

**“Guilt-Less Marriage”**  
**May 22, 2015**  
**Lynn Haven United Methodist Church**

Introduction

Since none of us is perfect, we feel guilty because we are guilty of wrongdoing. Nowhere is this more evident than in our family relationships because we oftentimes say things we wish we hadn't said and do things we wish we hadn't done. It's impossible to be a part of a “guilt-free” family because our speech and behavior toward one another is not always good and right.

When husbands treat their wives with love and honor and wives treat their husbands that way, a whole lot less guilt is experienced in the marriage. But what does this look like?

In his letter to the Ephesians, Paul discusses family relationships in chapter five and begins by quoting from the first book of the Bible, Genesis:

“A man leaves his father and mother and is joined to his wife, and the two are united into one.” This is a great mystery, but it is an illustration of the way...Christ treats the church. And this provides a good picture of how each husband is to treat his wife, loving himself in loving her, and how each wife is to honor her husband. (Ephesians 5:31-33 NLT, MSG)

The way a husband and wife are to relate to one another is by following Christ's example of how He relates to His followers.

Digging Deeper

1. Read John 15:13-15. What does it mean to you that God wants to be your friend?
2. Why is friendship important in a marriage? Read Proverbs 17:17.
3. Read Numbers 23:19 and Ephesians 4:15. What does God's Word teach us about the importance of honesty in marriage?
4. What is the danger of not being completely upfront and forthright in marriage? Think about the quote from Iyanla Vanzant: “Love people enough to tell them the truth. And respect them enough to trust they can handle it.”
5. Faithfulness is defined as “a long-standing and steadfast commitment to a promise.” Read Deuteronomy 7:9 and Psalm 57:10. How does God's faithfulness to us teach us how to be faithful in our relationships?
6. Read Isaiah 43:5 and Ephesians 4:32. What is the importance of forgetfulness (i.e. forgiveness) in marriage?

Conclusion

The Lord's relationship with the church is characterized by love and honor. When husbands treat their wives that way and wives treat their husbands that way, a whole lot less guilt is experienced in the marriage. “A perfect marriage is just two imperfect people who refuse to give up on each other.” Spend some time in prayer about your marriage. If there is anything you need to repent from in your marriage, first confess it to God and ask for forgiveness. Then, confess it to your spouse and ask for forgiveness. Pray for your marriage with your spouse at least once this week.