

# Strengthening Marriages: A Biblical Perspective

*Eph. 5*

**Main idea:** To provide biblical guidance and practical tips on how to strengthen marriages, focusing on communication, forgiveness, selflessness, and intimacy.

**Topic:** Phases of Marriage

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Suggestions for moving forward with the sermon:

1. Emphasize the importance of communication in marriage:

- Scripture: Proverbs 18:21 - "The tongue has the power of life and death."
- Highlight the significance of using words wisely and speaking life into the marriage relationship.

2. Discuss the role of forgiveness in maintaining a healthy marriage:

- Scripture: Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
- Explore the concept of extending grace and forgiveness to one another, just as God has forgiven us.

3. Address the need for selflessness and sacrificial love in marriage:

- Scripture: Philippians 2:3-4 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

- Encourage spouses to prioritize the needs and desires of their partner, fostering a selfless and loving environment.

4. Discuss the importance of maintaining intimacy and connection in marriage:

- Scripture: Song of Solomon 2:16 - "My beloved is mine, and I am his; he grazes among the lilies."

- Explore the metaphorical language used in Song of Solomon to depict the intimate bond between spouses.

Practical suggestions for reinforcing current ideas:

- Provide practical tips for effective communication, such as active listening and using "I" statements.

- Share examples from real-life scenarios or case studies to illustrate the challenges and triumphs of marriages.

- Incorporate relevant quotes or insights from marriage experts or counselors to support your points.

- Offer practical exercises or activities that couples can engage in to strengthen their marriage, such as date nights or shared hobbies.

Language suggestions from original languages:

- In Ephesians 5:22-33, explore the Greek word "agape" (unconditional love) used to describe the love between Christ and the Church. Highlight how this type of love should be reflected in marital relationships.

- Consider the Hebrew word "shalom" (peace) and its significance in fostering harmony and well-being within marriages. Discuss how couples can actively pursue peace in their relationship.

Other applicable passages:

- 1 Corinthians 13:4-7 - The famous "love chapter" that describes the characteristics of love. Connect these qualities to the phases of marriage and encourage couples to embody them.
- Genesis 2:24 - Explore the concept of leaving and cleaving, emphasizing the importance of unity and commitment in marriage.

Remember to weave these additional ideas and passages seamlessly into your existing sermon, reinforcing your main points and encouraging marriages to be alert.