

Helping Women Who are Married but Lonely

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I. Introduction

- A. God's plan for marriage. Gen. 2:18 Gen. 1:26 I Cor. 7:33-34
 - 1. An expression of mutual love and respect. I Peter 3:1-7
 - 2. A beautiful model of Christ and His church. Eph. 5:22-33
- B. Sin entered the world. Gen. 3:1-7
 - 1. Loss of fellowship with God Gen. 3:8-10
 - 2. Loss of fellowship with each other Gen. 3:16c Eph. 5:21
 - 3. Begin to blame each other Gen. 3:12-13
- C. A description of the lonely wife.
- D. The false dichotomy

II. Strategies to Build Unity

- A. Goals to keep in mind.
 - 1. Do not have unrealistic expectations.
 - 2. Appreciate God's gift. Eph. 5:20 Gen. 3:1-6 Ps. 106:7-8 Eph. 5:21 Heb. 13:5a
 - 3. Invest in your relationship with your husband Prov. 20:5
 - 4. Remember the covenant of your youth. Ezekiel 16:60
 - 5. Seek to glorify God in your situation. Psalm 115:1 John 12:27-28 Phil. 2:1-11
- B. Suggestions
 - 1. Become a good listener. Romans 12:10 Luke 6:31
 - a. Become interested in his job. Gen. 2:18
 - b. Make it safe for him to be vulnerable. Phil. 2:3-4
 - 2. Put your relationship first.
 - 3. "Glorify God in your body." I Cor. 6:19b-20 I Cor. 7:1-9 Phil. 2:1-11
 - 4. Get creative. Ps. 16:5-11
 - a. Make life fun. Eccl. 9:7
 - b. Home should be a place of rest and joy.
 - 5. Use your words to encourage. Eph. 4:29
 - 6. Focus on what you like about your husband, not dislike. Luke 6:43-45
 - 7. Practice peace-making. Matt. 7:1-5 I Cor. 13
 - 8. Confess your shortcomings to your husband Matt. 5:23
 - 9. Ask God for help I John 1:9 Matt. 6:7-11 Psalm 103:1-22, esp. v. 14
 - 10. Tell him of your desire to build the relationship. Gal. 6:1 Matt. 18:15 Matt. 5:23-24
 - 11. Get help from others! Gal. 6:2 Matt. 18:16 Heb. 13:17b
 - 12. Keep your focus on pleasing God/living for Him. Matt. 22:37-39

III. An Example from the Bible

- A. Leah Genesis 29:16-30
 - 1. Leah's initial desire. Gen. 29:31-35 Gen. 30:9-21
 - 2. Leah's fulfillment Gen. 29:35 Gen. 35:16-20
- B. Leah's ultimate fulfillment
 - 1. Anything else will disappoint Isaiah 55:1-2, 6-13 Jer. 17:5-8
 - 2. God gave her faith. Eph. 2:8-9

IV. The Ultimate Quest for Unity

- A. Our goal in life Eccl. 12:13 Phil. 3:8-10 Deut.31:6/Hebrews 13:5b
- B. The need to persevere
- C. This is an opportunity to serve
 - 1. Serve your husband I Peter 3:1-6, 13-18 I Peter 5:5b-7
 - 2. Serve the Lord Mark 10:45
- D. You are never truly alone
 - 1. You have the Holy Spirit Hebrews 13:5 John 10:29
 - 2. There is the fellowship of fellow believers.
- E. The reward

V. Conclusion Phil. 3:8-11 II Thess. 2:16

Recommended Reading:

Practicing Affirmation by Sam Crabtree

Women Counseling Women ("Does Anyone Hear Me? Facing Loneliness in Marriage" by Vanessa Ellen) Elyse Fitzpatrick, General Editor

The Excellent Wife by Martha Peace

As for Me and My House: Crafting your Marriage to Last by Walter Wangerin

"The Struggle for Love" sermon by Tim Keller <http://sermons.redeemer.com>