

HOW TO TACKLE THE COMMON CHALLENGES CHRISTIANS AND COUPLES FACE WITH GOD'S HELP AND BIBLICAL WISDOM. WE'LL BE DISCUSSING SOME OF THE MOST FREQUENT OBSTACLES AND HOW TO OVERCOME THEM.

**FIRST UP, LET'S TALK ABOUT DOUBT AND FAITH STRUGGLES. MANY CHRISTIANS EXPERIENCE MOMENTS OF DOUBT, WHETHER IT'S INTELLECTUAL OR EXPERIENTIAL. WHAT CAN WE DO WHEN OUR FAITH FEELS SHAKY?**

JAMES 1:5 & 6 TELLS US, 'IF YOU NEED WISDOM, ASK OUR GENEROUS GOD, AND HE WILL GIVE IT TO YOU. HE WILL NOT REBUKE YOU FOR ASKING. BUT WHEN YOU ASK HIM, BE SURE THAT YOUR FAITH IS IN GOD ALONE. DO NOT WAVER, FOR A PERSON WITH DIVIDED LOYALTY IS AS UNSETTLED AS A WAVE OF THE SEA THAT IS BLOWN AND TOSSED BY THE WIND.' AND REMEMBER MARK 9:24, 'THE FATHER INSTANTLY CRIED OUT, "I DO BELIEVE, BUT HELP ME OVERCOME MY UNBELIEF!"'

THAT'S POWERFUL. TO OVERCOME DOUBT, SEEK WISDOM THROUGH PRAYER AND STUDY, ENGAGE WITH A SUPPORTIVE COMMUNITY, AND CHOOSE TO TRUST IN GOD DESPITE YOUR DOUBTS.

**NEXT, LET'S ADDRESS MORAL FAILURES. HOW CAN CHRISTIANS DEAL WITH STRUGGLES RELATED TO SIN AND ETHICAL BEHAVIOR?**

1 JOHN 1:9 SAYS, 'BUT IF WE CONFESS OUR SINS TO HIM, HE IS FAITHFUL AND JUST TO FORGIVE US OUR SINS AND TO CLEANSE US FROM ALL WICKEDNESS.' AND GALATIANS 5:16 REMINDS US, 'SO I SAY, LET THE HOLY SPIRIT GUIDE YOUR LIVES. THEN YOU WON'T BE DOING WHAT YOUR SINFUL NATURE CRAVES.'

ABSOLUTELY. CONFESSING AND REPENTING FROM SINS, SEEKING ACCOUNTABILITY, AND RELYING ON THE HOLY SPIRIT ARE CRUCIAL STEPS TO OVERCOMING MORAL FAILURES.

**NOW, LET'S TALK ABOUT MATERIALISM AND WORLDLINESS. BALANCING FAITH WITH THE PURSUIT OF MATERIAL SUCCESS CAN BE CHALLENGING. WHAT DOES THE BIBLE SAY ABOUT THIS?**

MATTHEW 6:24 WARNS US, 'NO ONE CAN SERVE TWO MASTERS. FOR YOU WILL HATE ONE AND LOVE THE OTHER; YOU WILL BE DEVOTED TO ONE AND DESPISE THE OTHER. YOU CANNOT SERVE GOD AND BE ENSLAVED TO MONEY.' AND 1 TIMOTHY 6:10 TELLS US, 'FOR THE LOVE OF MONEY IS THE ROOT OF ALL KINDS OF EVIL. AND SOME PEOPLE, CRAVING MONEY, HAVE WANDERED FROM THE TRUE FAITH AND PIERCED THEMSELVES WITH MANY SORROWS.'

TO COMBAT MATERIALISM, PRIORITIZE YOUR RELATIONSHIP WITH GOD, PRACTICE GENEROSITY, AND CULTIVATE CONTENTMENT AND GRATITUDE.

### **DIVISION AND CONFLICT WITHIN THE CHURCH CAN BE DISHEARTENING. HOW CAN WE STRIVE FOR UNITY?**

EPHESIANS 4:3 ENCOURAGES US, 'MAKE EVERY EFFORT TO KEEP YOURSELVES UNITED IN THE SPIRIT, BINDING YOURSELVES TOGETHER WITH PEACE.' AND I CORINTHIANS 1:10 URGES, 'I APPEAL TO YOU, DEAR BROTHERS AND SISTERS, BY THE AUTHORITY OF OUR LORD JESUS CHRIST, TO LIVE IN HARMONY WITH EACH OTHER. LET THERE BE NO DIVISIONS IN THE CHURCH. RATHER, BE OF ONE MIND, UNITED IN THOUGHT AND PURPOSE.'"

SEEK UNITY AND PEACE, RESOLVE CONFLICTS BIBLICALLY, AND FOCUS ON THE CHURCH'S COMMON MISSION.

### **SPIRITUAL APATHY IS ANOTHER COMMON ISSUE. HOW CAN WE MAINTAIN A VIBRANT FAITH AMIDST LIFE'S DISTRACTIONS?**

REVELATION 3:15-16 WARNS, 'I KNOW ALL THE THINGS YOU DO, THAT YOU ARE NEITHER HOT NOR COLD. I WISH THAT YOU WERE ONE OR THE OTHER! BUT SINCE YOU ARE LIKE LUKEWARM WATER, NEITHER HOT NOR COLD, I WILL SPIT YOU OUT OF MY MOUTH!' COLOSSIANS 3:23 ADDS, 'WORK WILLINGLY AT WHATEVER YOU DO, AS THOUGH YOU WERE WORKING FOR THE LORD RATHER THAN FOR PEOPLE.'"

DEVELOP SPIRITUAL DISCIPLINES, ENGAGE IN MEANINGFUL SERVICE, AND SURROUND YOURSELF WITH A SUPPORTIVE COMMUNITY TO COMBAT SPIRITUAL APATHY.

### **NOW, LET'S SHIFT OUR FOCUS TO COMMON CHALLENGES FOR COUPLES. STARTING WITH COMMUNICATION ISSUES. WHAT CAN COUPLES DO TO IMPROVE THEIR COMMUNICATION?**

JAMES 1:19 ADVISES, 'UNDERSTAND THIS, MY DEAR BROTHERS AND SISTERS: YOU MUST ALL BE QUICK TO LISTEN, SLOW TO SPEAK, AND SLOW TO GET ANGRY.' AND EPHESIANS 4:29 SAYS, 'DON'T USE FOUL OR ABUSIVE LANGUAGE. LET EVERYTHING YOU SAY BE GOOD AND HELPFUL, SO THAT YOUR WORDS WILL BE AN ENCOURAGEMENT TO THOSE WHO HEAR THEM.'"

PRACTICE ACTIVE LISTENING, SPEAK KINDLY, AND ADDRESS CONFLICTS CONSTRUCTIVELY.

### **FINANCIAL STRESS IS A BIG ONE. HOW CAN COUPLES MANAGE THEIR FINANCES BIBLICALLY?**

PROVERBS 21:5 TELLS US, 'GOOD PLANNING AND HARD WORK LEAD TO PROSPERITY, BUT HASTY SHORTCUTS LEAD TO POVERTY.' AND PHILIPPIANS 4:19 REASSURES, 'AND THIS SAME

GOD WHO TAKES CARE OF ME WILL SUPPLY ALL YOUR NEEDS FROM HIS GLORIOUS RICHES, WHICH HAVE BEEN GIVEN TO US IN CHRIST JESUS.”

CREATE A BUDGET, COMMUNICATE OPENLY ABOUT FINANCES, AND TRUST IN GOD’S PROVISION.

### **INFIDELITY AND TRUST ISSUES CAN BE DEVASTATING. HOW CAN COUPLES REBUILD TRUST?**

EPHESIANS 4:32 ENCOURAGES, ‘BE KIND TO EACH OTHER, TENDERHEARTED, FORGIVING ONE ANOTHER, JUST AS GOD THROUGH CHRIST HAS FORGIVEN YOU.’ AND PROVERBS 3:5 & 6 REMINDS US, ‘TRUST IN THE LORD WITH ALL YOUR HEART; DO NOT DEPEND ON YOUR OWN UNDERSTANDING. SEEK HIS WILL IN ALL YOU DO, AND HE WILL SHOW YOU WHICH PATH TO TAKE.’”

COMMIT TO HONESTY, SEEK FORGIVENESS, AND CONSIDER COUNSELING IF NEEDED.

### **BALANCING WORK AND FAMILY LIFE IS TOUGH. WHAT GUIDANCE DOES THE BIBLE OFFER?**

ECCLESIASTES 3:1 SAYS, ‘FOR EVERYTHING THERE IS A SEASON, A TIME FOR EVERY ACTIVITY UNDER HEAVEN.’ AND COLOSSIANS 3:23 & 24 ADDS, ‘WORK WILLINGLY AT WHATEVER YOU DO, AS THOUGH YOU WERE WORKING FOR THE LORD RATHER THAN FOR PEOPLE. REMEMBER THAT THE LORD WILL GIVE YOU AN INHERITANCE AS YOUR REWARD, AND THAT THE MASTER YOU ARE SERVING IS CHRIST.’”

PRIORITIZE FAMILY TIME, SET WORK BOUNDARIES, AND COMMUNICATE WITH YOUR SPOUSE ABOUT SCHEDULES.

### **PARENTING DIFFERENCES CAN CAUSE FRICTION. HOW SHOULD COUPLES HANDLE THIS?**

PROVERBS 22:6 ADVISES, ‘DIRECT YOUR CHILDREN ONTO THE RIGHT PATH, AND WHEN THEY ARE OLDER, THEY WILL NOT LEAVE IT.’ AND EPHESIANS 6:4 CAUTIONS, ‘FATHERS, DO NOT PROVOKE YOUR CHILDREN TO ANGER BY THE WAY YOU TREAT THEM. RATHER, BRING THEM UP WITH THE DISCIPLINE AND INSTRUCTION THAT COMES FROM THE LORD.’”

DISCUSS PARENTING STYLES, PRESENT A UNITED FRONT, AND BE FLEXIBLE WITH EACH OTHER.

## **INTIMACY AND SEXUAL ISSUES ARE SENSITIVE BUT IMPORTANT. WHAT DOES SCRIPTURE SAY?**

1 CORINTHIANS 7:3 THROUGH 5 INSTRUCTS, 'THE HUSBAND SHOULD FULFILL HIS WIFE'S SEXUAL NEEDS, AND THE WIFE SHOULD FULFILL HER HUSBAND'S NEEDS. THE WIFE GIVES AUTHORITY OVER HER BODY TO HER HUSBAND, AND THE HUSBAND GIVES AUTHORITY OVER HIS BODY TO HIS WIFE. DO NOT DEPRIVE EACH OTHER OF SEXUAL RELATIONS, UNLESS YOU BOTH AGREE TO REFRAIN FROM SEXUAL INTIMACY FOR A LIMITED TIME SO YOU CAN GIVE YOURSELVES MORE COMPLETELY TO PRAYER.'

COMMUNICATE OPENLY ABOUT NEEDS, BE ATTENTIVE TO EACH OTHER, AND SEEK HELP IF NECESSARY.

## **IN-LAW RELATIONSHIPS CAN BE TRICKY. HOW CAN COUPLES NAVIGATE THEM?**

RUTH 1:16 SAYS, 'BUT RUTH REPLIED, "DON'T ASK ME TO LEAVE YOU AND TURN BACK. WHEREVER YOU GO, I WILL GO; WHEREVER YOU LIVE, I WILL LIVE. YOUR PEOPLE WILL BE MY PEOPLE, AND YOUR GOD WILL BE MY GOD.'" AND EPHESIANS 4:2 & 3 URGES, 'ALWAYS BE HUMBLE AND GENTLE. BE PATIENT WITH EACH OTHER, MAKING ALLOWANCE FOR EACH OTHER'S FAULTS BECAUSE OF YOUR LOVE. MAKE EVERY EFFORT TO KEEP YOURSELVES UNITED IN THE SPIRIT, BINDING YOURSELVES TOGETHER WITH PEACE.'

ESTABLISH HEALTHY BOUNDARIES, SHOW RESPECT, AND COMMUNICATE OPENLY WITH YOUR SPOUSE.

## **LIFE TRANSITIONS CAN BE STRESSFUL. WHAT CAN COUPLES DO TO ADAPT?**

JEREMIAH 29:11 OFFERS HOPE, 'FOR I KNOW THE PLANS I HAVE FOR YOU,' SAYS THE LORD. 'THEY ARE PLANS FOR GOOD AND NOT FOR DISASTER, TO GIVE YOU A FUTURE AND A HOPE.' AND PHILIPPIANS 4:6-7 ADDS, 'DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING. TELL GOD WHAT YOU NEED, AND THANK HIM FOR ALL HE HAS DONE. THEN YOU WILL EXPERIENCE GOD'S PEACE, WHICH EXCEEDS ANYTHING WE CAN UNDERSTAND. HIS PEACE WILL GUARD YOUR HEARTS AND MINDS AS YOU LIVE IN CHRIST JESUS.'

RELY ON GOD'S GUIDANCE, SUPPORT EACH OTHER, AND STAY FLEXIBLE.

## **PERSONAL GROWTH AND CHANGES CAN AFFECT RELATIONSHIPS. HOW CAN COUPLES HANDLE THIS?**

ROMANS 12:2 ENCOURAGES, 'DON'T COPY THE BEHAVIOR AND CUSTOMS OF THIS WORLD, BUT LET GOD TRANSFORM YOU INTO A NEW PERSON BY CHANGING THE WAY YOU THINK

THEN YOU WILL LEARN TO KNOW GOD'S WILL FOR YOU, WHICH IS GOOD AND PLEASING AND PERFECT.' AND EPHESIANS 4:15 SAYS, 'INSTEAD, WE WILL SPEAK THE TRUTH IN LOVE, GROWING IN EVERY WAY MORE AND MORE LIKE CHRIST, WHO IS THE HEAD OF HIS BODY, THE CHURCH.'"

SUPPORT EACH OTHER'S GROWTH, COMMUNICATE OPENLY, AND GROW TOGETHER IN FAITH.

### **FINALLY, UNRESOLVED PAST ISSUES CAN RESURFACE. HOW CAN COUPLES MOVE FORWARD?**

PHILIPPIANS 3:13-14 ADVISES, 'NO, DEAR BROTHERS AND SISTERS, I HAVE NOT ACHIEVED IT, BUT I FOCUS ON THIS ONE THING: FORGETTING THE PAST AND LOOKING FORWARD TO WHAT LIES AHEAD, I PRESS ON TO REACH THE END OF THE RACE AND RECEIVE THE HEAVENLY PRIZE FOR WHICH GOD, THROUGH CHRIST JESUS, IS CALLING US.' AND MATTHEW 18:21-22 REMINDS US, 'THEN PETER CAME TO HIM AND ASKED, "LORD, HOW OFTEN SHOULD I FORGIVE SOMEONE WHO SINS AGAINST ME? SEVEN TIMES?" "NO, NOT SEVEN TIMES," JESUS REPLIED, "BUT SEVENTY TIMES SEVEN!"'

SEEK HEALING, ADDRESS UNRESOLVED CONFLICTS, AND FOCUS ON BUILDING A POSITIVE FUTURE TOGETHER.

THANK YOU FOR JOINING US ON THIS JOURNEY THROUGH SOME OF THE COMMON CHALLENGES CHRISTIANS AND COUPLES FACE. REMEMBER, WITH GOD'S HELP AND BIBLICAL WISDOM, WE CAN OVERCOME THESE OBSTACLES AND STRENGTHEN OUR FAITH AND RELATIONSHIPS.