

The 8 C's that Will Destroy a Marriage

1. Criticism--Definition: the expression of disapproval of someone or something based on perceived faults or mistakes. "Out of the same mouth proceed blessing and cursing. My brethren, these things ought not to be so." James 3:10

Cure for this problem is encouragement. Encouragement helps breathe life into a marriage and home. An encouraged heart makes for a happy heart.

2. Controlling--Controlling ways can be a noose around the neck of a spouse.

Cure for this problem is faith. Simply put, I need to trust the Lord more and *me* less. Trust your spouse, yes sometime they will make mistakes. "But you, O man of God, flee these things and pursue righteousness, godliness, faith, love, patience, gentleness." 1 Tim. 6:11

3. Complaining--Complaining makes your spouse feel like they are a failure. This is not what you want for your marriage. Complaining words that come out of your mouth can easily cause your spouse to wither and feel defeated.

Cure for this problem is gratitude. Change your speech to build up instead of tearing down. "Do everything without complaining and arguing." Phil 2:14

4. Combative Words--Make a decision to never threaten each other with the word divorce because it is like an emotional death sentence. It would erode the emotional intimacy and security that every marriage needs. "Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my strength and my Redeemer." Psalm 19:14

Cure for this problem is kindness. When you are dating, kindness was the norm. Kindness is something that you have to nurture in your marriage regardless of past or present circumstances.

5. Complacency--It's hard to maintain a fulfilling marriage. It takes work--A lot of work. Continually being mindful of the your spouse and considering them, their feelings, fears, aspirations, and frustrations can be draining. Putting your marriage on the back burner requires virtually no effort at all, but complacency will kill a marriage.

Cure for this problem is intentionality. You don't want a back burner marriage because when a marriage is placed on the back burner, it gets forgotten. Just like a pot on the stove, things will either burn or never get cooked. Either way, the end result is not what you had intended. "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him." Col. 3:17

6. Concealing Lies--Lying to your spouse or keeping things from them (lies of omission) will not create a strong foundation in your marriage. A marriage won't flourish when trust is lacking.

Cure for this problem is to develop integrity. Truth always needs to prevail in a marriage. "In all things showing yourself to be a pattern of good works; in doctrine showing integrity, reverence, incorruptibility, sound speech that cannot be condemned, that one who is an opponent may be ashamed, having nothing evil to say of you." Titus 2:7-8

7. Condemning--Definition: express complete disapproval of, typically in public. We all have a list of wrong doings. We need not verbally express them to everyone. This will not produce a good marriage

Cure for this problem is being a gracious spouse. Grace only comes from knowing the One who is full of grace. It's your choosing to emulate Christ instead of condemning your spouse. "But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen." 2 Peter 3:18

8. Cold Shoulder--It's a natural emotional default for people. It goes something like this ... You hurt me and I withdraw because I want to preserve and protect myself.

Cure for this problem is transparency and trust. When you want to punish your spouse or protect yourself, you need to choose to be transparent with your feelings, seek to restore your situation, and trust the reconciliation process. "Hatred stirs up strife, but love covers all sins." Proverbs 10:12