

# Habits of a Strong Marriage

## Battling for a Kingdom Marriage

### [Covid-19 Remix]

We **MUST** protect and defend our marriages like never before

- “**The Battle is the Lord’s**” (1 Samuel 17:46)
- We must be “**strong in the Lord and in the power of His might**” (Ephesians 6:10)

There are times in marriage we need to comfort, carry, care for, confront (yup) our spouse but most of all we must...**we must contend** for our spouse.

**Question:** Are you easily offended? (traffic, social media comments, being ignore)

- In your marriage, are you offended when the remote is lost, towels are left on the floor, toothpaste is on the mirror, tea jug is in the refrigerator but empty, lights left on, don't start the dishwasher when its full, and so on.
- What offends in marriage? Maybe bad habits?
- Disappointment (offense) > Discouragement > Distance > Disconnect > Discord

*'That is why a man leaves his father and mother and is united to his wife, and they become one flesh.'*

**Genesis 2:24**

**TRUTH:** Your MARITAL HABITS will either lead to the **connection** or **disconnection** of your oneness.

- It would be **marital sabotage** to ask your spouse for their complete devotion, undivided attention, and unending affection in meeting your needs, if you're not willing to do the same.

Marriage involves an imperfect man and woman, who enter a covenant relationship.

- A contract marriage says...love is conditional and self-focused.
- A covenant says...love is unconditional and sacrificial.

'Then he said to the woman, "I will sharpen the pain of your pregnancy, and in pain you will give birth. And you will desire to **control** your husband, but **he will rule over you.**" **Genesis 3:16**

## Disciplines, Habits and Identity

Developing healthy habits has the **potential** to change you and your marriage.

Habits (consistent behavior) > Disciplines (automatic behavior) > Identity (change how you operate)

- **Good news:** 60% of the things that bother you about your spouse will not change. (John Gottman)

What is a discipline, habit & Identity?

A habit is formed when you consistently meet an important need with a chosen behavior.

- **Examples:** Elevators = phone; morning = coffee pot; couch = TV remote
- **Bad habit:** toe flossing
- **Good habit:** complimenting your spouse
- Habits are hard to break because they're meeting an important need (**Recovery Ministry**)

"We are what we repeatedly do. Excellence, is therefore not an act, but a habit." (Aristotle)

Much of what you normally do isn't a result of choices but a result of daily habits.

- More than 40% of our daily actions are not based on decisions but on habits. (Duke, 2006)

**Big Idea:** Discipline is choosing between what we want NOW and what we want MOST.

1 Corinthians 9:24-27

- **Keystone Habits** – A habit that leads to other habits (Sleep 8 hours = no speeding tickets)

**Illustration:** Study about exercise. 3 cohort groups: control group, motivation group, and intention group. **Results:** Control - 38% / Motivational - 35% / Intention - 91%

**Intention Group:** "During the next week, I will partake in at least 20 minutes of exercise on [DAY] at [TIME] at [PLACE]." Or I will do \_\_\_\_\_ after I \_\_\_\_\_. (ACTION, CUE)

We think we lack motivation but in reality we lack clarity of what we want most.

- **Sports** – goal is to win the game; drills, studying film, and the game plan is clarity.
- It's the **small things** that no one sees, that result in **big things** that everyone wants.

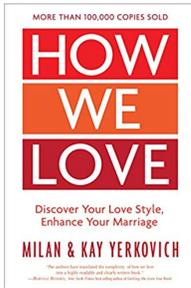
We need to build habits around who you want to be (husband/wife).

- Every time you choose to perform a **bad habit**, it's a vote for that **identity**. (James Clear)
- Successful people do **consistently** what other people do **occasionally**. (Craig Groeschel)

God-honoring-habits over time will change WHO I AM as Husband, Dad, Pastor, Leader. 4:14

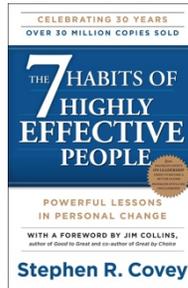
The goal of developing healthy habits is not automatically change your marriage but to change you and as a result your marriage will be healthy, strong and thriving.

**RESOURCES**



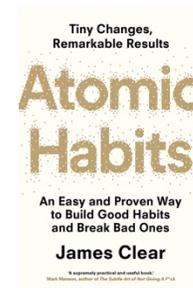
*How We Love*

By Milan & Kay Yerkovich  
<https://amzn.to/333et3c>



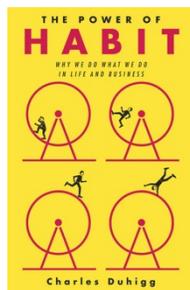
*The 7 Habits of Highly Effective People*

By Stephen Covey  
<https://amzn.to/2VnPg0x>



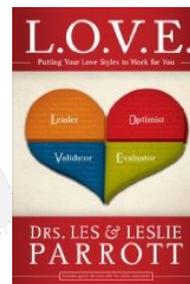
*Atomic Habits*

By James Clear  
<https://amzn.to/2OtJjy2>



*The Power of a Habit*

By Charles Duhigg  
<https://amzn.to/2MiEmVK>



*L.O.V.E.*

By Drs. Les & Leslie Parrott  
<https://amzn.to/31ZjXfc>



## CONNECT TIME

**Consider the following questions on your own and then share your answers**

Use three words to describe the kind of husband/wife you want to become.

- 1.
- 2.
- 3.

Based on who you want to become, what one habit do you need to start and stop?

1. Good Habit to **Start**:
2. Bad Habit to **Stop**:

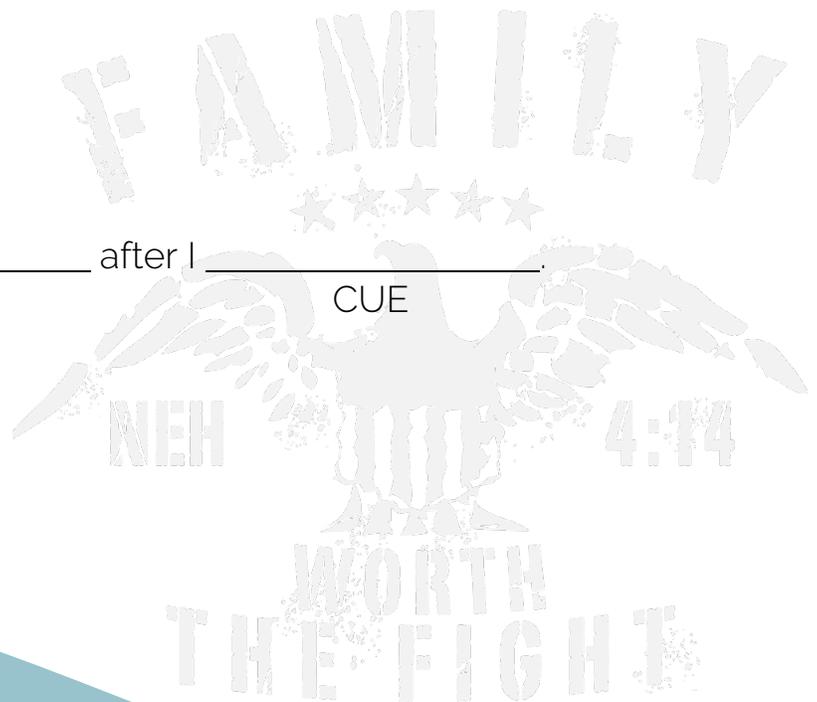
## **Consider the following two questions together**

What improvements do we want MOST for our marriage ?

What do we need to do NOW to have what we want MOST?

I will do \_\_\_\_\_ after I \_\_\_\_\_.

ACTION CUE



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