

**Making Home Safe...  
...to Come to**



**SAFE  
PLACE**

**II Kings 3:25**

**Home Coming 2017**

# Slingers

Strategy – Render the Fortress (*safe place*) Ineffective

- Sling Stones
- Stop Up Wells
- Safe Place No Longer Safe

Slingers Clog Up Your Wells and Choke the Life Out

There are Slingers Today Effecting Relationships

*And they overthrew the cities, and on every good piece of land every man threw a stone until it was covered. They stopped every spring of water and felled all the good trees, till only its stones were left in Kir-hareseth, and the slingers surrounded and attacked it. II Kings 3:25*

# Source of Slingers in Relationships

- **Selfishness** - *“Wherever there is jealousy or selfish ambition, there will be disorder and every other kind of evil.”* - **James 3:16**
- **Resentment**- *“Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives.”* - **Hebrews 12:15**
- **Fear** - *“The anxious heart weighs a man down.”* - **Proverbs 12:25**

## **Slingers Do Three Things to a Relationship:**

- **Defensive**
- **Distant**
- **Demanding**

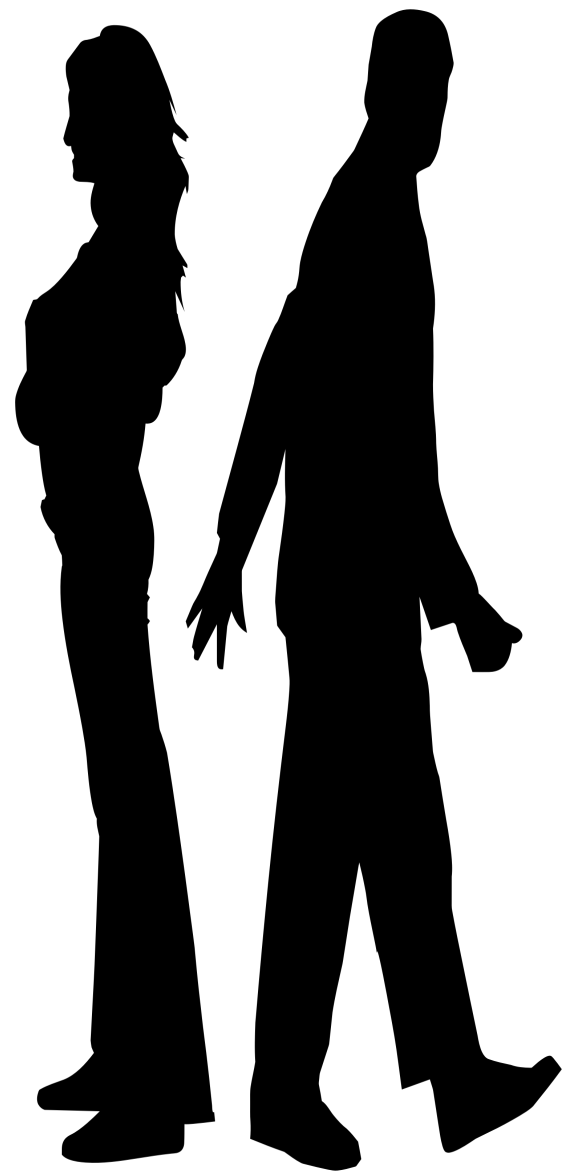
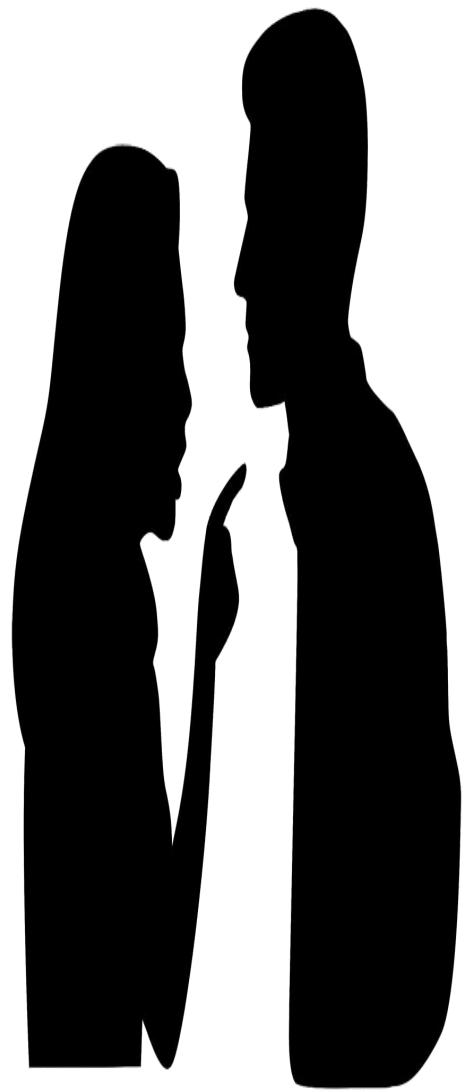


**War**

**Famine**

**Pestilence**

**Death**



# Horse #1- “Criticism”

## War Begins...

- **Criticism** goes beyond legitimate complaint adding negative words re: “*you always...*” “*you never...*” “*why are you so ...*” .
- Complaints are Okay.....“Reality and Express Unmet Needs”
  - Criticism is a Personal Attack... Accusing
    - puts in position to take direct hit or become defensive
  - It’s a no-win scenario, aimed at the character of a person
    - extremely damaging to the relationship.

## ***Learn To Complain Without Suggesting Partner Is Defective.***

*Eph 4:29 Let no corrupt word proceed out of your mouth, but what is good for necessary **edification**, that it may impart grace to the hearers.*

# Horse #2- “Contempt”

## Famine- the Relationship Begins to Waste Again

- **Contempt** is sarcasm, eye-rolling, hostile humor, insults, disgust, disrespect
  - Fueled by simmering negativity from unresolved differences
  - makes resolution impossible leading to more conflict.
- When criticism fails to bring about the results we’re looking for... we start to resent our spouse....become hostile toward them....devalue them.

## *Learn to Create a Culture of Praise and Respect.*

- You need a 5:1 ratio of positive: negative.
  - For every negative comment, praise your spouse with 5 positive
- **Eph 4:31** *Let all **bitterness**, wrath, anger, clamor, /evil speaking be put away from you, with all malice 32 be kind to one another, tenderhearted, **forgiving one** another, just as God in Christ forgave you. 5:2 walk in love as Christ also has loved us /given Himself for us*

# Horse #3- “Defensiveness”

ness

**Pestilence – the Plague has Taken Over –Relationship Infectious**

- **Defensiveness** escalates the negative, critical, attacking conflict...
  - blaming your partner rather than [accepting responsibility]
- “The problem isn’t *me*, it’s *you*.” Excuses; Cross-complaining: “*That’s not true, you’re the one who...*” yes-but/(and) Whining “*It’s not fair.*”
- Criticism leads to contempt, and contempt leads to defensiveness.

***Learn to Accept Responsibility for Part of the Problem.***

- Any Relational Problem is a Shared Problem.
- Any pain you’re feeling is a shared pain.

Stay connected. Learn to listen. Come together instead of taking sides.

**1Pt 2:23** *when reviled, did not revile in return...but committed to Him who judges righteously*



# Horse #4- “Stonewalling”

***Death –Communication is Gone- Relationship Hanging by Thread***

**Stonewalling: rather than confronting, stops caring, disengages; avoids a fight**

- you withdraw from the relationship.

- avoid any kind of vulnerability, you evade conversations...

  - just not going to deal with it anymore.

- the “silent treatment.” simply living parallel lives like roommates.

- The problem is, the problem still is. Nothing’s been dealt with. Stonewalling solves nothing, and leads to disaster.

***Learn to Stay Emotionally Connected and Committed to Solving the Problem.***

***Eph 4:25*** putting away lying, let each one of you speak truth with his neighbor, for we are members of one another. 26 *Be angry, do not sin*

# Shutting Down the Slingers...

## Focus on...

- **Giving Rather than Receiving**

*“There is more happiness in giving than receiving.” -Acts 20:35*

- **Go Beyond..** *“I don’t deserve this...”*

- **Healing Rather than Hurting**

*“Be gentle /ready to forgive; never hold grudges. Remember, the Lord forgave you so you must forgive others.” -Col 3:13*

- **Go Beyond..** *“Why me...?”*

- **God’s Power Rather than Your Problem**

*“Trust in God at all times; pour out your hearts to him, for God is our refuge.” -Psalm 62:8*

- **Go Beyond..** *“This problem is too big...”*

## Stop the Four Horsemen with their Antidotes

**CRITICISM**



Complain  
without Blame

**DEFENSIVENESS**



Take  
Responsibility

**CONTEMPT**



Build Culture  
of Appreciation

**STONEWALLING**



Do Physiological  
Self-Soothing

Criticism

Stonewalling

Defensiveness

Contempt

**You Can Tell Them To Keep On Riding!**

The Four Horsemen of the Marriage Apocalypse



**SAFE PLACE**