

“WHAT HAPPY COUPLES KNOW: SOMETIMES YOU NEED TO THROW THINGS”

1. OPTIONS FOR DEALING WITH YOUR UNSATISFIED DESIRES:

- a. IGNORE THEM
- b. STAY BUSY
- c. FIND SOMEONE ELSE

2. WE ARE TO CAST EVERYTHING IN OUR BOXES ON GOD.

All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.”⁶Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. (1 Peter 5:5b-6)

Memory Verse

⁷Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

3. DON’T PRAY POLITE PRAYERS. PRAY HONEST PRAYERS.

If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. ¹³But it is you, a man like myself, my companion, my close friend, ¹⁴with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers. ¹⁵Let death take my enemies by surprise; let them go down alive to the realm of the dead, for evil finds lodging among them. ¹⁶As for me, I call to God, and the LORD saves me. ¹⁷Evening, morning and noon I cry out in distress, and he hears my voice. ¹⁸He rescues me unharmed from the battle waged against me, even though many oppose me. ¹⁹God, who is enthroned from of old, who does not change—he will hear them and humble them, because they have no fear of God. ²⁰My companion attacks his friends; he violates his covenant. ²¹His talk is smooth as butter, yet war is in his heart; his words are more soothing than oil, yet they are drawn swords. ²²Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken. ²³But you, God, will bring down the wicked into the pit of decay; the bloodthirsty and deceitful will not live out half their days. But as for me, I trust in you. (Psalm 55:12-23)

4. CONCLUSION:

- a. HAPPY COUPLES DON’T LET THEIR DESIRES BECOME EXPECTATIONS.
- b. HAPPY COUPLES KNOW WHERE TO DUMP THEIR FRUSTRATIONS.
- c. THEY ALSO KNOW