

## “You Asked For It”

### How To Have A Healthy Relationship With My Spouse After Having A Difficult Past.

As you know, we are in a series called “You Asked For It,” Where you are writing topics down that you would like to hear us cover over the summer. Someone wrote in this question, how do I have a loving, respectful relationship with my husband/wife or significant other, after having a difficult past?

The baggage that we bring into our relationships determine how we speak to one another, The level of trust there is in a relationship, how we handle money, intimacy and respect. Our past is important because it defines our today. As I was studying for this message I came across some thoughts by Jimmy Evans on baggage and I would like to share them with you today.

There are basically three types of baggage we bring into our relationships.

#### **1. The first set of baggage we bring into our relationship is iniquities.**

***Exodus 34:6-7 says, “And he passed in front of Moses, proclaiming, the Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the fathers to the third and fourth generation.”***

The word iniquity is not a word we frequently use today. In the Hebrew language iniquity means to bend or twist. So rather than being a tree that grows up straight, it's a tree that's been blown over by strong wind and it becomes bent in that direction. Our past has a way of bending in

shaping our future. So God says here, “I will visit the inequities of the fathers upon the children and upon the children’s children, upon the third and fourth generation.”

Remember the word iniquity means a bent toward a sin or negative behavior because the exposure of your parents. Remember the old saying, “an acorn doesn’t fall far from the tree?” An iniquity is a generationally entrenched sin. As we are growing up, we have watched and learned how our parents resolve conflict. How does my father View women? How does my mother View man? How do they deal with money? What are their values in life? How do they think about God? And the default mechanism when we grow up is, I do what my parents do.

So how do we break iniquities? 1. You have to confess it. It’s not my parent’s problem, it’s my problem. 2. Second thing you have to do is forgive your parents. You can’t be free without forgiveness. 3. Dana and I have decided that Jimmy and Dana McDonald are the end of the McDonald in Lerlie iniquities and we are not passing on one of them to our children. It ends now!

### **The second set of baggage we bring into our relationship our internal VOWS.**

Internal Vows Are Promises we make to ourselves in response to pain or difficulty in life. We make internal vows because we are hurting. It sounds innocent but it’s very deadly. Let me explain: we say things like “I’ll never be poor like my parents,” “no one will ever hurt me again,” “I’m never gonna spank my kids,” “when I grow up I’m going to.....” you fill in the blank.

So what’s the problem with an internal Vow? It’s a sin. Here is what Jesus said in ***Matthew 5:33-37*** “***Again, you have heard that it was said to the people long ago, do not break your oath, but keep the oaths you have made to the Lord. But I tell you, do not swear at all: either by***

***heaven, for it is God's throne or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great king. And do not swear by your head, for you cannot make even one hair white or black. Simply let your yes be yes and your no, no, anything beyond this comes from the evil one."***

Jesus is saying do not swear by anything. If you make an oath to God, then you ask God to help you to fulfill it. Any area of your life where you make an internal vow Jesus is not the Lord of that area of your life. Why is it of the evil one? Because the devil wants to keep you away from the Lordship of Jesus Christ. We say "I'll never be poor again." Jesus is not the Lord of your finances you are. "No one is ever going to hurt me again." Jesus is not the Lord over that area of your life, you are this is the first problem with internal vows.

Internal vows cause us to be unteachable, unapproachable, irrational, and causes us to overreact. So how do we break this off of our lives? You renounce it. We do not make internal vows because we are evil we make them because we're hurting. We also have to submit that part of our lives over to the Lord. You say to the Lord, right now I make you the Lord of my finances, over the hurt in my life, and any other area that I have not fully given to you I now submit it under your lordship. I admit that I have been the god of this area of my life and today I give it to you.

**The third piece of baggage we bring into our relationships is unforgiveness.**

***Matthew 6:14-15 "for if you forgive men when they sin against you, your heavenly father will also forgive you. But if you do not forgive men their sins, your father will not forgive your sins."***

If we walk in unforgiveness we forfeit many of the blessings we have as believers because we are unforgiving. Unforgiveness is a sin. **There is**

**never a time when God will allow unforgiveness to take up residence in our lives.**

We have to, (and this is a hard one) trust God with vengeance. Scripture says, ***“vengeance is mine says the Lord.”*** When we choose to forgive we are saying God I trust you to deal with these people. But the most important thing we can do in forgiveness is, we bless the person we hold unforgiveness toward until healing comes in our own life.

***Luke 6:27-28 “but I tell you who hear me, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.”***

That’s not common advice, that’s good medicine. It doesn’t matter if the person you need to forgive is dead. If you do not choose to forgive, your spouse will get the worst of it. Your family gets the venom of your unforgiveness.

We have to get to a point where we are blessing those who abused us. Blessing those who used us. Blessing those who defrauded us. Why do we need to do this? Because blessing forces forgiveness out of our heads and into our hearts. You will not hate a person very long that you are blessing. So we are going to give away a lot of grace because we need a lot of grace ourselves.

This is the proven formula to have a loving and respectful relationship with your husband, wife, and kids after having a difficult past. Take care of those iniquities that will be potentially passed down to the next generation if you don’t. Cut it off in Jesus name. Secondly, submit those inter-Vows to the Lordship of Jesus Christ and lastly choose to walk and forgiveness.