

How to Ruin Your Marriage: Part 4- Trust Me/Hold On  
1 Corinthians 13:1-7

**I. ME**

A. Welcome/online/so what about

**B. Safe Spaces**

C. Series

1. Review... How to ruin your marriage
2. Be selfish (who's winning your partner or your preferences?)
3. Control it (trust God with your pride and fear)
4. Expect that your expectations are supposed to be met (expect nothing and accept that you owe everything)

**5. 2 Rules**

**a. No Nudging**

**b. No saying, "I wish so and so could hear this."**

D. This week one of the easiest ways to ruin your marriage...

1. It's subtle but deadly.
2. Can start even before you're married
3. It's like rust. It slowly eats away at your relationship, happiness, and life until they are unrecognizable.
4. It can change that person you thought was the most amazing, perfect one for you into someone you can barely stand to look at.
5. If you let it grow it will ruin your marriage, your life, and every relationship you ever have.
6. What is it?

**II. WE**

**A. How to Ruin Your Marriage... Hold on to hurts.**

1. Refuse to forgive
2. Allow past pain to eat away at your current happiness and destroy your future.

B. If you have been married or dating long enough you have been hurt by your partner and you have probably hurt them too...

C. Can be small...

1. Something is said jokingly that hits a little too close to home (I've never done that)
2. Priorities are misplaced
3. Disagreements and misunderstandings

D. Might be something big...

1. You did or said something that humiliated them in front of others
2. A promise was broken
3. A trust was betrayed
4. Something that you thought they could never do but they did and now what?

E. Maybe it's something that only comes up a few times a year but it always causes an argument or feelings to resurface

F. Maybe it's something that is in your face everyday that you just can't get past.

G. Maybe it's not even something you can put your finger on but it's there and it's changed how you see each other.

H. Whatever it is it is there and it is eating away at your relationship one thought, memory, conversation at a time.

- I. There is still hope.
  - 1. There is a way through
  - 2. There is a way to heal and get back to what you wanted when you first fell in love.
  - 3. The apostle Paul calls it... the way of love.
- J. Paul describes it in one of the most famous passages on love.
  - 1. You probably had this read at your wedding.
  - 2. Or you've heard it read at weddings and thought that's some nice sentimental wishful thinking.
  - 3. What we'll see is **Letting go of hurts is a simple, consistent, and terrifying choice**

### III. GOD (1 Cor. 13:1-7)

- A. Background
  - 1. Corinth
  - 2. Non-Jewish Jesus followers
  - 3. Former pagans
  - 4. What is this new Jesus life?
  - 5. What do you mean by love each other... How do we know what love looks like?
  - 6. Not talking about romantic love...
  - 7. So Paul spells it out
- B. Now- he is writing to Jesus Followers about what it means to love like Jesus.
  - a. If you are not a Jesus Follower... you're welcome to try this but none of it is expected of you.
  - b. Some of this will sound naïve- especially when we get to the main point
  - c. And some of it will sound impossible... and without relying on Jesus' love you might be right...
  - d. But what I hope you see is the type of love, life, and relationships that following Jesus can really bring to you.
- C. So here's what Paul says... **going to go fast...**

### D. V. 1

- 1. If I can speak all languages and even the language of angels and don't have love... I'm nothing but noise.
- 2. People would use chants and babble trying to speak the language of their gods.
- 3. **Talent and spirituality mean nothing without love**

### E. V. 2

- 1. Know everything about God and the universe
- 2. Have faith that surpasses everyone else
- 3. But don't have love... it's useless... I AM useless... I am NOBODY
- 4. **Knowledge and faith mean nothing without love**

### F. V. 3

- 1. Give everything and sacrifice w/o love? Pointless.
- 2. **If you give to get... you get nothing.**
- G. **"Have love"**- Not feel love. Not intend love or say love.
  - 1. Have love... it is something I am. It is something that I do... it is in every interaction I have with others.
  - 2. **Love is a choice to act.**
- H. **Next... Paul** gives actions that are examples of love...
  - 1. These are not feelings and these are not rules... they are examples of Christian love... what it means to love your neighbor as yourself.
  - 2. They are descriptions of the love Jesus offers each and every one of us.
  - 3. They are the result of the love that comes from the Spirit of God transforming who you are.
  - 4. And they are descriptions of the love Jesus has for each of us...

## I. V. 4-5

### 1. Patient- Exercising patience

- a. Literally LONG TEMPER

### 2. Kind- Shows kindness

- a. Shows undeserved generosity... actively seeks the good of others

### 3. Does not envy

- a. No resentment toward others that we don't have what they have or aren't what they are... not comparing.

### 4. Does not boast

- a. "I'm so great. I DON'T NEED YOU."
- b. Instead... I'll let you shine. It's not about me.

### 5. Is not proud

- a. You and what you want are more important than me and what I want.

### 6. Does not dishonor others.

- a. Others as objects to get what you want.
- b. If it dishonors you... I don't do it.

### 7. Is not Self-Seeking

- a. Failing to take others wants and needs into consideration

### 8. Not easily angered

- a. First reaction is peace.
- b. Eat right and get some sleep often helps with this

### 9. Keeps no records of wrongs (getting closer to our problem)

- a. Does not dwell on, ponder, give careful thought, or obsess about it
- b. Does not ignore it, calls it what it is but has a willingness to forgive and not hoping to get even.

## 1. V. 6

1. Does not delight in evil- Not glad when others mess up or sin
  - a. Doesn't enjoy saying, "I told you so."
  - b. But rejoices when the truth is made known.

### 2. These are daily, ongoing actions of caring for the welfare of others.

1. Actions that cause us to identify with others by making their needs and concerns our priority.
2. The result of and proof of the love of God is in us.
3. Love is proof that God is in us.

### 3. But we still haven't fully found our answer...

1. These are examples of what love does and in it we have forgiveness but HOW do we make that choice?
2. If we want to be able to make that choice of love and to forgive there are four things we need to commit to...
3. These things, Paul says, is what love continually, and consistently DOES... w/o limit.
4. They are also choices we make... and one of them doesn't make any sense but it's the key.

#### 4. V. 7

1. **Love always protects**
  - a. Doesn't belittle in public... doesn't expose them and their weaknesses.
  - b. Doesn't tell the world (or their friends) all of the shortcomings of the other
2. **Always trusts**... always believes the best
  - a. Not overly suspicious
3. **Always hopes**... even against improbability...
  - a. Never let's themselves say or think... "They will never change."
4. **Always perseveres**... never gives up on people or circumstances
5. But one of those seems almost naïve... b/c we think it has nothing to do with us...

#### 6. Highlight "Always Trusts"

#### 5. Always trusts?

1. Actually means always believes... believes everything.
2. "That kind of depends on them doesn't it? If they prove themselves trustworthy... I'll trust them."
3. "I'm no pushover."
4. But here's the choice we all have to make... here is the key...
5. **In every relationship you can either believe the best or assume the worst.**

#### 6. Love defaults to trust.

1. It's a simple but terrifying choice... it leaves you vulnerable to hurt.
2. When given the choice to trust or not... to assume the best of them AND their intentions or assume the worst... Love defaults to trust and assumes the best.

#### 3. Love always and consistently believes the best

#### IV. YOU

- A. Think about it... if you are choosing to love someone like you love yourself... will you assume the best or assume the worst?
  1. You always assume the best of **yourself** don't you?
  2. You ALWAYS give **yourself** the benefit of the doubt.
  3. "Oh I didn't mean to say it with that tone."
  4. "That's not what I meant to say."
  5. "I meant to be home when I said I would but it was unavoidable."
  6. You always know your intentions were good.
- B. And when you apply this to forgiveness it's amazing...
  1. They hurt you in the past... now you can assume they meant it, still mean it, and aren't actually sorry...
  2. Or you can give them the space to grow that you give yourself... assume that they are sorry, and are trying to do better.
  3. Will they hurt you again... either in the same way or another?
    - a. Probably... so will you... and when you do what will you tell yourself?
    - b. I'm not perfect. I'm still a work in progress.
- C. So with every hurt, past, present, and future you have a choice to make... are you willing to love them like you love yourself?

D. And it's a choice you have to make BEFORE the next issue comes up... will you default to suspicion and hurt or will you default to trusting?

1. **Choose to believe the best before you have to react with your worst.**

E. And when you default to trust and assume the best you know what happens??

1. You are more apt to be patient, kind, humble... and

2. You protect them...

a. Friend- "Oh he's late again?"

b. "Yeah but I'm sure he has a good reason... he's such hard worker"

3. You have hope in the relationship

a. She loses her temper again... but apologizes

b. "She's making progress"... you see and look for the change

c. You celebrate progress over perfection.

4. And you persevere b/c you choose to see the good in them and know that your relationship is worth it.

**5. Believing the best gives space for people to be their best.**

## V. WE

A. It's easy to ruin your marriage... but you don't have to.

B. You can make a choice to love.

1. Not that sentimental flimsy stuff that got you all stupid eyed in the beginning of your relationship...

2. But that solid, gritty, meaningful, purposeful, life-giving, makes you both better kind of love.

C. You can make the choice that your life and your relationship are not about you.

1. You can put your partner first

2. You can trust God to fulfill your needs,

3. You can experience the empowerment of the Holy Spirit in letting go of your expectations and serving your spouse,

4. And you can enjoy a trusting relationship where both of you assume the bet of each other.

D. Your kids can grow up in a home where they see real love in action

1. Where they will be so certain of the real thing that when it is their turn they won't settle for anything less than what their parents had.

E. **Believe the best and trust God with the rest.**