

REPLACING CRUELTY WITH KINDNESS IN YOUR HOME

"A kind man benefits himself, but a cruel man brings trouble on himself."(Pr.11:17)

I. The Downward Spiral of Cruelty (*Cruel - *disposed to inflict pain*)

A. The Signs of a Cruel Heart

1. Unforgiveness

- a. Keeping score**
- b. Nursing bitterness - Hebrews 12: 14-15**

2. Criticism (careless words - Matthew 12:36-37) - Karamoja Bell

- a. innuendo**
- b. negative body language/rolling the eyes**
- c. embarrassment**
- e. ridicule, sarcasm, and comparison**
- f. manipulation**

3. Harsh Words

- a. interrogation**
- b. accusation**
- c. exaggeration and lying**

4. Rage (James 1:20)

- a. vile language**
- b. screaming**
- c. pushing, restraining, striking, and otherwise inflicting pain**

B. The Consequences of Living in a Cruel Environment

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1. for the offended spouse
 - a. strife
 - b. withdrawal
 - c. plotting (departure, infidelity, murder, etc.)
2. for the children of the household
 - a. guilt
 - b. insecurity
 - c. continuation of the family sin

II. Kindness to the Rescue - I Peter 3:7-9 (*Kind - affectionate; loving; sympathetic; pleasant; agreeable)

A. Pray - ask for:

1. forgiveness (vertical and horizontal) - develop a sense of humor
2. guidance (study your mate as if your final grade depended on it)
3. a heart of flesh (determine to be happy in your life and with your mate) - I Corinthians 13
4. a plan (be as creative here as you are in your work and your play!)

B. Attack!!! - Encourage your sweetie daily - Hebrews 3:13

1. by your words
2. by your actions
3. by your gentle touch

