



A DIFFICULT MARRIAGE

Finding Hope
and Help




HomeLife

Building your family's faith at home

— **Guides** —

Hope for a Difficult or Abusive Marriage

 *Those who marry will have troubles. That's what Paul told the Corinthian church (1 Corinthians 7:28). 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.*

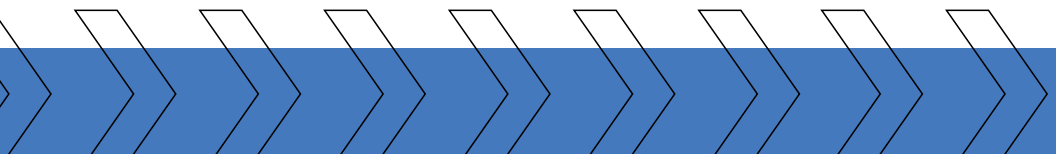
STEP 1 *Discern Minor from Major Trouble*

Unfortunately, many marriages end today over troubles that could have been overcome. University of Texas researcher Norval Glenn has found that divorces today are often blamed on problems such as "lack of commitment," "too much conflict and arguing," "unrealistic expectations" and "lack of preparation." These are problems that both husband and wife can and should work to overcome. Despite what friends, family or popular culture might say, these issues are no reason to end a marriage – especially in light of the serious long-term impact of divorce on your children.

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 80 percent of husbands and wives who were very unhappy in their marriage yet stayed together described themselves as very happy just five years later!

STEP 2 *Anticipate the Hope after the Trouble*

Major trouble occurs when couples either abuse or abandon 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). In God's grace, He allows, but does not command, men and women whose spouses have been



unfaithful to start over.

However, God is in the business of helping couples redeem what many would see as a hopeless situation. “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 marriage counselor. 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 3

If Needed, Protect Yourself and Children

If your relationship is marked by physical or severe emotional 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.

STEP 4

Seek Guidance – Don’t Go It Alone

Whatever situation you’re in, don’t struggle through a difficult marriage alone. You need the Lord like never before. He is eager to hear your prayers and walk this journey with you. Whether you are praying together or praying for your marriage alone, the power of prayer can make all the difference. You also need the church body like never before – for perspective and advice, counseling and encouragement, and hope for God’s redemption. Take advantage of the Going Further resources and services of this church.

Going Further Resources

Love and Respect by **Dr. Emerson Eggerichs** // Helps couples escape the “crazy cycle” of marital conflict by understanding one another’s greatest need

Breaking the Cycle of Divorce by **Dr. John Trent** // Helps those raised in a divorced family avoid the same fate in their own marriage

Boundaries in Marriage by **Dr. Henry Cloud and Dr. John Townsend** // Helps individuals establish healthy boundaries when married to a difficult spouse

Love Must Be Tough by **Dr. James Dobson** // Helps victims of adultery or abuse confront their spouse’s wrong choices and behaviors

Going Further Prestonwood Support

Mentors4Couples Mentors4Couples combines Christ-centered, biblical marriage principles with applied training that helps to strengthen marriages. Couples desiring marriage discipleship (mentees) are paired with one of our godly and vulnerable, trustworthy mentor couples. Together, you walk through a curriculum to enrich your marriage. Your mentors will help you build the marriage you’ve always wanted through a six-to-nine-month discipleship process.

DivorceCare and Divorce Recovery A support group for those experiencing separation and in the process of divorce and those divorced, and a recovery process for those rebuilding their lives after a divorce (Plano Campus). For more information, call 972-820-5000 or visit prestonwood.org/divorcecare.

Professional Counseling Prestonwood can refer members to offsite, Christ-centered professional counseling for adults, adolescents and children.

For additional resources, scan code:



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