

The Crossing

Marital Counseling Principles

By Pastor Dick Worthington

“No chipped paint, and all the horses move”



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Relationship Principles 101 (Metaphors and Illustrations that Change Marriage Interactions.)

“What’s needed to help relationships thrive has two parts.
The first part: Knowledge of what makes humans thrive.
The second part: Your willingness in assisting your partner to thrive.”
Dick Worthington

INTRODUCTION: EXPLAINING THE CROSSING

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THE WAY

GOD'S WAY FOR RELATIONSHIP INTERACTIONS

Part 1: WHAT PSYCHOLOGY SAYS: Psychology says there's only two human needs:
Security and Significance.

Part 2: WHAT GOD SAYS ABOUT HUMAN DEVELOPMENT. "IMAGING"

Genesis 1:26-27 We are made in the image of God: That image is explained in 1 John 4:7

God is Love and we are created to be loved and to Love

We are created to forgive and be forgiven.



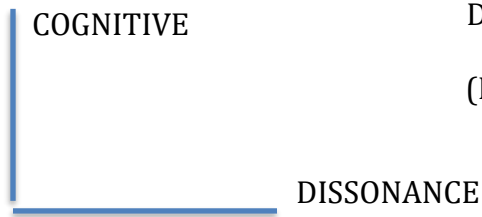
Part 3: The Second Mountain: People thrive when they embrace a life of interdependence, not independence. `They surrender to a life of four commitments of meaning and purpose:

1. To a Spouse and Family
2. To a Vocation
3. To a Philosophy of Faith
4. To a Community

THE WRONG WAY

THE DESTRUCTION OF THE WAY

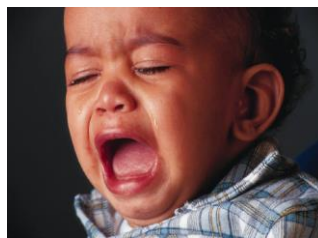
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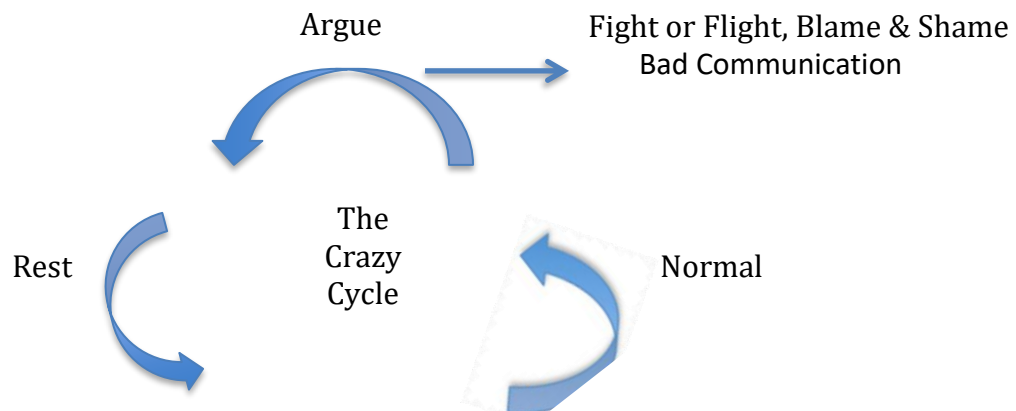
COGNITIVE DISSONANCE IS THE
DIFFERENCE BETWEEN WHAT WE
BELIEVE AND HOW WE LIVE.
(FRUSTRATION AND DEPRESSION)
PS. 119:113, 176

2. **The Ego Cycle:** IN THE MIDDLE OF SIN IS "I". *"I'M NORMAL, YOU'RE ABNORMAL."*
Satan works with your "I" FLESH
John 10:9-11; 1 John 3:4. Phil. 2:3-5, James 4: 1-2, Galatians 5:13-21

3. **The Baby Cycle:** *Unskilled communication but with positive intentions.*
(These are the natural human methods for protecting our significance, & avoiding blame and shame.)

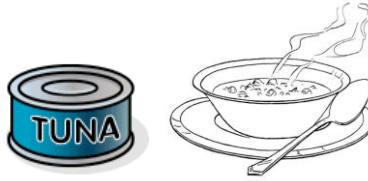


4. **The Crazy Cycle:** The endless and continues cycle of communication dysfunction. James 4:1-11
HISTORICAL ARGUMENTS LEAD TO HYSTERIA.



5. The Issues are Never the Issues: “THE GREAT DISTRACTION”

*“When arguing, we miss the point when arguing over cans of tuna and bowls of soup”
(It’s always about significance/love.)*



6. FAMILY IMPRINTING: “Help, I’m being held captive by my heritage.”

In your upbringing, has it been helpful or hurtful in your development of God’s Imaging? Eph 5:30-31

THE WAY BACK

SOME SOLUTIONS FOR GETTING BACK TO THE WAY

"No chipped paint and all the horses move"

Making Your Own Disneyland

"No act of kindness, no matter how small, is ever wasted."

1. **Day Light Time:** Romans 13:12-14, Psalm 119: 59, 66, 97-98, 130, Galations 5, 1 Corinthians 13



2. **The Don't Shock the Rat Calendar:**

Planning stops the shocks. Not planning is like putting roller skates on an octopus. There will be a lot of flailing energetic movement, but nothing that takes you where you want to go.

3. **Collaboration:** The action of working with someone to produce or create something. When a husband accepts his wife's influence, he also strengthens their friendship and builds a better marriage. God gave women as helpers, not to carry wood, but to lift us up to our God given createdness.

The 80/20 Rule: Women bring 80% of the marital issues up, while men try to avoid such discussions.

4. **Love Like You've Never Been Hurt.** To move forward, you have to release the past and reach for the future. Forgiveness, Prayer and Cherishing.

5. **The Deep, What's Your Purpose:** The strongest marriages share a deep sense of meaning and purposes. **John 15:1-5**

6. **THE TWO TATTOOS:** The art of listening and caring.

(1) "How does that make you feel?"

(2) "What would you like me to do?"

One must articulate how an issue makes them feel like, blaming and shaming causes deflection and counter blaming. **Galatians 5:22-25**

7. **The Love Bank:** Putting more deposits in, than taken out. No bankruptcy over \$12.00 withdraws. **Romans 3:23** Women grow differently when they're loved right and treated properly. Men respond differently to respect and admiration.



8. **THE BUSINESS OF MARRIAGE.** *"The Beauty and Need of Our Differences."*

THE TWO BRAINS (Mark Gunger YouTube Video) **Genesis 2:21-24, 1 Corinthians 12: 4, 7.**

"Let your partner influence your character, it'll develop a better version of yourself."

9. **"JUST LET IT GO:" There are Two Types of Martial Conflicts, Resolved or Perpetual.** Despite what many therapists will tell you, you don't have to resolve your major marital conflicts for your marriage to thrive.

10. TWO PERSONALITY TESTINGS: "Who am I, and who are you?" (Different for a Purpose)
Roman's 12 and 1 Corinthians 12 www.marriagebuilders.com and www.5lovelanguages.com

11. FORGIVENESS: The Art of Freedom (See The Lord's Prayer) **Matthew 6:9-14**

12. PRAYER, S.O.A.P: "*Changing your communication dynamics*" **Philippians 2:1-2**
Developing a spiritual perspective on your marriage. Philippians 4:4-9

13. CONNECTING TO JESUS: "*The Vine and the Branch...it's always about LOVE (Significance)*
John 15:1-14, Galatians 5:13-15, 16-26

14. ONE DAY TO LIVE AND TO CHERISH: "A minute to win it."
Matthew 6:9-14, Psalm 118:24, James 4:13-17

SHOCKING THE RAT



	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
EARLY A.M.							
MID. A.M.							
LUNCH							
EARLY AFTERNOON							
LATE AFTERNOON							
EVENING							

Journaling's, Notes and Homework

"Great Marriages Do Not Happen by Accident"

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