

Holiday Survival Guide - 1

CTC

On Sunday we began a brand new series called "The Holiday Survival Guide".

Tonight we are going to continue the conversation from Sunday.... I launched a survey about Wednesday Nights Format and here are the results.

Show Charts

So with that said... We will continue the conversation on the same topic but a totally different sermon...

On Sunday we spoke about Making sure the relationship was RIGHT instead of it being about me being right.

Tonight if you bear with me... I want to go deeper into this idea from a psychological stand point... then back end it with scripture...

Let me start by asking this:

Do you live your life by Design or by Default?

In our personal lives, if we do not develop our own self awareness and do not become responsible for our reactions to things... Then we empower other people and circumstances outside our control to shape our lives by default.

We become whatever others want instead of what we and the Lord have designed for our lives.

It is very easy to reactively live the script handed to us by family, friends, other peoples agendas, past experiences, our training, our current condition...

These scripts... The story line our lives follow be default and NOT by design come from PEOPLE NOT PRINCIPLES.

MOST people in the world today live the default lives handed to them.

I've done a lot of computer work... I know a good amount about networking and wifi routers...

MOST people, when they setup their own wifi, Never change the default password on the admin portal of their router.

This is access to change all the settings... How things are routed, who has what access, how fast the connection is... all these settings are left vulnerable to a default password.

We don't change it... because it was handed to us this way...

Here's what I know...

It takes work to change the default settings

It takes work to change the way to communicate and deal with others.

It takes work to change the default settings in your marriage.

Here's the deal:

Because we already live with all the default scripts that have been handed to us... The process of writing our own script is actually more a process of "rescripting".

The settings on the wifi router came pre-set... pre-scripted.

So in order for you to get it to work the way "YOU DESIGN" ... you must go in and change the settings.

Romans 12:1

1And so, dear brothers and sisters,

I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

2Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

As we recognize the ineffective scripts, or poor internal settings, whether they are incomplete or incorrect, we can, with God's help begin to re-program our-selves.

Here's the truth. MOST people are only ready for re-programming after a tragedy strikes.

Relationship is already failing. The love is gone... One gets sick... then we need a change.

What I know is this.

If life is being lived by default, then there are pre-programmed responses that we live by.

Filters, lenses, centers by which everything we say, everything we do passes through.

Marriage can be the most satisfying, growth producing and intimate human relationships.

It might seem natural and proper that your marriage BE the center of your LIFE.

And because of this belief we have found that husbands and wives have become completely emotional dependent on each other.

Still seems to be correct... right?

But what happens is our emotional worth becomes dependent on that relationship.

We become vulnerable to moods and feelings, the behavior and treatment of our spouse, or to an external event from others.

Then when the relationship hits an issue, it affects our emotional worth... because my emotional worth is dependent on you.

So when conflict comes I can't get what I need from you, so I revert to the default settings.

But here lies the problem... So does your spouse.

I'm dependent on you to be happy, fun, loving, caring... and when I don't get that from you, I will go back to my defense mechanisms.

Love-Hate, Fight or Flight, Withdrawal, Agression, bitterness, resentment...

Now we feel vulnerable... Regardless the response... It's vulnerability and because we feel vulnerable Now we feel we need to protect ourselves from further wounds.

So we resort to sarcasm, cutting humor, criticism, bringing up the past.. anything that will keep from exposing the tenderness within.

Listen Get This:

Each partner waits on the other person to restore the LOVE... Only to be disappointed. And this confirms to you that you were RIGHT.

So when things are going great... We all but wait for the moment for it to all wrong again.

Because I am dependent on YOU for my happiness and attitude.

Decision are made on emotion...

I'm trying to help someone... I believe we can help marriages if we can deal with conflict without emotion.

Yet everything about the default settings say marriage is about emotion...

NO... marriage is about decision.

I will NOT have a bad day because you choose to have a bad day...

My emotional security is NOT based on you... I choose to love you, care for you... But I can not control your decision to pout.

So one person yells... the other shuts down... Accomplishing nothing.

How do we fix it?

You make a decision NOW... What's MOST important in this life. A life you only get to live once...

Is it MOST important to BE right.... Even if that means you deeply hurt your spouse...

Or is it MOST important for the relationship to be right?

Correct... the relationship...

So how can I say and how can I address something with staying centered on what's RIGHT?

Can I say this in church? Some couples need some counseling. A third party to help get to a place where we are NOT dependent on each others emotions, but on what's best for our marriage.

Whats RIGHT...

Respect

Integrity

(Ephesians 4:29 NIV) 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Grace

(2 timothy 4:22 ESV) The Lord be with your spirit. Grace be with you.

Honesty

(Ephesians 4:15 ESV) 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,

Tact

Let's Pray