

# Coaching: Marriage Matters



Week 29

## Marriage and Paul's Letter to the Philippians

No matter what you might believe and regardless of whether you are single or married, the Bible is a time-tested source of wisdom if you are seeking to live a peaceful, relevant, and meaningful life.

If you have spent any time looking in the Bible, you have encountered the writings of the Apostle Paul who was one of Jesus' followers. In a message that Paul sent to a group of believers in the ancient city of Philippi (located in what is now the Macedonian area of eastern Greece), you will find some good information about what it takes to maintain a good relationship with others.

The Bible should be accepted as a reliable document and worthy of consideration when choosing how to best live with other people, regardless of their spiritual orientation. Consider the following points contained in Paul's letter which can be applied even today to the marriage relationship:

*And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless... - Philippians 1: 9,10 (NIV)*

*Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. - Philippians 2:3-4 (NIV)*

*Do everything without complaining or arguing, so that you may become blameless and pure. - Philippians 2:14-15 (NIV)*

*Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4:5-8 (NIV)*

*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things. - Philippians 4:8 (NIV)*

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**Some Things to Do This Week**

Day 2: Reflect on the message and scripture reading; journal if you like

Day 3: Pray for or meditate on what you think you need

Day 4: Discuss the message and scripture with your spouse

Day 5: Plan how you can best respond to the message

Day 6: Rest; don't think about the message or the scripture; listen in the stillness

Day 7: Recommit yourself to your marriage

**JOURNAL**

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