

Chewing on our Daily Bread

Questions for conversation with your family, small group, or a friend

1. Who are the happiest married couple you know? What do you think is the key to their happiness?
2. If you're married, what do you and your spouse do to help your relationship continue growing and not get stale or stagnant? If you're not married, what have you seen couples do to keep their marriage fresh and alive?
3. How has divorce touched your life? And how has it affected you?
4. How have you helped someone who is divorced or who is going through a divorce? If you've experienced divorce yourself, how have people helped or hurt you?
5. PRAY:
 - ✦ Thanking God for the happy marriages you know of.
 - ✦ For your marriage, if you're married.
 - ✦ For any marriages you know that are hurting.
 - ✦ For anyone you know who is hurting as the result of a divorce.
 - ✦ For any needs in your group

SERMON NOTES

20th Sunday after Pentecost, Proper 22, Year B * October 6, 2024

Sermon by the Reverend Tom Rutherford

Genesis 2:18-24 * Psalm 8 * Hebrews 1:1-4; 2:5-12 * Mark 10:2-16

Divorce

About divorce, Jesus said,

- ✦ Moses (the Bible) permitted it because your hearts were hard.
- ✦ What God has joined together, let no one separate.
- ✦ Anyone who divorces [to] marry another commits adultery.

God says, "I hate divorce" (Malachi 2:16) because God IS divorced – from his people whom he loved like a husband loves a bride, but who repeatedly rejected him. Isaiah 50:1; Jeremiah 3:1&8; and Hosea 2:2

WHAT ABOUT US?

Let's do our best to E_____ and G_____ great marriages.

- ✦ Premarital preparation
- ✦ Pray and seek God together
- ✦ Marriage resources (SEE INSERT)

When our marriage – or the marriage of someone we know – goes on the rocks, let's do everything we can to H_____ it.

- ✦ PRAY!
- ✦ Marriage resources (SEE INSERT)
- ✦ Counseling (TALK TO ANY OF OUR CLERGY)

When someone we know is – or gets – divorced, let's do everything we can to C_____ and H_____ them.

- ✦ Pray
- ✦ Listen. Don't advise, judge, or autopsy their dead marriage.
- ✦ Invite, feed, encourage, listen, love

If a divorced person marries, let's do our best to help them

E_____ and G_____ a great marriage. (SEE ABOVE)

Next Week's Lessons

Amos 5:6-7, 10-15 * Psalm 90 * Hebrews 4:12-16 * Mark 10:17-31

Marriage Resources

Boundaries: When to say “Yes” and When to say “No” to regain control of your life by Dr. Henry Cloud and Dr. John Townsend.

If you feel that people use you and walk over you; or if you never have enough time because too many people and activities are taking up your life, this book will help set healthy personal emotional boundaries to take responsibility for your own feelings and the issues you can control, and to let go of those things you can't.

Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend. *Applies the principles from the first Boundaries book to the specific aspects of marriage to help couples recognize each other's needs, to help each take responsibility for his/her own feelings, and to respect the feelings and rights of the other.*

The DNA of Relationships by Gary Smalley and Robert S. Paul. *Relationships are ruined by fear. If we can find out what we do that scares our mate in our marriage, and AVOID those things, we can grow the trust that leads to intimacy.*

The Five Languages of Love: How to Express Heartfelt Commitment to Your Mate by Gary Chapman, PhD. *We usually love our mate in ways we like to be loved. Unfortunately, our spouse may not always speak the same “love language,” and what makes me feel loved and appreciated may not be what makes my spouse feel loved. This book helps us learn to love our mate in ways that he/she appreciates and helps him/her feel loved.*

Hidden Keys of a Loving Lasting Marriage by Gary Smalley. *Helps husbands and wives understand each other and each other's needs and differences*

Love and Respect by Emerson Eggerichs. *Women want love; men want respect. Until each offers that to the other, the marriage never becomes all God intends.*

Hiding from Love: How to Change the Withdrawal Patterns that Isolate and Imprison You by Dr. John Townsend. *When people hurt us emotionally, we withdraw and hide emotionally. Unfortunately, some of us develop a pattern of hiding from the very people who love us most: particularly our spouse. This book helps differentiate healthy and unhealthy hiding, and helps us quit hiding from the love we so desperately want.*

Making Sense of the Men in Your Life by Dr. Kevin Leman. *This honest look at what makes men tick shows women how understanding the differences between the sexes can help them develop more satisfying relationships with the men in their lives—husbands, sons, fathers, coworkers and others.*

Preparing for Marriage by David Boehi, Brent Nelson, Jeff Schulte, & Lloyd Shadrach. *If you are considering marriage, or if your marriage has never gotten off to a healthy start, this book helps couples discuss their expectations and come to agreement about the issues that can divide and conquer them. This is the premarital preparation resource Tom Rutherford uses with most couples getting married.*

The Proper Care and Feeding of Husbands by Dr. Laura Schlessinger. *Wife, if you want your husband to treat you like a queen, show him admiration and affection and let him know what pleases you, and most likely he'll give his all to do just that.*

Marriage Counseling and Therapy.

If there are issues in your marriage you would like to discuss, our clergy are always available to listen and help. Please call the office (407-656-3218). If your issues seem beyond their expertise, they have several counselors and therapists available – both male and female – who specialize in specific issues. If cost is an issue, they will help pay for professional counseling through their Discretionary Fund. Please don't let the cost prevent you from getting well.