

24 Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. 25 For whoever wants to save his life will lose it, but whoever loses his life for me will find it. NIV

The "Crazy Cycle" or "the Cross" in a Marriage Conflict

An offense occurs (*through an unkind word, an act of selfishness, an instance of neglect, etc.*), and the wounded spouse can either:

Retaliate like the world:

or

Resolve in Christ:

1) with angry words

2) fighting

**3) one or both parties
detaching and seeking comfort in:**

- a. the approval of others
- b. materialism
- c. activities
- d. sex, drugs, alcohol, etc

**4) after some time, returning to an
appearance of normality**

**1) by overlooking minor
wrongs - 1 Cor 13:4-8**

**2) determining to be a
peacemaker - 2 Cor 5:18-19**

**3) speaking the truth in
love - Eph 4:25**

**4) dying to self and loving
the offender un-
conditionally - Luke 6:27-31**

The Results

- 1) The couple is primed for the next,
but even more intense "crazy cycle"**
- 2) Eventually their hearts will be harden
toward each other**

The Results

- 1) God is honored**
- 2) The probability of Godly
change in the home is
enhanced**
- 3) The obedient spouse
grows and experiences
both peace and joy**

