

Toughing it out in the tough times:

- First, there are 3 perspectives that can help us to tough it out. Expectations make a big difference.
- 3. God is redemptive. (James 1; Romans 8)
God is good all the time, not everything that happens is good, but because God is good, he can redeem it. (claiming promises through the valley – matured, healed, changed relationally) You can't choose if you suffer, only how. Choose wisely.

Toughing it out in the tough times:

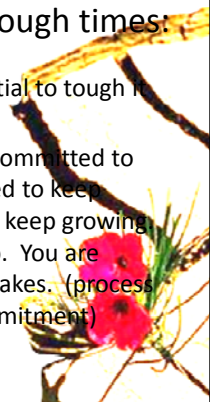
- First, there are 3 perspectives that can help us to tough it out. Expectations make a big difference.
- What are some perspectives that have helped you in the tough times? Which of these three perspectives discussed would benefit you to include in your life? (Hard times come, & hard times go. When I woke up this morning, God was still on his throne. God is redemptive.)

Toughing it out in the tough times:

- Second, commitment is essential to tough it out in the tough times. (Survey = unhappily married people & follow up 5 years later. 2/3 vs 1/2)
Those who stayed together were more likely to be happy 5 years later.
- We live in an instant gratification society. It is a disposable world. We expect things to be easy (movies)
- Making love last & grow over a life time requires deep commitment. There is nothing disposable about lasting love. (divorce is not an option)

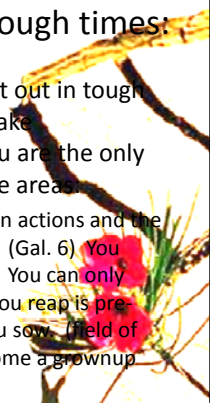
Toughing it out in the tough times:

- Second, commitment is essential to tough it out in the tough times.
- Commitment means you are committed to work it out. You are committed to keep talking. You are committed to keep growing. You are committed to get help. You are committed to do whatever it takes. (process of developing intimacy & commitment)



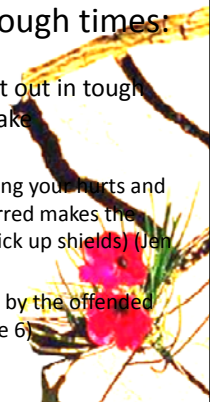
Toughing it out in the tough times:

- Third, if we're going to tough it out in tough times we're going to have to take responsibility for our lives. You are the only one responsible for you. Three areas:
 1. Take responsibility for your own actions and the consequences of your actions. (Gal. 6) You cannot choose what you reap. You can only choose what you sow. What you reap is pre-determined based on what you sow. (field of weeds) (a person doesn't become a grownup when ...)



Toughing it out in the tough times:

- Third, if we're going to tough it out in tough times we're going to have to take responsibility for our lives.
 2. Take responsibility for processing your hurts and disappointments. "Hope deferred makes the heart sick." (heart hurts, we pick up shields) (Jer & I)
 - Forgiveness is a gift granted by the offended party. Trust is earned. (Luke 6)



Toughing it out in the tough times:

- Third, if we're going to tough it out in tough times we're going to have to take responsibility for our lives.
 3. Take responsibility for honoring your partner. Treat them with dignity and respect. This is particularly important when we are dealing with conflict. Hurting people hurt others. (Ephesians 4:26f)
 - Deal with your dishonoring behaviors. (e.g., silence; avoidance; stomping)

