

Stalled out

Some Questions to Ask Myself When Things Have Stalled Out
In My Marriage

(Please prayerfully answer the following questions with a simple “yes” or “no”)

1. Am I a true Christ – follower and not simply a Christ liker? _____
2. Do I believe the Holy Spirit lives in me enabling me to change my sinful behaviors?_____
3. Do I want to be a Christ – follower?_____
4. Do I really believe the Bible to be true and applicable to my life?_____
5. Do I regularly read my Bible and try to apply its teachings to my life?_____
6. Do I regularly pray and ask God to show me my sin and help me overcome it?_____
7. Do I regularly attend Church and a small group to be “encouraged to love and good deeds”?_____
8. Do I listen to my mentors and do what they ask of me?_____
9. Have I done a thorough job of forgiving (from my heart) all those who have hurt me?_____
10. Do I treat my spouse with kindness even when I am angry?_____
11. Am I generally an angry person?_____
12. Am I generally stubborn and prideful?_____
13. Do I try to control others?_____
14. Do I really want to change?_____
15. Would I truthfully prefer to receive some counseling rather than focusing on becoming a disciple of Jesus Christ?_____

“Keeping your daily time with God will be the biggest battle of your life; keep it or all the other battles will be much bigger.” Ravi Zecharias

gettingwell

John 5:5-6 One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?" NIV

Why Some People Receive Counsel and Are Healed

(Over the past 38 years I have observed some common factors in the behaviors of those who are healed of their emotional problems. These people ultimately enjoy abundant lives and close personal relationships with others including their spouses, children, family, and friends.)

Those who *get well* and *stay well* inevitably:

- 1. Develop a deep trust in their "counselor/mentor" and submit to his or her advice**
- 2. Experience a "big yes" - a strong desire to change (generally this occurs when the person realizes that they are about to lose something of great value)**
- 3. Truly receive God's forgiveness through faith in Jesus Christ**
- 4. Stop blaming others for their problems**
- 5. Accept responsibility for their own behavior**
- 6. Feel deep remorse for their sin and repent of it**
- 7. Develop healthy friendships within the "church"**
- 8. Develop a daily habit of prayer and journaling**
- 9. Develop the disciplines of learning and obeying God's Word**
- 10. Diligently forgive all those who have hurt them in the past**
- 11. Develop a plan to improve each area of weakness in their life**
- 12. Never give up; they will not allow set backs to deter them from their goals**

"I have found that if a person truly connects with God and "keeps on swinging," he will in the end *always* prevail." FMN

John 8:9-11 When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. Then Jesus stood up again and said to her, "Where are your accusers? Didn't even one of them condemn you?" "No, Lord," she said. And Jesus said, "Neither do I. Go and sin no more." NLT

