## Marriage ... life ... any relationship ...involves more than just me!

"The destructive cycle of self."

## "The cycle of self."

Dissatisfaction (discontent)

Failure (defeat)

Envy (coveting)

Guilt (conscience)

Pride (self-focus)

Frustration *(wrath)* 

## Solution? <u>Death to self!</u>

- Godly sorrow recognize & admit my sin
- Repentance humbling myself
- Come to Christ Gal 2:20 5:24-25
  - John 15:4-5
  - Col 2:6-10