

# I PROMISE

## The Work of Promise Staking

Ephesians 3:16-4:3

**My marriage can work, if I work at my marriage.**

Place me like a *seal* over your heart, like a *seal* on your arm; for love is *as strong as death*, its jealousy unyielding as the *grave*. It burns like blazing fire, like a mighty flame. *Many waters* cannot quench love; rivers cannot sweep it away. If one were to give all the wealth of one's house for love, it would be utterly scorned. (Song of Solomon 8:6–7, NIV)

**Promise:** From the Latin *promittere*

Pro: **Forward**

Mittere: **Send.**

A promise is a declaration that I **make now** that I will need in **the future**.

**How to ruin your marriage in one easy step...**

If you try to build \_\_\_\_\_ with another person **before** you've done the **work of getting** \_\_\_\_\_ on your own, all your relationships become an **attempt to** \_\_\_\_\_ yourself.

**"The *Jerry McGuire* Syndrome."**

(Dr. Les Parrott)

**A-Frame Relationships**

"If one stumbles, both fall!"

Your marriage can only be as \_\_\_\_\_ as you are.

**Promises to ourselves we must work to stake down if we want our marriage to work:**

(1) **The Promise of** \_\_\_\_\_. ("Profound Significance")

I ask him to *strengthen* you by his Spirit—not a brute strength but a glorious inner strength—that *Christ will live in you* as you open the door and invite him in. And I ask him that with both feet *planted* firmly on love, you'll be able to take in with all followers of Jesus the *extravagant dimensions of Christ's love*. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! *Live full lives*, full in the fullness of God. (Ephesians 3:16–19, The Message)

I promise to see myself the way \_\_\_\_\_ me.

(2) **The Promise of** \_\_\_\_\_. ("Unswerving Authenticity")

I want you to get out there and walk—better yet, run!—on *the road God called you to travel*. I don't want any of you sitting around on your hands. I don't want anyone strolling off, down some *path that goes nowhere*. (Ephesians 4:1–2, The Message)

I promise to be true to how \_\_\_\_\_ me.

(3) **The Promise of** \_\_\_\_\_. ("Self-Giving Love")

... *pouring yourselves out* for each other in acts of *love*, alert at noticing differences and quick at mending fences. (Ephesians 4:2–3, The Message)

I promise to love others the way \_\_\_\_\_ me.

"If a soldier demands that you carry his gear for a mile, *carry it two miles*." (Matthew 5:41, NLT)

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**Promise:** From the Latin *promittere*

Pro: **Forward**

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A promise is a declaration that I **make now** that I will need in **the future**.

How to ruin your marriage in **one** easy step...

If you try to build **intimacy** with another person **before** you've done the **work of getting whole** on your own, **all your relationships become an attempt to complete yourself**.

**"The Jerry McGuire Syndrome."**

(Dr. Les Parrott)

**A-Frame Relationships**

"If one stumbles, both fall!"

Your marriage can only be as **healthy** as you are.

Promises to ourselves we must **work to stake down** if we want our marriage to **work**:

(1) **The Promise of Value.** ("Profound Significance")

I ask him to **strengthen** you by his Spirit—not a brute strength but a glorious inner strength—that **Christ will live in you** as you open the door and invite him in. And I ask him that with both feet **planted** firmly on love, you'll be able to take in with all followers of Jesus the **extravagant dimensions of Christ's love**. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! **Live full lives**, full in the fullness of God. (Ephesians 3:16–19, The Message)

**I promise to see myself the way God sees me.**

(2) **The Promise of Sincerity.** ("Unswerving Authenticity")

I want you to get out there and walk—better yet, run!—on **the road God called you to travel**. I don't want any of you sitting around on your hands. I don't want anyone strolling off, down some **path that goes nowhere**. (Ephesians 4:1–2, The Message)

**I promise to be true to how God created me.**

(3) **The Promise of Benevolence.** ("Self-Giving Love")

... **pouring yourselves out** for each other in acts of **love**, alert at noticing differences and quick at mending fences. (Ephesians 4:2–3, The Message)

**I promise to love others the way God loves me.**

"If a soldier demands that you carry his gear for a mile, **carry it two miles**." (Matthew 5:41, NLT)