

# **“Things to Consider Before Saying “I Quit” 1**

- |                            |                                       |
|----------------------------|---------------------------------------|
| 1. Communication breakdown | 6. Uninspired sex                     |
| 2. Infidelity              | 7. Spouse doesn't make enough money   |
| 3. Constant fighting       | 8. Physical abuse                     |
| 4. Emotional abuse         | 9. Falling in love with somebody else |
| 5. Falling out of love     | 10. Boredom                           |

(*The Day America Told the Truth*, by James Patterson & Peter Kim)

## **Things to Consider Before Saying “I Quit”:**

### **1. Remember your commitment to your spouse. (“better or worse”)**

Love is a commitment, feelings or no feelings. Love is based on one's vow, one's word, one's promise. Feelings come and go, they rise and fall, they are frequent and infrequent. Commitment stays the same. The Scripture is clear about vows.

*“When you make a vow to God, do not delay in fulfilling it. He has no pleasure in fools; fulfill your vow. It is better not to vow, than to make a vow and not fulfill it.”*

– Ecclesiastes 5:4

#### **Convenience People**

1. Emotion Based
2. “What is easiest?”
3. “When I feel good I'll do it.”
4. Controlled by moods.
5. Selfish Mindset
6. Life & Lips disagree
7. Look for excuses
8. Outwardly influenced
9. Quit during tough times
10. This person whines

*Character:* “The ability to carry out a good resolution long after the mood in which it was made is past.”

#### **Committed People**

- |                                |                           |
|--------------------------------|---------------------------|
| Character Based                | “What is right?”          |
| “When I do it I'll feel good.” | Controlled by priorities. |
| Servant Mindset                | Life & Lips agree         |
| Look for solutions             | Inwardly influenced       |
| Continue during tough times    | This person wins          |

#### **How To Create Commitment To One Another**

- (1) Make a character commitment.
- (2) Focus on what is right with the marriage.
- (3) Begin doing things together.
- (4) Become other-person focused.

(5) Be patient and tolerant.

(6) Verbalize your commitment continually.

### **2. Remember your covenant before God.**

A Christian marriage covenant is an agreement. A three-party contract with each party agreeing to fulfill his or her part.

#### **(1) God's Part:**

It all started in Genesis when God said: *“It is not good for the man to be alone. I will make a helper suitable for him.”* (Genesis 2:18). The helper would be one who “fit”, one who “matched.” Interestingly enough, to get a perfect match God used as His base material a rib taken from Adam's side. Just as a bone-marrow transplant comes from a blood relative whose marrow “matches”, so in marriage, part of the covenant was to find a person whose life “matched.” In Genesis 2:24 it says, *“they will become one flesh.”* That one flesh is not only a sexual oneness, but a oneness marked by a special relationship called a “covenant.”

#### **(2) Husband's Part:**

The husband, likewise, is called upon to fulfill one major responsibility in the covenant: *“Husbands, love your wives just as Christ loved the church and gave Himself up for her...”* (Ephesians 5:25).

#### **(3) Wife's Part:**

The primary function of the wife is to *“... be a helper [partner] suitable for the man...”* (Genesis 2:18).

While the wife is called upon to love her husband enough to live for him, the husband is called upon to love his wife enough to die for her.

God's Word is perfectly clear. The only justifications for divorce in the Scriptures are: 1) when an unbelieving partner leaves or divorces a believer (1 Corinthians 7:15-16); or 2) when a spouse commits adultery (Matthew 19:9, 5:31-32).

### **Four Questions to Ask When Considering Divorce:**

1. Do I have God's approval to end this marriage?  
(Malachi 2:13-16; Matthew 5:27-33; 1 Corinthians 7; Nehemiah 13; Romans 7)
2. Do I have the approval of my spiritual leaders?  
*“Obey your leaders and do what they say. They are watching over you, and they must answer to God. So don't make them sad as they do their work. Make them happy. Otherwise, they won't be able to help you at all.”* - Hebrews 13:17
3. Do I have the approval of my conscience? (1 Timothy 1:19)
4. Do I have the approval of my Christian friends? (Proverbs 15:22)

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## **Things to Consider Before Saying "I Quit":**

### **1. Remember your \_\_\_\_\_ to your spouse.**

Love is a commitment, feelings or no feelings. Love is based on one's vow, one's word, one's promise. Feelings come and go, they rise and fall, they are frequent and infrequent. Commitment stays the same. The Scripture is clear about vows.

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#### **Convenience People**

1. \_\_\_\_\_ Based
  2. "What is \_\_\_\_\_?"
  3. "When I feel good I'll do it."
  4. Controlled by \_\_\_\_\_.
  5. Selfish Mindset
  6. Life & Lips \_\_\_\_\_
  7. Look for excuses
  8. Outwardly influenced
  9. \_\_\_\_\_ during tough times
  10. This person \_\_\_\_\_
- This person \_\_\_\_\_

#### **Committed People**

- |                                |                     |
|--------------------------------|---------------------|
| Character Based                | Servant Mindset     |
| "What is _____?"               | Life & Lips agree   |
| "When I do it I'll feel good." | Look for _____      |
| Controlled by _____.           | Inwardly influenced |
- Continue during tough times

(5) Be \_\_\_\_\_ and tolerant.

(6) \_\_\_\_\_ your commitment continually.

### **2. Remember your \_\_\_\_\_ before God.**

A Christian marriage covenant is an agreement. A three-party contract with each party agreeing to fulfill his or her part.

(1) \_\_\_\_\_ Part:

It all started in Genesis when God said: "*It is not good for the man to be alone. I will make a helper suitable for him.*" (Genesis 2:18). The helper would be one who "fit", one who "matched." Interestingly enough, to get a perfect match God used as His base material a rib taken from Adam's side. Just as a bone-marrow transplant comes from a blood relative whose marrow "matches", so in marriage, part of the covenant was to find a person whose life "matched." In Genesis 2:24 it says, "*they will become one flesh.*" That one flesh is not only a sexual oneness, but a oneness marked by a special relationship called a "covenant."

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4. Do I have the approval of my Christian \_\_\_\_\_? (Proverbs 15:22)

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- (1) Make a \_\_\_\_\_ commitment.
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- (3) Begin \_\_\_\_\_ things together.
- (4) Become other-person \_\_\_\_\_.

[https://www.maritalmediation.com/2011/10/think-divorce-will-make-](https://www.maritalmediation.com/2011/10/think-divorce-will-make-you-happy-think-again/)  
[you-happy-think-again/](#)

<http://magazine.uchicago.edu/0310/features/index.shtml>