

Rejection or Acceptance in Marriage

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1 study

THE NEED TO FEEL WANTED

1. Since you have been married have you taken time to build acceptance toward one another? If so, how? _____

2. How are you demonstrating acceptance? _____

3. Do you love conditionally and therefore your spouse never has known the security that comes from total acceptance? _____

Acceptance or Rejection?

Read the following together and then discuss these thoughts together !

You and I have a powerful need to feel wanted. Each of us longs to be significant in the life of another person.

We yearn for a sense of being valuable to our mate for who we are, with no strings attached. This is the very heart of intimacy.

When we feel unwanted we pretend it doesn't matter, but it does. When feelings of not being wanted creep into our marriage, the pain of rejection is so deep that it threatens to shatter the core of our identity and being. We feel unimportant, rejected and useless.

*Wanting to be wanted in marriage is linked to the need for acceptance. We long to have one person in all the world who knows us **as** we are, for **who** we are, who understands us completely and, in spite of it all, accepts us unconditionally.*

If your mate feels unwanted, you have sinned! The feelings may be vague or not well articulated. But if the feeling of being unwanted is there, it must be dealt with. No pain is deeper than not feeling wanted by the most important person in your life.

The rule of rules for a successful marriage is this: After God, but before all others, make each other your top priority!

***Happy couples don't feel like they have to perform to be loved.
Do you practice unconditional love?***

2 study

Groping With Major Personal Problems We Face!

(I challenge you to discuss these following questions together.)

1. Who do you see in the mirror?

Did you face a long path of painful years during your childhood and youth? _____

If yes, why? _____

Have you faced a lot of rejection, feeling unwanted and unloved and you have allowed this to produce crushing loneliness, defiling bitterness, and other scars that persist?

_____ If yes, why?

Have you allowed yourself to be an embittered cynic, knowing far too much of all the wrong things in life? _____ If yes, why? _____

Have you noted in your life that self-pity, cynicism, and bitterness has taken it toll?

Do you determine to be set free of any and all of this? _____

Do you realize that the lack of giving forgiveness and knowing forgiveness has kept you in a state of bitterness and an ongoing rejection syndrome?

What do you need to do? _____

2. What kind of problems are in your marriage due to the lack of acceptance of each other as gifts and the putting away of acts of rejection, ill-tempered living, and the holding of resentments?

Do you see in your marriage the conflict of egos? _____, If yes, why?

What does Ephesians 5:21 mean to both of you? _____

Consider: From this two-party competition in the home emerges a victor, be it husband or wife. The losses are staggering! Ongoing conflict brings horrible results! Both are losers for both suffer great loss -- there will be loss of respect, trust, honor, love

and sweet fellowship. These things can also lead to a henpecked husband or the whining, neurotic, defeated housewife. Then we have all witnessed the man who retires from conversation and gradually rejects his wife.

The wife, if she is the winner in this battle becomes more overbearing, dominant, and her own personality becomes warped and dehumanized. If the aggressive husband is the winner he will finally pressure his wife into complete submission. Then the wife's self-worth disappears, and she becomes a broken woman with sadness and defeat written all over her countenance.

Marriage Helps

3 study

MAKING YOUR MARRIAGE WHAT IT OUGHT TO BE!

(You are encouraged to consider these individually--then discuss them.)

There are only three choices for any person involved in an unhappy marriage. They are:

- 1) get a divorce, which is the immature choice and a cop-out, as well as sinning against man and God.
- 2) try to tough out the marriage without expecting any change, or
- 3) face personal failure, take responsibility for one's own part and then choose to build a victorious, intimate marriage, which is the only real, mature choice to make.

Questions:

1. What have you done to work at change?

2. What are you doing about receiving you mate as a *gift from God*? _____

3. What are you doing about total acceptance of your spouse, rather than giving rejection? _____

4. We you building *walls* ? *What are you doing about removing walls* and not building any walls? _____

Robert L. Stevenson wrote the words, "Here we are, most of us, sitting at the window of our heart, crying for someone to come in and love us. But then we cover up the window with the stained glass of pride or anger or self-pity so that no one can glimpse the lonely self inside."

1. How do you relate to this statement? Do you think it is true of many people?

2. What do you need to change, so this statement is not true of you? _____

We must remember that we become loved by loving, not be straining to attract love!

1. So be careful how you love.
2. Loving your spouse in God's way means **a serving, giving love.**
3. Too often we try to **get love** by clinging, complaining, or making demands.
4. By our anger, moodiness and temperamental displays, we actually hinder our efforts to be loved.
5. We must quit playing games. We must quit trying to get love by inspiring jealousy, or insecurity, or playing hard to get!

Write here what you need to change as it relates to these truths!

There is a connection between love and forgiveness!

1. The key that opens the door to the locked rooms of our hearts is forgiveness.
2. **It is only when we have experienced forgiveness:**
 - that we find the locks are sprung,
 - the doors are flung open,
 - the windows are tossed high,
 - the rooms are inhabited,
 - the fires are lighted on the hearths.
 - It is then that we discover our hearts are finally free to love. Forgiveness makes possible the description given above.
3. We can be what the Creator created us to be. . . forgiving creatures who readily love others, for we can only truly love when we truly forgive.

Questions:

1. Do you truly forgive? _____ What are you changing to become a person who truly forgives? _____

2. How are you applying the last study on **giving blessing -- edifying -- sharing life?**

3. How does it relate to giving full, complete, total forgiveness? _____

Showing love in a marriage!

1. Giving love is not easy or simple. It is an art that I must want to learn and pour into my life. I can learn to love.
2. Love is an active power that I control by my own will. I am not helpless or a slave to wrong so that I cannot love. I can choose to love or not to love.
3. Love has the power that will produce love as I learn to live it rather than to strain to attract it. Love is not produced by trying to attract it. It is the natural product of giving it.
4. Love in action -- by word, in attitude and by action -- is to be given and given wisely. It is to affirm the value of the beloved always and do the best for the **beloved ones** of my life.

Questions:

1. What am I doing to build a life of giving biblical, Godlike, sacrificial love?

2. How am I giving those in my home a sense of value? _____
