

SHORT COURSE



International **Marriage week** SA  
1-7 SEPTEMBER 2014  
Brought to you by  **1Life**

## WHEN YOUR MARRIAGE REACHES A DEAD-END - IS DIVORCE THE ONLY OPTION?

© Copyright G&E Muller from 'Beter Verhoudings'

20 Comprehensive e-Courses available at [www.beterverhoudings.co.za](http://www.beterverhoudings.co.za)

Many couples think that divorce is the only option when a marriage reaches a dead-end. However, this is usually not the truth. We have worked with several couples at our counselling practise who were convinced that their marriage couldn't be saved or healed, and then it recovered so well after counselling that they were happier than ever before. That is why we would like to offer a few tips that couples can consider when they feel like their marriage has reached a dead-end.

**Give yourself time:** Even when you feel like you have tried everything, our first tip is usually to give yourself a few months before you finally decide to give-up. During this time, it is advisable to do everything you can to save your marriage. The tips below can help.

**Pray:** Prayer has enormous power. Sometimes it changes your own heart and sometimes it changes your partner's heart. Sometimes, after experiencing too much hurt, one can't pray, which is why it is suggested to ask a few people to pray for you.

**Don't badmouth your partner to others:** We have heard of several people that have done this and when the marriage is restored, none of their family or friends want anything to do with their partner.

**Use the keys that unlock a happy marriage:** In one of our e-Courses we touch on more than 70 keys that increases happiness in marriage. As a result of too many disappointments in a marriage, one can easily stop using these keys so it is understandable why a marriage won't work.

**Ensure that you don't live out of hurt:** When your partner has really hurt you, it is possible that you live out of hurt within your relationship. That causes you to be negative about your partner and your relationship and you may treat your partner in a certain manner. The latter causes a chain reaction in the relationship that makes one feel as if the marriage will never recover. Forgiveness and a clean slate from the hurt will renew one's thoughts and change one's behaviour which in turn, changes the behaviour of one's partner which can eventually lead to a happy marriage that is repaired.

**Counselling:** Objective counselling with a spiritual expert can make a world of difference. Often, a partner doesn't want to be part of this process but it is still desirable to go for a few therapy sessions alone. A therapist can offer a new perspective as well as more optimal ways of dealing with a bad situation.

**Don't underestimate the emotional trauma of a divorce:** Many couples that are divorced have told us that they underestimated the emotional trauma of divorce. They testified that had they known how much emotional energy a divorce required, they would've rather used it to try and save the marriage. Many couples that are divorced, with children, testified that they believed a divorce would mean the end of their problems. They say that after a few years they are still fighting with each other as a result of the children, even though they haven't been married for years.

Proudly brought to you by:

**intiem**  
SA se No. 1 Huwelikstydskrif



More info and complete programme available at [www.mymarriage.co.za](http://www.mymarriage.co.za)

## QUESTIONS FOR DISCUSSION (tonight)

*Discuss these questions with your partner tonight. Remember, you don't need to agree about everything. Allow some room for differing opinions and listen to each other's hearts.*

- What would you do first if you felt that your marriage had reached a dead-end?

---

---

---

- What is the most important factor before considering divorce?

---

---

---

## ACTION PLAN

Use this space to summarise your plan of action for the way forward.

---

---

---

## BIBLE STUDY

Read this Bible verse in a few Bible translations and write down what impacts you most. Discuss what you wrote with your partner.

- Isa. 41:10
- Ps. 34:17-18
- Isa. 40:31
- Jer. 29:11
- Isa. 43:18-19

---

---

---

*Proudly brought to you by:*

**intiem**  
SA se No. 1 Huwelikstydskrif

**1Life** Changing Lives

**Intimacy**  
4us

More info and complete programme available at [www.mymarriage.co.za](http://www.mymarriage.co.za)