

## Be Kind

The key to a blessed relationship is kindness. We can talk our way into a divorce by being unkind.

[12](#) Therefore, as *the* elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; [13](#) bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also *must do*. [14](#) But above all these things put on love, which is the bond of perfection.

To “put on” means to sink into a garment. Paul in a sense is saying to be clothed with a heart of mercy, kindness, humility, meekness, and longsuffering. When two people get married they tend to take each other for granted and no longer treat each other with kindness. The bible says;”[32](#) And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” The only way we can be genuinely kind is to be born again by the Spirit of God.

It doesn't matter what your culture is like at work, or what your home culture was like growing up, married couples are not to interact with each other with cutting remarks, harsh words or sarcasm. Most of us put our best foot forward before we get married why stop? Actions speak louder than words, and we must continue to treat our spouse with kindness, courtesy and respect.

We need to be different than people “in the world”. People who don't have Christ in their heart will likely nag, raise their voices, or use profanity in order to communicate. They might even use verbal or physical abuse. The apostle Paul said:

For we are the temple of the living God. As God said:  
"I will live in them  
and walk among them.  
I will be their God,  
and they will be my people.  
<sup>17</sup>Therefore, come out from them  
and separate yourselves from them, says the Lord.  
Don't touch their filthy things,  
and I will welcome you. (2 Cor 6:16,17)

We want to be different in the way we conduct ourselves as Christians so that ungodly people see how our relationships are different, especially with our fiance or spouse.

Questions:

The Two Shall Become One Part 3 - Kindness, Forgiveness, and Love

What sets us apart from the world?

Has anything from the world crept into your life or relationship that could hinder your growth with the Lord and with one another?

Define the word kindness. (See Eph 4:32)

### **Hindrances to Kindness**

The enemy is always trying to influence us to not be Christ like. Satan will work overtly and subtly through the things we allow into our lives, such as the TV we watch, movies, music, books, internet sites, gaming, magazines, ... etc.. Our hearts and minds are like a computer, Garbage in and you'll get garbage out.

Galatians 6:7-8

Don't be misled. Remember that you can't ignore God and get away with it. You will always reap what you sow! Those who live only to satisfy their own sinful desires will harvest the consequences of decay and death. But those who live to please the Spirit will harvest everlasting life from the Spirit.

It is vitally important to your spiritual growth and therefore the health of your marriage, that you have godly friends to spend time with and learn from. Solomon said to a man who wants friends must be friendly (Proverbs 18:24) Spend time at church and bible studies before and after the service. Invite people over, or invite yourself over to godly people's homes. Get plugged in to a home fellowship. Serve somewhere in the church. Reach out to people, pray for them and ask them to pray for you. You never know how God will bless them and you.

It is also very important to pray about the non-christian friends you have. There are some friends that continue to drag us back into our sin, and they need to be forsaken. The Bible says, " He who walks with wise men will be wise, but the companion of fools will be destroyed." Proverbs 13:20 Whoever you hang out with you will become like.

Lastly - watch your words. Our words can be used to build up and encourage a relationship with a person for years, and then in an a matter of seconds from the same mouth can come words that tear down and destroy that same relationship. David said " Set a guard, O LORD, over my mouth; keep watch over the door of my lips" (Psalm 141:3) In other words watch over my words that they will always be encouraging and kind.

### **Forgiveness**

We need to be forgiving to one another. Next to "I was wrong," the four most important words in your marriage vocabulary will be "Will you forgive me?" You must always be willing to forgive your spouse, because Christ forgave us.

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?"  
"No!" Jesus replied, "seventy times seven! Matt 18:21-22

We are commanded in the scripture to forgive. Forgiveness is not optional. Forgiveness is not based on feelings. Ephesians 4:32 says: Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Jesus taught us to pray "forgive us our sins, as we forgive others sins".

We are to forgive whether we feel like it or not.

God know all things, but He chooses not to hold our sins against us, once we have asked for forgiveness. He doesn't keep track of or remind us of our past sins, and we should not do this with one another.

Questions:

What does it mean to forgive? List one scripture to validate your answer.

### **To Forgive is to Forget**

The bible says , He has removed our rebellious acts as far away from us as the east is from the west. (Psalm 103:12)

When we offer forgiveness we need to purpose in our heart by the power of the Holy Spirit in our lives to never bring it up again. If we have truly forgiven we will not hold a grudge, or continue on in bitterness or anger. We are to keep no record of wrongs. When we choose not to forgive, we are the ones who will suffer. Even if a person has wronged you and has not asked for forgiveness you need to forgive before they even ask. Jesus said when being nailed to the cross, "Father forgive them they don't know what they are doing."

We need to be like Jesus, always quick to forgive, even in the midst of our own personal suffering at the hands of those whom need to be forgiven. Just as Jesus willingly laid down his life for his afflictors, so we ought to willingly lay down our lives for those who sin against us.

Questions:

Have you had to forgive your fiance or spouse lately? When they confessed their sin and asked for forgiveness, what was your response?

Read Philippians 3:13-14. Why is it important to forget the past?

Do you tend to hold onto problems of the past? List some suggestions from the book of Philippians or other scriptures that will help you overcome this tendency.

### **Run the Race Together**

It is a huge blessing to go through your life with your best friend. We get to run this race together, kind of like a three legged race.

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. <sup>2</sup> We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. He was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven. (Heb 12: 1-2)

Married couples need to seek the Lord in prayer, in the word, and in the church gatherings **together**. The more you run together, though it may seem awkward at first, you will find the better you get at it, it is empowering, protecting, and fun. When you do these christian practices faithfully and consistently with your spouse you will find that there is harmony and synchronization in the marriage.

Read the story of Joseph in Genesis 37-45.

Question:

The bible tells us "to bear one another's burdens" (See Galatians 6:1-2) What are practical ways you can do this?

### **Love One Another**

Love is the most important concept in the Bible. It is the love of God that brings us out of sin and into a relationship with Jesus Christ. God said to Jeremiah the prophet.

Long ago the Lord said to Israel: "I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself. (Jer 31:3)

We are also familiar with one of the most wonderful verses in scripture.

"For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life. (John 3:16)

We are to love God as well as love one another. The word for love in the Greek is *agape*. This is the kind of love we are supposed to have as Christians. *Agape* love is defined in 1 Corinthians 13

Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged. It is never glad about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

If this type of love is not evident in our lives then we are nothing. This type of love is the love that bonds a marriage together for life. The only source for this love is Jesus Christ.

Questions:

What does it mean to love someone with *agape* love?

Do you find *agape* love in your relationship today? Briefly describe a recent example.