



Marriage minute

A marriage ministry of St. Andrew Lutheran Church

Repentance

Back in May I shared about the sin-confession-forgiveness cycle. One key word I left out was repentance which is a key component to a marriage built on the foundation of Christ. Confession is different than repentance. Confession allows us to be done with the guilt and shame we may feel by being honest verbally (I'm sorry, I was wrong) but it does not stop there. We don't get to exhale and move on. Repentance includes a change of mind (meaning you don't see YOUR sin the same way), a change of heart (your heart feels grief over YOUR sin and how it affected others), and a change of will (a plan of attack on how to renounce future temptations).

One of the greatest examples in of repentance can be found in 2 Samuel 12. The prophet Nathan came to King David to confront him about committing adultery and murder. Nathan told David about two men who lived in the same city: a rich man with many sheep and cattle and a poor man who had one little lamb who he treated as his family. The rich man took the poor man's lamb and used it as a meal. King David was furious and ordered the rich man to be killed....And David replied, "You are the man!"

After coming face-to-face with his sin, David's heart was full of sorrow and he was repentant...read the honestly about his sin in Psalm 51!

So how do we apply repentance to our own marriage? First, understand the character of God, his unconditional love, grace, and mercy. Once you

understand all your Savior has done for you, you won't as easily dismiss your sin but rather you will feel grief over your sin. Second, own YOUR sin. Don't present a paragraph to your spouse as to why you sinned. If you find yourself saying...but you, if only you didn't, etc...pause and step back....why are you trying to justify your sin? Finally, a repentant person longs for transformation. This can include learning to fight self-righteousness, unforgiveness, and anger. In Ezekiel 36: 24-28 we hear that Godwill give us a new heart and a new spirit. I will remove the stone heart from your body and replace it with a heart that's God-willed, not self-willed. He will put His Spirit in us to make it possible for us to do what He tells us and to live by his commands."

Great marriages happen when we realize we are all in desperate need of a Savior. The Gospel gives us the freedom to look into the eyes of our spouse and say, I'm sorry for what I did. I repent and this is my plan to change.

Talk about how seeing repentance as solely consisting of admitting fault may have hindered your past family or friend relationships.

Discuss the excuses you use instead of owning your sin. How has this been challenging to your marriage?

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