

WHAT'S INSIDE ALWAYS COMES OUT

STAYING IN LOVE, PART 3

Pastor Ken Ritz * Mar 11, 2012 * New Life Vineyard Church

Review of past weeks:

- “Falling in love requires a pulse. Staying in love requires a plan.”
- The first requirement for staying in love is to “Make love a verb!” (i.e. an action).
- To stay in love, I follow the example Christ set for me by valuing the other above myself and focusing on their interests, not just my own (see Philippians 2:3-8).

Mystery #1

How can two people swear “Till death do us part” but ten years later hate each other more than anybody else on the planet?

Mystery #2

Why does it seem ridiculous to suggest that people on the edge of divorce simply fall in love with each other again?

Staying in love would be simple, if both partners came into the relationship with a _____ that was perfect and healthy.

The reality... we all have _____.

Above all else, guard your heart. For everything you do flows from it.”

Proverbs 4:24

Good people bring good things out of the good stored up in their heart, and evil people bring evil things out of the evil stored up in their heart. For out of the overflow of the heart the mouth speaks.

Luke 6:45

What's in you is going to come out of you, regardless of who's with you.

To Guard (Monitor) Your Heart...

1. Think about what you're _____ before you speak.

- “*What exactly am I feeling?*”
- Name the emotion out loud

2. _____ to your partner about it.

“When you say (fill-in-the-blank), it makes me feel (fill-in-the-blank).”

The proper response:

“I’m so glad you told me that,” followed by _____ (quiet).

Summary

Your ability to stay in love has as much to do with the condition of your heart, as it does the behavior of your partner.