

Equip U – Marriage – Session 7

Restoring Oneness

1) Three Types Conflicts

- a) Imperfections / Preferences – misunderstandings, unmet expectations (preferences), making mistakes,
- b) Convictions – when you desire something of consequence that impinges on your spouse's differing desires; or an area in which the two of you apply biblical principles differently ("convictions").¹
 - 1. Principles for Dealing with Convictional Disagreements:
 - Communication
 - Compromise
 - Encouragement
 - 2. Practical Approach: (see worksheet)
- c) Sins – clear violations of Scripture, either against another or against you

2) Foundational Mindsets

- a) Reconciliation > Perfection
- b) Marriage is Loving a Sinner
- c) Jesus' Perfection

3) Restoration Hardware: Humble Confession / Forgiveness

The Scripture puts both offending and offended party under command to seek for reconciliation & restoration of relationship (Matt 5:23-24, Luke 17:3-5).

- a) Confession – Aligning Yourself with God's Truth²
 - 1. Address everyone involved
 - 2. Avoid excuses & blame-shifting
 - 3. Admit specifically the violation of God's word (attitude, word, deed)
 - 4. Acknowledge sorrowfully the hurt caused by your sin
 - 5. Ask for forgiveness (remembering it is always a gift, never a demand)
 - 6. Accept any associated consequences / make necessary restitution
 - 7. Alter your behavior – by forming a plan & following the plan
 - 8. Allow time for relationship to be fully restored

¹ For further help in understanding the areas of Biblical Freedom and forming proper "convictions," see Sermon by Ted Johnson on Bible Church of Owasso website from 8/22/21 entitled "Freedom & the Gospel"

² Excellent resource is Thomas Watson's book, *Doctrine of Repentance*

b) Forgiveness – Aligning Yourself with God’s Grace

1. Overlook – Prov 19:11 – minor offenses
2. Inwardly Forgive – Mark 11:25 – between you and God
3. Gently Restore – Matt 18:15 – humbly, kindly show the sinner their sin
4. Relationally Forgive – Luke 17:3-5 – express your release of ill-will due their sin
5. Continue Forgiving – Ps 103:12 – anytime this offense comes back to mind, remind self that this debt has been paid, covered (1 Pet 4:8)

Dangers while seeking to Gently Restore...

1. Bitterness

2. Withhold love

3. Unintentionally communicate “performance-based love”

4) Summary

- a) Work hard at it, but don’t work alone

- b) Don’t pitch your tent near the Compost Pile... ³

³ John Piper, *This Momentary Marriage* (Wheaton: Crossway, 2009), 59.