

The Spirit of Your Marriage

Things that cause the spirit of your mate to react

God's Word Regarding One's Spirit

Spirit (Hebrew *ruach*): denotes the rational mind as the seat of the senses and emotions of various kinds; human will; the mode of thinking and actions; the element of life within a person

Proverbs 15:4 "A soothing tongue is a tree of life, but perversion in it crushes the spirit."

Proverbs 15:13 "A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken."

Proverbs 17:22 "A joyful heart is good medicine, but a broken spirit dries up the bones."

Proverbs 18:14 "The spirit of a man can endure his sickness, but as for a broken spirit who can bear it?"

Causes and Consequences of Spirit Reaction

Husbands

1. Cause: Awareness that she does not have first place in your life.

Consequence: She doubts your love.

2. Cause: Failure to recognize her special attempts to please you.

Consequence: She seeks praise and admiration from others.

3. Cause: Unfavorable comparison with other women.
Consequence: She is deeply hurt and jealous, and rejects her self-worth.
4. Cause: Lack of spiritual leadership.
Consequence: She becomes controlling and unsubmitive.
5. Cause: Rejection of her opinions as important.
Consequence: She becomes silent about things you need to hear.
6. Cause: Lack of personal discipline.
Consequence: She loses admiration and praise for you.
7. Cause: Publicly making her the object of humor.
Consequence: She withdraws from you.
8. Cause: Unrealistic expectations.
Consequence: She feels unable to please you and eventually stops trying.

Wives

1. Cause: Rejection of his attempts to love you.
Consequence: He pursues other loves.
2. Cause: Resistance to his attempts to lead you.
Consequence: He isolates himself.

3. Cause: Lack of confidence in his decisions or abilities.
Consequence: He questions his confidence in all areas of his life.
4. Cause: Recalling past failures.
Consequence: He recalls your past failures.
5. Cause: Failure to build loyalty in the lives of the children.
Consequence: He feels isolated from the rest of the family.
6. Cause: Attempt to correct him in public.
Consequence: He resents your input in private.
7. Cause: Lack of a grateful spirit.
Consequence: He becomes more self-focused.
8. Cause: Lack of personal discipline.
Consequence: He loses admiration and praise for you.

Homework

Write out 10 things you LOVE about your mate, and share them with each other, *encouraging each other's spirit.*