

## Help for Hurting Marriages

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- I. **Introduction**
  
- II. **General Principles for Helping Hurting Marriages**
  - A. Matthew 25:40
  - B. Proverbs 25:20
  - C. Job 2:13
  - D. John 11:35; Psalm 34:6, 40:1
  
- III. **Help for Tired and Teary Women, Hindered by Fatigue**
  - A. Recognize her
  
  - B. Help her —Psalm 121:3
    - 1. Babies—Isaiah 40:11, 29
  
    - 2. Anxious toil—Ecclesiastes 2:22, 23; Psalm 127:2
  
  - C. Apply the gospel—Matthew 11:28
  
- IV. **Help for Tense and Tempted Women, Hindered by Failure**
  - A. Recognize her
  
  - B. Help her—Psalm 62:1; 34:4–8, 8–10; 84:11; Jeremiah 31:25
  
  - C. Apply the gospel
    - 1. Acceptance—Romans 15:7
  
    - 2. Hope—Isaiah 41:17–18

**V. Help for Terrified Women, Hindered by Fear**

A. Recognize her

B. Help her—John 8:1–11

C. Apply the gospel—Isaiah 43:18–19

**VI. Conclusion—2 Corinthians 9:8; Hebrews 13:21**

**VII. Discussion and Questions**

**Suggestions for your personal library:**

DeMoss, Nancy Leigh, *Lies Women Believe: And The Truth that Sets Them Free*

Elliot, Elisabeth, *A Path Through Suffering; Discovering the Relationship Between God's  
Mercy and Our Pain*

Haugk, Kenneth, *Don't Sing Songs to a Heavy Heart; How to Relate to Those Who Are Suffering*

Holcomb, Justin and Lindsey, *Rid of My Disgrace; Hope and Healing for Victims of Sexual Assault*

Ortlund, Jani, *Fearlessly Feminine; Boldly Living God's Plan for Womanhood*

Tournier, Paul, *To Understand Each Other*

Wheat, Ed and Gaye, *Intended For Pleasure; Sex Technique and Sexual Fulfillment in Christian Marriage*