

Courageous Love

Part 2 of the *Stuck* series

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A marriage that's stuck has lost momentum and is no longer thriving or growing.

Marriage Ruts

- The Contrast & Compare Rut
- The Positional Rut
- The Auto-Pilot Rut
- The Sexual Rut
- The Shallow Communication Rut
- The Abusive Rut

Everything exposed by the light becomes visible—and everything that is illuminated becomes a light. This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.”

Submit to one another out of reverence for Christ.

Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her.

Ephesian 5:13-14, 21-25

Getting out of the marriage rut

- Begin by having a conversation. (v 13-14)
- Submit to one another out of reverence for Christ. (v 21)
- Stop settling for a play-it-safe relationship and instead be a spouse who loves courageously. (v 21-21)
- Invite Jesus to transform a self-centered heart into a loving, other-centered heart.

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

Ephesians 5:1-2

Next Steps

Make time this week where you & your spouse can sit down and have an honest conversation together. Discuss if any of the ruts above are true for your marriage.

Take some time to answer the following questions with your spouse...

- Panthers or Broncos? Who did you cheer for and why?
- Are we stuck in any of the marriage ruts mentioned above? Discuss your answers.
- Read through Ephesians 5:21-25 & Philippians 2:3-8 together. In what ways would you like to see me putting my own interests aside for the sake of yours?
- Is our marriage a courageous one where we're vulnerable with each other & willing to take risks or do we play it safe? What can we do to change and love more courageously?
- Invite Jesus to transform you & your spouse into people whose hearts love like Jesus.