



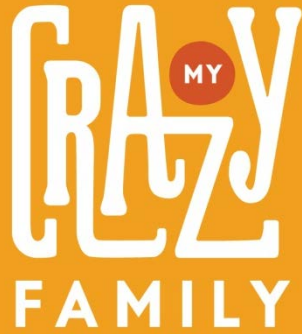
**BREAKING THE “CRAZY CYCLE”  
PHILIPPIANS 2:1-7**



**“So God created mankind in his own image, in the image of God he created him, male and female he created them.”**

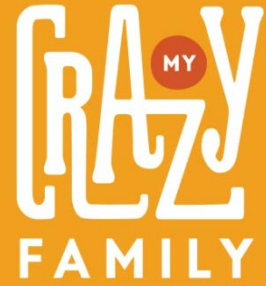
**Gen 1:27**

- 1. When God created male and female he “divided” his personality. Gen 1:27**
  - a. Equals (not p/c)**
  - b. Opposite-likes**
  - c. Completers:**
    - (But not all my needs)**



**6 “So they are no longer two but one flesh. What therefore God has joined together, let not man separate.”  
(Matt. 19:6 ESV)**

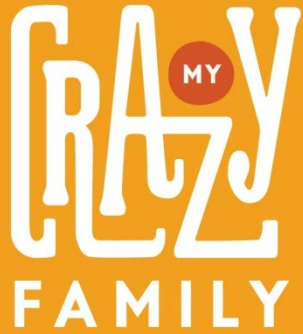
- In marriage, the “personality” of God is “rejoined” as one; and, we are “superglued” by God. Gen 2:24
- God brought her to me:
  - I like her
  - I am attracted to her
  - She is imperfect, just as I am.



**Suppose you and your mate are strong in the same area?**

- **Each person thinks they are right;**
- **Difficulty in communication is the norm.**

2. **My Crazy Family has to learn how to handle differences:**
  - a. **Open the blinds or close them?**
  - b. **On time or late?**
  - c. **Hallmark or Seal Team (or Baltimore Orioles)?**
  - d. **Bed early or bed late?**
  - e. **Temp at 68 or ??**



**Minor differences accumulate over time. They can be caused by:**

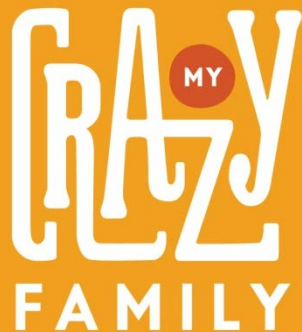
- **Heredity**
- **Culture**
- **Environment**
- **God-designed!**

- f. **When to leave for the movies?**
- g. **Pack little or pack much? CMAS?**
- h. **Expiration dates on food? What is “clean”?**
- i. **Most or least expensive?**
- j. **Save it or toss it?**
- k. **Spontaneous or planner?**



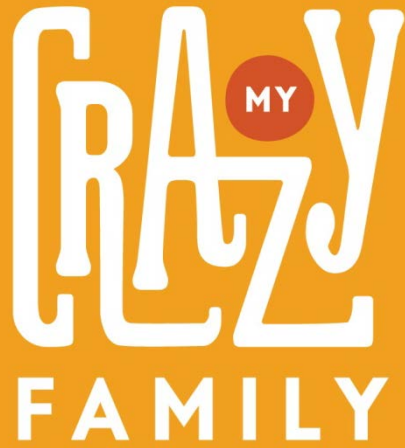
3. I am called to “count” my mate as more important than myself; my mate is my #1 “other.”

- **Phil. 2:3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.**



**If God created man and woman as opposites, why do we fight over what God said was “very good”?**

- To break the “crazy cycle” in marriage:
  1. Differences are not right or wrong. Learn to laugh about them and appreciate them.
  2. Don’t take it personal when she has a better way or vice versa.
  3. Thank God for them.



4. I need a change of mind-set about what “equality” in marriage means.

- **Phil. 2:6-7 who, though he was in the form of God, did not count equality with God a thing to be grasped, 7 but emptied himself, by taking the form of a servant, ....**
- **Equality is not entitlement**





**Each of us has a:**

- **Primary and a secondary love language**

***“5 Love Languages”***

By Gary Chapman

- **I “serve” my mate when I love him in his love language, not mine.**
  1. Words of Affirmation
  2. Physical touch
  3. Acts of service
  4. Quality time
  5. Receiving gifts



## **1. Words of affirmation.**

**Verbal words of appreciation and respect.  
Simple, straightforward statements of  
admiration:**

- You look great in that outfit!**
- Thanks for taking care of the babysitter. It really means a lot to me.**
- Thankyou for your faithfulness to me.**



## 2. Physical touch.

**Lovingly holding hands, kissing, embracing, hugging, cuddling, which may or may not lead to intimate touching.**



### 3. Quality time.

**Giving someone your undivided attention without any distractions, e.g., television, newspaper, cell phone. Going for a walk together, a dinner alone, talking and discussing things that matter.**



## 4. Receiving gifts.

**Gifts are tangible expressions that say, “I am thinking about you and I care about you.”**

- **Flowers, chocolates, Raven’s tickets, etc.**



## 5. Acts of service.

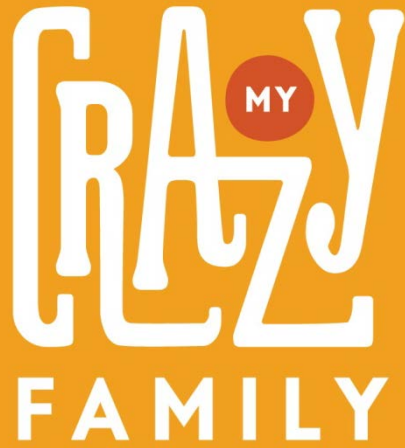
**Doing things you know your mate would like you to do for them.**

- **Cooking my mates favorite dish, washing dishes, taking car to shop, calling Verizon, planting her favorites.**



**“Overdrawn love-banks create opportunities for someone else to meet your needs!”**

5. I serve my mate when I am intentional about love-bank balances.
- “Love-bank” account:
    - A. We make deposits
    - B. We make withdrawals.
  - “His Needs, Her Needs.”
  - “5 Love Languages.”



**Is your mate's  
love-bank  
overdrawn?**

## **Next steps.**

- 1. Have a prayer time with the Lord about your marriage. Commit with Him to work on it.**
- 2. Spend time with your mate to determine their primary love language.**
- 3. How can you love them in their language (not yours)?**