

FIGHTING FOR YOUR MARRIAGE

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Biblical Strategies for Strengthening Your Relationship

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Ephesians 5:25

Husbands, love your wives, just as Christ also loved the church and gave Himself for her,

7 STRATEGIES TO HELP YOU FIGHT FOR YOUR MARRIAGE

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Fight with FAITH, Not Just FEELINGS

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Proverbs 3:5-6

⁵ Trust in the Lord with all your heart,
And lean not on your own understanding;
⁶ In all your ways acknowledge Him,
And He shall direct your paths.

- **Focus:** Feelings fluctuate, but faith is foundational.
- **Practical Tip:** Respond based on belief, not emotion. Ask daily, 'How can I serve my spouse today?'
- **Personal Reflection:** We've learned that we're not led by emotions but anchored in purpose.

**Fight with FORGIVENESS, Not
Just FRUSTRATION**

Colossians 3:13

**¹³ bearing with one another, and forgiving one another,
if anyone has a complaint against another; even as
Christ forgave you, so you also must do.**

- **Focus:** Unresolved offenses create division.
- **Practical Tip:** Weekly check-ins: 'Is there anything I've done that hurt you?'
- **Personal Reflection:** Asking, listening, and forgiving prevents small issues from becoming fractures.

**Fight with COMMUNICATION,
Not CONFLICT**

James 1:19

¹⁹ So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath;

- **Focus:** Marriages often suffer from a lack of listening.
- **Practical Tip:** Use the 'Pause Principle': 'Am I listening to understand or just to respond?'
- **Personal Reflection:** True listening turns tough conversations into turning points.

**Fight with COMPROMISE,
Not CONTROL**

Philippians 2:4

**⁴ Let each of you look out not only for his own interests,
but also for the interests of others.**

- **Focus:** Control says 'My way.' Compromise says 'Let's find a way.'
- **Practical Tip:** Say, 'Help me understand why this is important to you.' Seek win-win solutions.
- **Personal Reflection:** Winning an argument is never more important than winning in marriage.

Fight with PARTNERSHIP, Not PRIDE

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Ecclesiastes 4:9

⁹ Two are better than one,
Because they have a good reward for their labor.

- **Focus:** A self-centered marriage will always struggle.
- **Practical Tip:** Instead of 'That's your problem,' say 'How can we solve this together?'
- **Personal Reflection:** We are not competitors; we are co-laborers in life.

Fight with HEALING, Not HISTORY

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Isaiah 43:18-19

¹⁸ “Do not remember the former things, Nor consider the things of old. ¹⁹ Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.

- **Focus:** Past pain can block future progress.
- **Practical Tip:** Seek counseling if past wounds impact the present.
- **Personal Reflection:** God can heal what you're willing to reveal.

Fight with PRAYER, Not PRIDE

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Mark 10:9

**⁹ Therefore what God has joined together,
let not man separate.”**

- **Focus:** The greatest weapon for your marriage is not separation but supplication.
- **Practical Tip:** Pray for your spouse, not about them. Instead of 'Lord, fix them,' pray 'Lord, help us.'
- **Personal Reflection:** Prayer prevents problems, not just solves them.