

Women Counseling Women:
Biblical Answers to Life's Difficult Problems

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Week 6

**“Does Anyone Hear Me?
Facing Loneliness in Marriage”**

There is only one person that can please and satisfy every void in your life, and His name is Jesus Christ. You must have a love relationship with Christ before you can hope to have a fulfilling relationship with your husband. (Rom 8:32,39, I Jn 3:16, Heb 13:5, Heb 13:8, Matth 22: 37, Ps 139, Rom 15:13)

Even the best husband cannot fulfill all of a woman's hopes and dreams. He cannot bring you complete fulfillment. Do not expect him to do what only God can do. (Jn 4:13-14, Jer 2:13, Ps 73:25-26, Ps 16:11))

Focus more on loving your husband and less on getting what you want from him. Rather than thinking about how your husband should serve you, follow in the footsteps of your Savior and seek ways to serve him. (I Jn 4:7-21, Matth 22: 39, Gal 5:13-14, Eph 5:2, Phil 2:3-5, Col 3:12-14)

Handle your loneliness wisely. Loneliness can lead to temptation. Talk to your husband about your loneliness. If he is not interested, talk to a mature, godly woman who can hold you accountable. (I Thess 5:11, I Cor 10:12-13, Col 3:16)

Be willing to admit your own shortcomings in the marriage. (James 4:6, James 4:10, James 5:16)

Seek God first. Cultivate that all-essential relationship with Him. Then gratitude for what He has done, is doing, and will do will fill your heart to overflowing. (I Thess 5:18, Matth 6:32-33, Phil 4:6-7, Col 3:15)

“Healing for Hidden Wounds from Verbal Abuse”

Relationships characterized by anger, hateful words, manipulation, blaming, slander, name-calling, harshness, mockery, and criticism are labeled verbally abusive when the behavior becomes habitual, destructive, and controlling.

Even Christ had to deal with those who hurled insults and cruel remarks at Him. (Jn 19:3, Is 53:3, Heb 4:15) Jesus willingly took the anger, abuse, and wounds so that He could provide a way for us to have hope in this sinful world.

Respond to God’s offer of hope. The Bible offers help and hope through the person of Jesus Christ, as well as responses that can guide you through the turbulent waters of a verbally abusive relationship. (Matth 11:28-30)

Respond by sharing your situation. You need the support of your church to help you and help the abuser change his behavior. (Gal 6:2, Matth 18:15-17)

Respond with prayer. Run quickly to God when you are hurting, confused, angry, or feeling weak or hopeless. (Heb 4:16) Read some of the prayers found in the book of Psalms to remind yourself of God’s love, care, and protection. (Ps 17:6-7; 31:1-2; 5:1-2, 11) Pray for the one who is persecuting you. (Matth 5:44)

Respond by overcoming evil with good. (Rom 12:14,16-21; Prov 15:1; Luke 6:27-28)

Respond wisely to manipulation. Do not act like the abuser by answering back in anger, self-defense, or manipulatively. Instead, speak the truth in love so as to expose what the manipulator is seeking to do and show him his responsibility. (Prov 26:4-5, Eph 4:15, I Cor 13:4-7)

Respond by trusting God. All suffering in our life has meaning and purpose in God’s eternal plan, which is all about our ultimate good and His glory. (Ro 8:28-29, Lam 3:37-38) *Example: Joseph (Gen 45:8, 50:20)*

Respond by taking responsibility for your own responses. As you renew your mind with truth from the Bible, you can train yourself to respond in a confident, loving, straightforward manner that imitates Jesus Christ. (Eph 4:22-32, Rom 6:6)

Respond knowing that God is faithful. Do not listen to thoughts of hopelessness, but instead talk to yourself and remind yourself of the promises of God's care, love, provision, faithfulness, power, and compassion. (I Cor 10:13)

Recommended Resources:

How to Overcome Evil by Jay Adams

Trusting God: Even When Life Hurts by Jerry Bridges

Damsels in Distress by Martha Peace

The Emotionally Destructive Relationship by Leslie Vernick

