

I PROMISE

The Work of Promise Keeping

Ephesians 4:29-32

I promise to focus on the _____ and not the _____.

Do not let any **unwholesome talk** come out of your mouths, but only what is **helpful for building others up** according to their needs, that it may **benefit** those who listen. (Ephesians 4:29, NIV)

Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—think about such things. (Philippians 4:8, NIV)

My goal is to be my spouse's biggest _____!

I promise to _____ and not _____.

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all **bitterness**, rage and anger, brawling and slander, along with every form of malice. (Ephesians 4:31, NIV)

We think we know **something**
when we don't really know **anything** at all.

My dear brothers and sisters, take note of this: Everyone should be quick to **listen**, slow to **speak** and slow to become **angry**, because human anger does not produce the **righteousness** that God desires. (James 1:19–20, NIV)

Life is 10% what _____ to you, and 90% how you _____ what happens to you.

I promise to _____ and not _____.

Be **kind** and **compassionate** to one another... (Ephesians 4:32, NIV)

The tongue has the **power** of life and death... (Proverbs 18:21, NIV)

The number one predictor of divorce is _____.

I promise to _____ and not _____.

... **forgiving** each other, just as in Christ God forgave you. (Ephesians 4:32, NIV)

Do not let the sun go down while you are still **angry**, and do not give the devil a **foothold**. (Ephesians 4:26–27, NIV)

There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die... a time to **scatter stones** and a time to **gather them**... (Ecclesiastes 3:1-5, NIV)

Come now, let's make a **covenant**, you and I, and let it serve as a witness between us." So Jacob took a **stone** and set it up as a pillar. He said to his relatives, "**Gather some stones**." So they took stones and piled them in a heap, and they ate there by the heap. (Genesis 31:44-46, NIV)

A Time to Gather Stones

(1) _____ my own _____.

"We **all** have sinned and fall short of the glory of God." (Rom 3:23)

(2) _____ my right to get _____.

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I **will repay**," says the Lord. (Romans 12:19, NIV)

(3) _____ God's grace to _____.

We love because he **first** loved us. (1 John 4:19, NIV)

Don't throw the _____, build an _____!

I PROMISE

The Work of Promise Keeping

Ephesians 4:29-32

I promise to focus on the **good** and not the **bad**.

Do not let any **unwholesome talk** come out of your mouths, but only what is **helpful for building others up** according to their needs, that it may **benefit** those who listen. (Ephesians 4:29, NIV)

Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—think about such things. (Philippians 4:8, NIV)

My goal is to be my spouse's biggest fan!

I promise to **respond** and not **react**.

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all **bitterness**, rage and anger, brawling and slander, along with every form of malice. (Ephesians 4:31, NIV)

**We think we know something
when we don't really know anything at all.**

My dear brothers and sisters, take note of this: Everyone should be quick to **listen**, slow to **speak** and slow to become **angry**, because human anger does not produce the **righteousness** that God desires. (James 1:19–20, NIV)

Life is 10% what happens to you, and 90% how you respond what happens to you.

I promise to **talk** and not **walk**.

Be **kind** and **compassionate** to one another... (Ephesians 4:32, NIV)

The tongue has the **power** of life and death... (Proverbs 18:21, NIV)

The number one predictor of divorce is criticism.

I promise to **forgive** and not **forsake**.

... **forgiving** each other, just as in Christ God forgave you. (Ephesians 4:32, NIV)

Do not let the sun go down while you are still **angry**, and do not give the devil a **foothold**. (Ephesians 4:26–27, NIV)

There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die... a time to **scatter stones** and a time to **gather them**... (Ecclesiastes 3:1-5, NIV)

Come now, let's make a **covenant**, you and I, and let it serve as a witness between us." So Jacob took a **stone** and set it up as a pillar. He said to his relatives, "**Gather some stones**." So they took stones and piled them in a heap, and they ate there by the heap. (Genesis 31:44-46, NIV)

A Time to Gather Stones

(1) **Acknowledge** my own **mistakes**.

"We **all** have sinned and fall short of the glory of God." (Rom 3:23)

(2) **Abandon** my right to get **even**.

Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; **I will repay**," says the Lord. (Romans 12:19, NIV)

(3) **Apply** God's grace to **others**.

We love because he **first** loved us. (1 John 4:19, NIV)

Don't throw the rocks, build an altar!