

## **Why do people have marriage problems?**

1. We live in a fallen world impacted by sin. (Romans 3:23)
2. We all struggle with the flesh, which is selfish to its very core. (Romans 8:7))
3. We fail to live and love out of our new heart in Christ. (Ephesians 4:24)
4. We have not had godly examples in our lives. (Psalm 78)
5. We have defense systems to protect ourselves from being hurt. (Proverbs 18:19)

## **Why do people fail to find help in their marriages?**

1. People assume God will bless their marriage without applying Biblical principles to their lives.
2. People do not know how to address or they won't resolve issues that impact their lives and marriages.
3. People become ambivalent that any true change is possible.
4. People assume that what they do is normal. Accept "unhealthy normal."
5. People are focused on finding "happiness" in their marriages, rather than God's holiness in changing themselves.
6. People do not take responsibility for their problems.
  - a. Denial – "I don't have a problem."
  - b. Projection – blaming someone else for our problems.
  - c. Rationalization – explaining away the problem (ex: "Everybody struggles with it.")

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