

The Roadmap To Repairs



The importance of good and loving relationships





If one falls down, his friend can help him up.

But pity the man who falls

And has no one to help him up!

Also, if two lie down together, they

Will keep warm.

But how can one keep warm alone?

Ecclesiastes 4:10,11

The most important thing we
need to learn is how to love God
and love others well

Matthew 22:37-39

Mark 12:29-31



The necessity of maintenance & repairs



Low maintenance



Personal qualities necessary for loving and lasting relationships



**Healthy self-
awareness**

The range of what we think and do
is limited by what we fail to notice.
And because we fail to notice that we
fail to notice
there is little we can do to change.
Until we notice how our failing to notice
shapes our thoughts and deeds.

Daniel Goleman





**Ability to
control
yourself.**

With their words
the godless destroy
their friends.
Proverbs 11:9

Reckless words
pierce like a sword.
Proverbs 12:18



**Life and death is in the power
of the tongue (Proverbs 18:21)**





Empathy

A red pushpin is pinned to the top center of a white, rectangular sticky note. The sticky note has rounded corners and is set against a plain white background. The text "Social skills" is written in the center of the note in a bold, black, sans-serif font.

**Social
skills**

We never talk!



A photograph of a man and a woman in a tense moment. The man, with dark hair and wearing an orange sweater, is seen from the side, holding his head in his hands. The woman, with long blonde hair, is looking down with a sad expression. The background is a simple indoor setting with a window and curtains.

Resolve Conflict



**The ability
to receive
feedback**

High performers are not
afraid to look at the replay.

Todd Herman

BENEFITS of FEEDBACK

- Gives you clarity and greater self-awareness
- Helps you correct mistakes and learn from them so that you don't keep repeating them.

Marriage is more than just a legal contract to stay together.

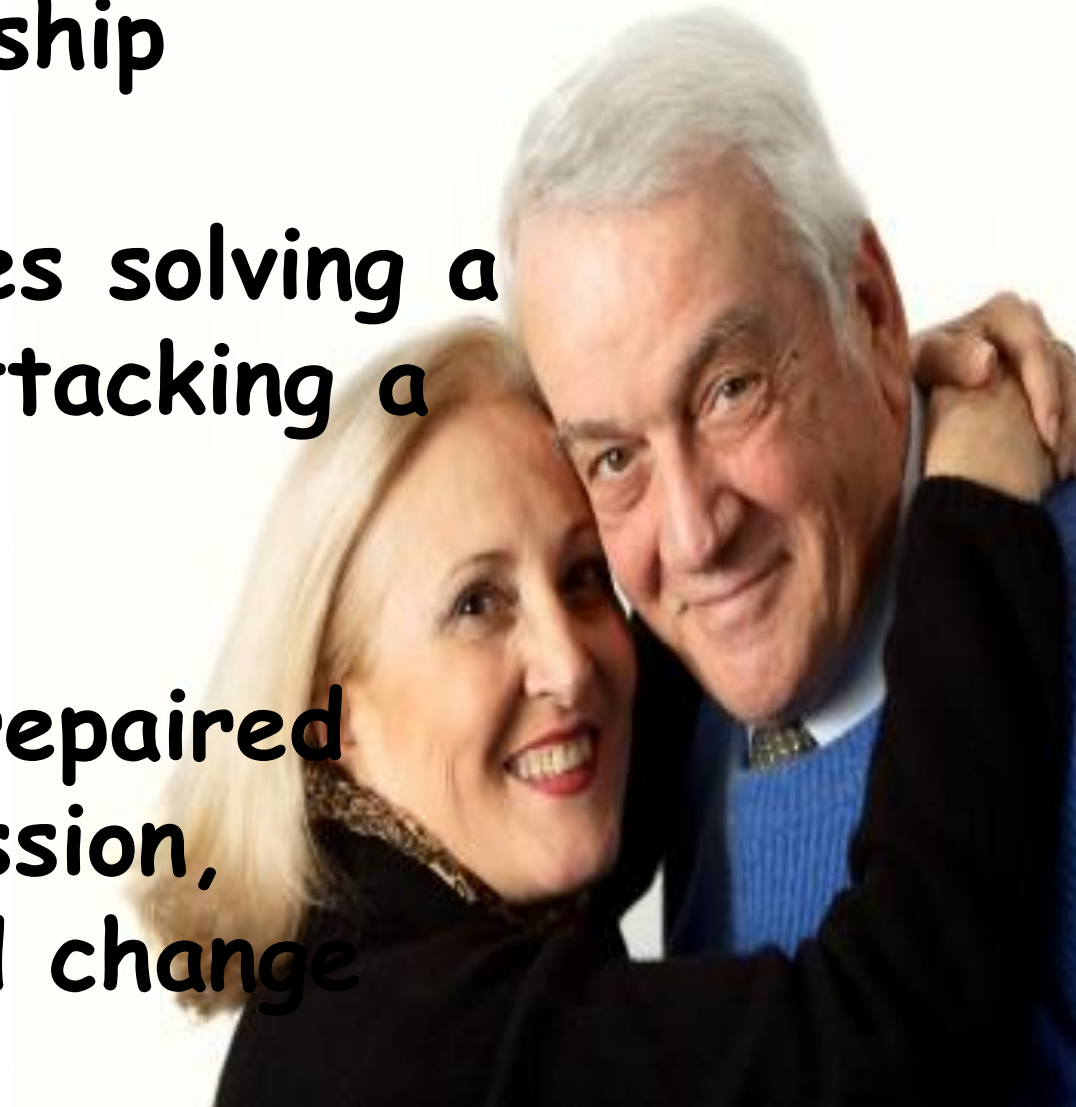
It is a sacred covenant which means you made promises to love, cherish, provide for and protect not only your marriage but your spouse.

Healthy Marriage

Loving Partnership

Conflict involves solving a problem not attacking a person

Damages are repaired through confession, restitution and change



Mutuality

Caring

Honesty

Respect

Responsibility

Repentance



Reciprocity

Shared Power & Responsibility



He writes, "For I do not mean that others should be eased and you burdened, but that as a matter of fairness your abundance at the present time should supply their need, so that their abundance may supply your need, that there may be fairness"

(2 Corinthians 8:13-14 ESV).

Freedom



**Warning signs your
marriage lacks
maintenance and is
headed for trouble**



1. Consistently ignoring the clearly identified needs of your partner

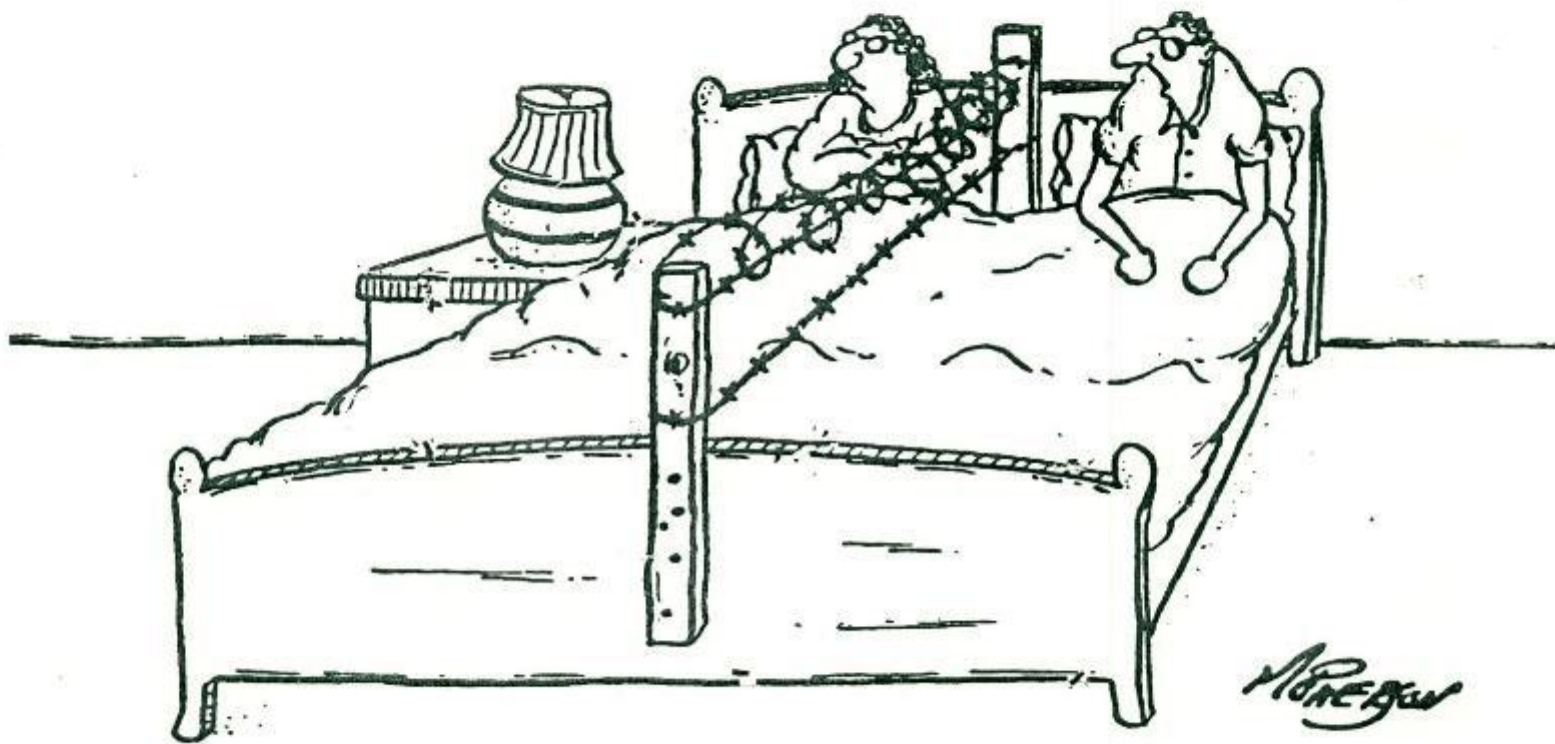
2. Dismissing or devaluing or demeaning the opinions, feelings, feedback or goals of your spouse.

3. When any other relationship is placed higher in priority than the marital relationships.

4. Lack of investment in the relationship, time, energy and money.

5. Lack of mutuality, reciprocity or freedom in the relationship.

6. Negative feelings of hurt and anger that have turned to bitterness and resentment which have built walls and barriers between you.



"Apparently I have done something to upset you."

Blindness not Brokenness



Unwillingness to SEE

Unwillingness to CONFESS

Unwillingness to GET HELP

If your eye is good, your whole
body is full of light

Jesus Matthew 6:22



**Unacknowledged and
unrepentant sin eventually**



**separates us from God
and from others!**

**Unconditional love does NOT
require**

**Unconditional
Relationship**



Putting confidence (trust)
in an unreliable person in
times of trouble is like
chewing with a broken tooth
or walking on a lame foot

Proverbs 25:11

Do not trust in these deceptive words....

Let everyone beware of his neighbor, and put no trust in any brother, for every brother is a deceiver and every neighbor goes about as a slanderer. Jeremiah 7:4, 9:4

Where Trust Breaks Down

- Safety
- Honesty
- Compassionate Care
- Reliability
- Financial security
- Sexual fidelity/ integrity

What Doesn't Work



- ✓ Let's start with a clean slate
- ✓ Forgive and forget
- ✓ Superficial changes without dealing with the roots
- ✓ Only one person doing the work

The road forward



**Repair work costs you. You
will need to die to your pride
and selfishness**



STEP 1

Responsibility

**You can't fix
something
until you first
admit it is
broken**



Denial



Centrality of feedback in the rebuilding process.



The way of a fool is right in his own eyes, but a wise man listens to advice.

Proverbs 12:15

But exhort one another every day, as long as it is called today, that none of you may be hardened by the deceitfulness of sin.

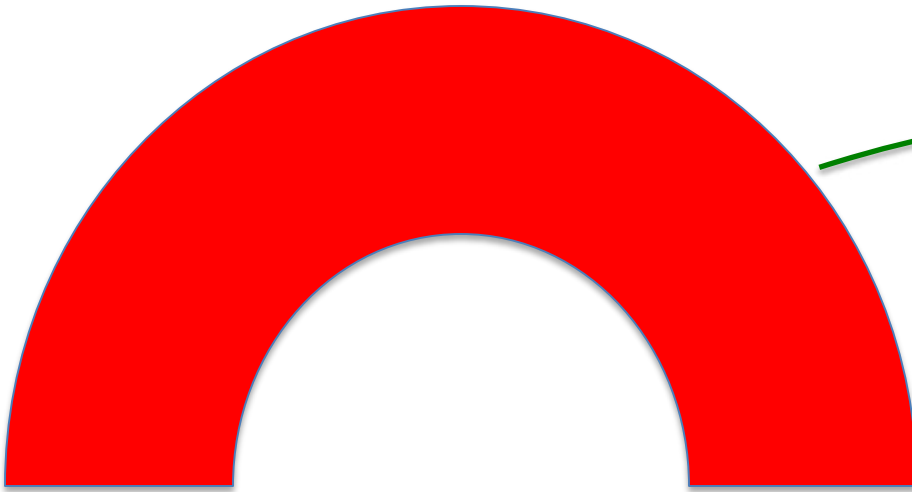
Hebrews 3:13

Old History

New History

Self-awareness

Feedback





STEP 2

**Repent
in heart**

**and
habit**

**Repeated
breaks in
marital trust
require
personal
work not
just marital
work.**

- 1. Self awareness.**
- 2. Self reflection**
- 3. Self examination.**
- 4. Self-control**
- 5. Self-correction**

How do you
know
someone is
truly
repentant?



**Words don't necessarily lead
to changed behaviors**



I PROMISE TO

I PROMISE TO

I PROMISE TO

I PROMISE TO

I PROMISE TO

But if anyone has this worlds goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth

(1 John 3:17,18).

You trust in deceptive words to no avail. Will you steal, murder, commit adultery, swear falsely, make offerings to Baal, and go after other gods that you have not known and then come and stand before me in this house which is called by my name and say, 'We are delivered - only to go on doing all these abominations?

(Jeremiah 7:8,10)

Prove by the way you
live that you have
repented of your sins
and turned to God
(Luke 3:8).



Amnesty VS Amends

Forgiveness does not
automatically mean
reconciliation.

1. Willing to take ownership for the pain they've caused.
2. Willing to be accountable for the damage they've caused.
3. Willing to do the necessary work and are grateful for the chance to do so.

STEP 3 Rebuild Trust



Four Quadrants of Trust



Authenticity

Authenticity	

Stop Pretending



Four Quadrants of Trust



Authenticity

Reliability

**Can I count on you to do
what you say you will do?**



Four Quadrants of Trust



Authenticity

Reliability

Competence

**Can I count on you to get help or
ask advice for something you
don't know how to do?**



Four Quadrants of Trust



Authenticity

Reliability

Competence

Care

**Can I trust you to care what
I think, how I feel or what or
what I need?**





DON'T
GIVE UP