

## Survival Guide: Believing The Best

*Darcy Siggelkow*

**Marriage is awesome but it's not everything.**

### **Myths about Marriage:**

1. Good communication is the key to a happy marriage.
2. Personality problems ruin your marriage.
3. Conflict will ruin your marriage.
4. Avoiding conflict will ruin your marriage.

**Questions:** Which of these myths do you believe or have you believed? Why?

**A good marriage is not a problem-free marriage.**

**Read** Philippians 4:2–9

**Be careful who you allow to speak into your marriage.**

**Question:** How can verse 8 be applied to relationships? Marriage?

**In every relationship, there are going to be gaps between what we expect and want our partners to do and what they actually do.**

Andy Stanley

The question is: what are you going to do with the gap?

You can do two things when you see the gap:

- you can believe the best ... or
- you can assume the worst

Confirmation bias: you see what you want to see.

**Read** Proverbs 11:27

**Question:** What does this look like in your life? Relationships? Marriage?

**YouVersion Reading Plan:** Marriage Matters by Roxanne Parks

Will you take the Marriage Challenge?

1. Make a list of 10 things your love about your spouse.
2. Go on a “praiseworthy hunt” and celebrate any act of kindness, generosity or service.

**Marriage is like a dance. If one person changes their footwork, the whole dance can change.**

## Resources And Next Steps

**YouVersion Reading Plan:** Marriage Matters by Roxanne Parks

**Book:** Before You Split by Toni Nieuhof  
[https://www.amazon.ca/Before-You-Split-Really-Marriage/dp/0525653368/ref=sr\\_1\\_1?dchild=1&keywords=before+you+split&qid=1613156254&sr=8-1](https://www.amazon.ca/Before-You-Split-Really-Marriage/dp/0525653368/ref=sr_1_1?dchild=1&keywords=before+you+split&qid=1613156254&sr=8-1)

**The Smart Family Podcast:** How to enjoy being home together  
<https://open.spotify.com/show/4nEZS6PTq7QlR2tlvu2knO?si=DoSqe4IzSSSfWw8PV1SJvA>

**Book:** The Seven Principles for Making Marriage Work by Dr. John Gottman  
[https://www.amazon.ca/Seven-Principles-Making-Marriage-Work/dp/0553447718/ref=sr\\_1\\_1?dchild=1&keywords=7+principles+of+making+marriage+work&qid=1613156362&sr=8-1](https://www.amazon.ca/Seven-Principles-Making-Marriage-Work/dp/0553447718/ref=sr_1_1?dchild=1&keywords=7+principles+of+making+marriage+work&qid=1613156362&sr=8-1)

Nanaimo Family Life Association Counselling (sliding scale for pay) <https://www.nflabc.org/senior-peer-counselling-program/>

Sign up for the Datenight Goodie Bag:  
<https://generationsycd.elvanto.eu/form/41f7499d-56b4-4a52-b2b3-4b0d8bd1ae3d>  
(pick up day is Thursday, Feb 24 11am-2pm)