

A DIFFICULT MARRIAGE

Finding Hope and Help



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HOPE FOR A DIFFICULT OR ABUSIVE MARRIAGE

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Adapted by Riverside Church of Christ

Even the best couples can struggle to protect their marriage vows. But what happens when marriage troubles become unbearable? Is there a point at which couples should end a bad marriage? Or is there hope for something better? Walk through the following steps as you prayerfully evaluate your situation.

STEP ONE: DISCERN MINOR FROM MAJOR TROUBLE

Unfortunately, many marriages end today over troubles that could have been overcome. University of Texas researcher Norval Glenn has found that divorces are often being blamed on problems such as “lack of commitment,” “too much conflict and arguing,” “unrealistic expectations,” and “lack of preparation.” These are problems that couples can and should work to overcome.

In their book, *The Case for Marriage*, Maggie Gallagher and Linda Waite explain that couples who think their only options are to either divorce or be miserable often find things getting better if they’ll just stick it out. In fact, almost eighty percent of those who were very unhappy in their marriage yet stayed together described themselves as very happy just five years later!

STEP TWO: ANTICIPATE THE HOPE AFTER THE TROUBLE

Major trouble occurs when someone either abuses or abandons their role in a marriage - when they break faith with their spouse and violate their vows. While God hates divorce (Malachi 2:16), He permits it for marital unfaithfulness (Matthew 19:1-8). However, God is in the business of helping couples redeem what many would see as a hopeless situation. Grace and forgiveness are hallmarks of the Christian faith.

“Even marriages that have faced one or more of the big ‘A’s - abuse, affairs, or addictions - can be saved,” says Mitch Temple, a licensed counselor who directs Focus on the Family’s marriage ministry. Temple has led numerous intensive counseling sessions with couples that faced these major challenges and, even though they had Biblical grounds for divorce, they found a way to save their marriages.

STEP THREE: IF NEEDED, PROTECT YOURSELF AND YOUR CHILDREN

If your relationship is marked by physical abuse, you may find yourself confused, frightened, and unsure about what to do. The most important thing you can do right now is take steps to protect yourself and your children from harm.

Even if you want to save your marriage, you should not risk the safety of your children or yourself. A period of structured and therapeutic separation may be needed and can make it possible for you to get the help your marriage needs while making your family less vulnerable.

Because of the emotional dysfunction that thrives in an abusive marriage, seek support and accountability during the separation process. Stay connected to a safe group of friends and family who know the situation and have your family's best interests at heart.

STEP FOUR: SEEK GUIDANCE - DON'T GO AT IT ALONE

Whatever situation you're in, resist the temptation to struggle through a difficult marriage alone. You need a community of faith like never before - for perspective and advice, counseling and encouragement, and hope for God's redemption.

A difficult marriage can strain every aspect of your life, including your relationship with God. People who are going through the private and agonizing challenges of a rough marriage often feel isolated and alone.

Depending on the circumstances, you may feel angry, betrayed, and/or ashamed. You may have a deep sadness, leading you to withdraw from social situations when you actually need those connections more than ever. Seek out safe people of the same gender who will honor your confidences, care for your heart, and lift you up to God in prayer



ADDITIONAL RESOURCES

Recommended Books

Love and Respect by Dr. Emerson Eggerichs

Breaking the Cycle of Divorce by Dr. John Trent

Boundaries in Marriage by Dr. Henry Cloud and Dr. John Townsend

Love Must be Tough by Dr. James Dobson

Recommended Website

troubledwith.com - Look for the various topics under "Relationships" that address dealing with a troubled marriage.