

# THE COUNSELOR'S COUCH: A Spirit-Partnered Marriage

EPHESIANS 4:25-32

Dr. Matt Shackelford

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■ Social Media: #Counselor'sCouch

## A Spirit-Partnered Marriage Avoids Hurting the Helper:

1. Fear \_\_\_\_\_ Our Kind Teammate (30).
2. Start \_\_\_\_\_ Our Toxic Patterns (25-32).
3. Choose \_\_\_\_\_ Our Perfect Example (32).

### ***Eph 4:25-32 (ESV)***

*“Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup>Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup>and give no opportunity to the devil. <sup>28</sup>Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. <sup>29</sup>Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup>And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup>Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”*

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### **Biblical Counseling Homework:**

1. Last week you memorized Ephesians 4:31-32. This week, tell your spouse what applying this verse will look like this week in marriage?
2. Plan out an expression of love for your spouse this week: A compliment, a gift, an act that will give grace to your spouse. Try to out-give your spouse this week.
3. Ask your spouse where they think you're hurting the helper in marriage?
4. Talk about the things in your past that remain unforgiven. Bring them up for discussion. Ask forgiveness. Truly forgive one another. Never bring them up again.
5. Pray this prayer: *“Father-God, create in us a marriage that honors you. Forgive us for our failure and how we have fought your will for our lives. Today we need more grace to live like Jesus. Please help us to put off the toxic parts of our marriage, that we might not grieve the Holy Spirit. Help us see the kindness of Jesus and be motivated to live like him. We pray for a Spirit-Partnered Marriage. In Jesus' Name, Amen.”*

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EPHESIANS 4:25-32

### APPLICATION QUESTIONS

1. In what areas of your life are you feeling the conviction that you could be “hurting the helper?”
2. Many Christian cults (such as Jehovah’s Witnesses) view the Spirit as a force and not a person. Why is it so important that we see the Holy Spirit as a person? How does this text display His personality? Can you think of any other verses in the New Testament that convey His personhood?
3. The grief of the Holy Spirit is like the grief a father has over a prodigal son. It’s like the grief a wife has over discovering a husband’s affair. What emotions from those two scenarios impact you the most?
4. Today we saw several put-off and put-on actions. Which one stood out to you and a needed change in your relationship?
5. What is the difference between righteous anger and unrighteous anger? This passage shows that not all anger is sinful. How can anger be helpful?
6. **Read Colossians 3:1-17.** Colossians is often considered the “twin letter” to Ephesians. How do Colossians 3:2 and 3:10 add to your understanding of this New Life? How does the Christian put off bad attitudes and put on love (Col. 3:14)?

### **Quote for the Week. . .**

by CH Spurgeon



*“There is one thing which seldom gets weaker through old age – that is, old Adam; he is as strong in his old age as he is in his young age, just as able to lead us astray when our head is covered with grey hairs, as he was in our youth. We have heard it said that growing in grace will make our corruptions less mighty; but I have seen many of God’s aged saints, and asked them the question, and they have said, “No,” their lusts have been essentially as strong, when they have been many years in their Master’s service, as they were at first, although more subdued by the new principle within. So far from becoming weaker, it is my firm belief that sin increases in power.”*