

How to win back your spouse!



A SOLUTION FOR BROKEN MARRIAGES THAT'S DIFFERENT FROM THE REST

Follow these steps to win back your spouse!

- **Choose to forgive/repent**

The first step is to repent. Repent to your spouse and to God. Tell them you are sorry for your part. Second, forgive them of *all* offenses. We are all flawed and need a Savior. Forgive all the actions, words and deeds done in anger/sin. Choose to be a hero in God's eyes.

- **Commit to a time frame**

Commit to **one year** (or more) of humbly submitting to the process of reconciliation. **One year** is long enough to prove your love. One year gives you time to work on yourself. **One year** keeps you from 'jumping' into another relationship. Your kids are worth it, your spouse is worth it ... how long would you want them to wait if it was you?

- **Be consistent with your behavior**

Be patient, kind and gentle. You have no leverage. Love and respect them often. Make it hard for them to leave you by being respectful, loving, humble and patient.

HE must LOVE her back into his life. (read Love and Respect by Dr. Emerson Eggerichs)

SHE must RESPECT him back into her life. (read Love and Respect by Dr. Emerson Eggerichs)

Give them space. Don't demand anything. Give them time. Lower your expectations.

There cannot be any 'blow-ups'. Every time you 'blow it' by cursing, yelling, threatening and calling names you give them overwhelming confidence that leaving you is the right thing to do. Be consistent over a **one year** period, or longer. Send monthly cards, letters or flowers. Be consistent with your message of repentance, love and forgiveness.

Pursue the Lord by attending church, small groups, reading and praying.

- **Set FIRM boundaries (when you're separated physically or emotionally)**

No dating other people. Live as if you are still married and happy. No Facebook or texting people of the opposite sex. This is a time in which you are very vulnerable. The truth is you are a mess during this time.

You are in no state of mind or spirit to be mingling with other people of the opposite sex. Your heart needs to heal.

- **Set FIRM boundaries (continued)**

Find accountability partners to help you stay pure and holy. Dive into the word of God. Pray often. Fight hard for your marriage by setting very high boundaries and keeping people of the opposite sex out of your life.

Don't hurt your spouse by talking bad about them to friends or family.

Get help from a counselor, pastor or trusted person who is unbiased and keeps things confidential.

- **Seek counseling**

When the time seems right ask your spouse to "seek" counseling as a couple. Ask your spouse to try at least one session. Explain that the kids are worth it, all those years of marriage are worth at least one more try.

Only get counseling by someone who integrates the bible into the counseling.

Seek out a weekend counseling retreat.

Get individual counseling from a Christian who can hold you accountable to growth and patience.

Scriptures to read: (Refer to biblegateway.com)

Loyalty to your spouse	Hosea
Satan is seeking after you	1 Peter 5:8
Anger can give Satan a foothold	Ephesians 6:11-12
Open your heart, turn from your sin, then healing will come	Matthew 13:15
Repent then turn to God for refreshing times	Acts 3:19
Repentance will yield true healing	2 Chronicles 7:14
Confess sins to each other to be healed	James 5:16
How God feels about divorce	Malachi 2:13-16
Jesus' words about divorce	Matthew 19:4-6, Mark 10:6-9, Luke 16:18
Forgiving means forgetting the wrong committed against you	Psalms 103:8-12
God won't forgive those who don't forgive others	Matthew 6:14-15
How often should we grant forgiveness	Matthew 18:22
Don't withhold forgiveness from others	Matthew 18:35

Final Notes

It is possible that none of these steps will make a difference. It took years for the marriage to dissolve. It won't get fixed overnight, weeks, months or maybe not at all.

Your only hope is to be patient over the long haul.

Show your spouse you can be differentfor real. Let God show himself through you and your actions.

No matter what, fight the urge to attack your spouse or to jump into the 'dating' scene. Both will end your marriage quickly.

Remember, your kids are watching. They are absorbing every action you take. Even if the marriage ends, act in a way that protects your children by showing them God's grace in the middle of it all.

2 Chronicles 7:14 If my people who are called by my name **humble themselves, seek my face and pray and turn from their own wicked ways**, I will hear from heaven, forgive their sin and **heal their land. (Their home)**

Our Prayer for You

We pray that these words and passages of scripture to be a shield of protection over you. We pray the Holy Spirit heal your broken heart and give you the strength to reconcile your marriage. We pray that Satan be rebuked from you, your home, your children and your spouse. We pray that the power of Jesus Christ intervene in a way that transforms the hearts of the broken and draws them unto him.

We pray all this in the powerful name of Jesus -Amen