... how would you react?
- b. And if your kids are being giving and putting their siblings/friends needs above their own how would you react?
- c. Your heavenly Father is very similar only better.

6. Ok so the solution to not letting your pride turn into control is let other people walk all over you... let THEM control YOU?

- a. Not at all.

C. V. 6

- 1. You are not humbling yourself, giving up control in order to be controlled by them.
- 2. You are giving control to God.
- 3. You don't and can't control your life and You don't and can't control others.
- 4. You give up trying to control and realize your life is “under God's mighty hand.”
- 5. He has all control... b/c he is all-powerful, all-knowing, AND all-loving.
- 6. **The first step in giving up control is realizing... you were never in control in the first place.**
- 7. You don't have to fear being walked all over b/c when you give him control he will take care of you and will lift you up and give you worth.
- 8. “Yeah but what if that doesn't work out? What if what God wants isn't what I want?”

9. “If I'm not in control then I'm out of control... and that's terrifying.”

- a. That's the fear coming that wants to marry your pride and give birth to more control.
- b. What do we do with that fear... that anxiety?

D. V. 7a (Cast all your anxiety on him)

1. **Trust eliminates the compulsion to control.**

- 2. **Cast-** like a little kid throwing a rock as far as he can
- 3. Like Benji throwing the nasty chewed up gristle on my plate for me to clean up and worry about.

4. Give all of those worries, that anxiety for not having control to God... the only One who actually can do anything about it.

5. **Little kid in push car**... try desperately to steer it OR enjoy the ride.

6. Why can we cast/trust?

E. V. 7b (Because...)

- 1. If you can grasp that one earth shattering truth everything else falls into place.
- 2. God cares for you = His care is around you... surrounds and encompasses you.
- 3. Cares ABOUT and cares FOR you.
- 4. “What does God care about?”
 - a. Sin? Evil? Rules? Politics?
 - b. **GOD CARES ABOUT ME.** (Say it)
- 5. **You are the object of God's concern.**

F. God cares about/for you!

1. Why he died for you...

2. GOSPEL.

G. All that's left is to say thank you.

IV. YOU

A. So how do we cast our anxiety and clothe ourselves with humility? How do we end the cycle of fighting for control?

1. The need to control is the result of Pride and Fear

2. **Humility and Trust are the result of Gratitude.**

3. **Philippians 4:6-7**

B. Say Thank you... Be thankful for what God HAS given you.

1. Look back at all the ways he has cared for you

2. **It's hard to be prideful and anxious when you are grateful**

3. You realize everything you have and are are not b/c of you and what you made happen... it's all from God who cares for you with his mighty hand.

4. As you look back and thank him you'll see (have proof) that you can trust him and you don't have to control your life or your spouse.

5. Challenge: Thank God for 3 things everyday.

V. WE

A. When has your desire to control ever really improved anything?

1. So give up the illusion of control and simply enjoy trusting

B. What would that be like?

1. To know that your marriage, family, life is totally under control b/c you gave up trying to control it?

C. What if you and your spouse stopped seeing each other as obstacles in the way of what you want?

1. You stopped trying to "Win"

2. You weren't afraid of losing

3. B/c you completely knew God cares for you and has it covered?

D. Would that be freeing?

1. Would that bring more love and joy into your marriage and your home and your life?

2. What if your parents had done that?

3. What if your kids grew up in that kind of home?

4. Nobody is being controlled and everyone is loved for exactly who they are.

E. B/c **when you give up control you are free to love.**

QUESTIONS

1. What is your definition of a great marriage? What do you think is required of each person in order to create a great marriage?
2. Jon said, "You are the object of God's concern." How could fully trusting God's care for you improve your marriage and/or relationships with others?
3. This week, we were challenged to simply thank God for three things everyday. What three things are you thankful for today?
4. Re-read 1 Peter 5:5-7. What can you do this week to cast your desire to control and your anxiety on God? How can your group help you?