

"In your marriage sermons, you use the phrase 'a lot. While I agree that the 'Choose to gospel involves making choices (difficult, often painful ones), I wanted to bring about some discussion showing that mere willpower and better performance are not the basis for meeting the trials of marriage. It is not helpful to a man who struggles with anger (or despair, depression, lust, etc.) to bring the solution down to mere willpower or choice."

#### Philippians 2.12-13

So then, my dear friends, just as you have always obeyed, not only in my presence but even more in my absence, continue working out your salvation with awe and reverence, 13 for the one bringing forth in you both the desire and the effort—for the sake of his good pleasure—is God.



# Confront My Pride and Live with My Spouse with Humility & Sympathy

"What are some good strategies for fighting for empathy and humility?

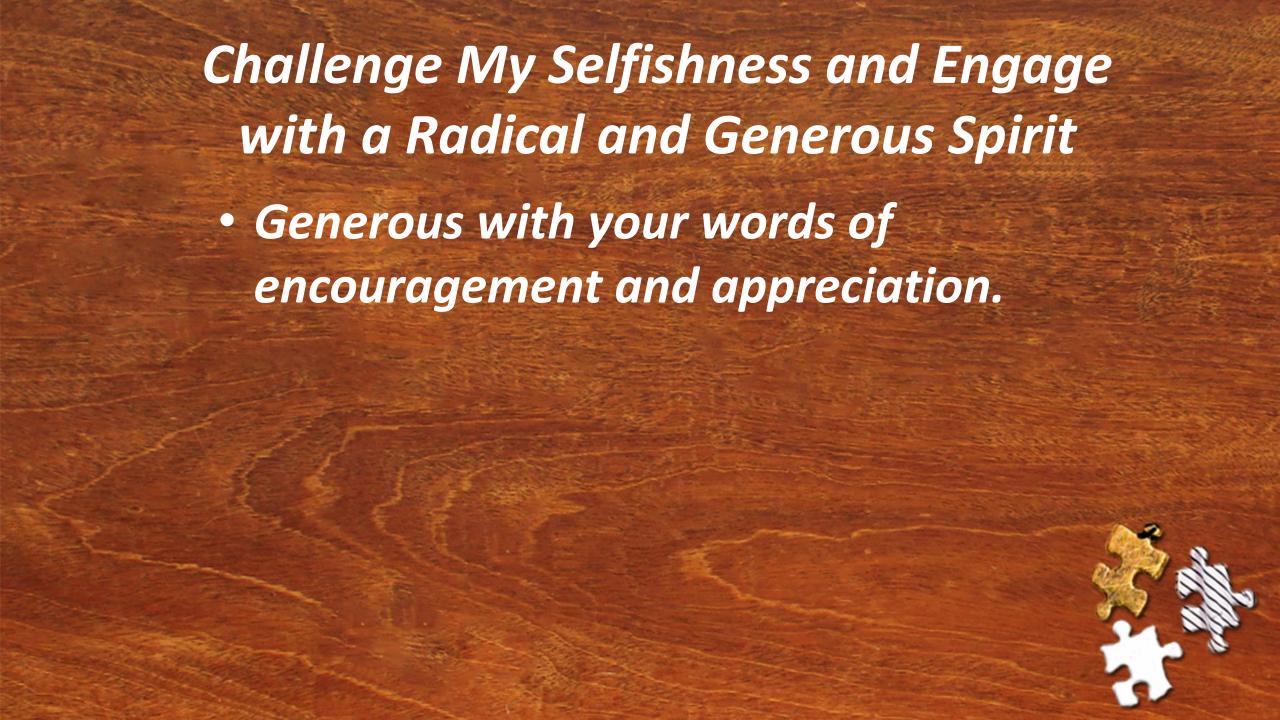
And, though I specified 'in the moment of a fight,' I'm interested in 'before the fight' as well."



# Confront My Pride and Live with My Spouse with <u>Humility</u> & <u>Sympathy</u>

- It's about being before doing.
- Doing flows out of my becoming.
- This "becoming" process is a lifelong journey.





#### Challenge My Selfishness and Engage with a Radical and Generous Spirit

"People who are focused on criticizing their partners miss a whopping 50 percent of positive things their partners are doing and they see negativity when it's not there. People who give their partner the cold shoulder—deliberately ignoring the partner or responding minimally—damage the relationship by making their partner feel worthless and invisible ... Being mean is the death knell of relationships."



### Challenge My Selfishness and Engage with a Radical and Generous Spirit

- Generous with your words of encouragement and appreciation.
- Generous with your time.
- Generous with your actions.

