

DEALING WITH PRESSURES, PROBLEMS AND PAIN IN RELATIONSHIPS

SO WHAT'S THE PROBLEM?

- Two important pieces in place
 1. There was attraction
 2. There was a shared sense of purpose
- External problems and pressures
 1. Life-threatening illness and a career-threatening illness
 2. Financial problems
 3. Problems with children
 4. Cultural differences
- Internal problems and pains
 1. Unrealistic expectations
 2. Emotional insecurities and baggage
- Learning to navigate life's problems, pressures and pains
 1. Handle them on your own
 2. Navigate them with God's help (*Ecclesiastes 4:12 NKJV*)

TWO RESPONSES TO PROBLEMS, PRESSURES AND PAIN (*Genesis 29:31-30:2 NKJV*)

- Rachel - loved, but unhappy
 1. Jacob loved her much more than her sister
 2. She dealt with the pain of not having children
 3. She put pressure on Jacob to give her children
 4. Jacob recognized that only God was able to help Rachel
- Leah - plenty of sons, but unloved
 1. The rejection she felt was very visible
 2. Her expectation was that having sons would make her loved
 3. Turned to the Lord in her pain
- Two responses
 1. One sister turned the pressure outward to her husband
 2. The other sister turned upward and came to a resolve

DEALING WITH THE PRESSURE, PROBLEMS AND PAIN IN YOUR LIFE/RELATIONSHIPS

- Don't look for someone to make you happy
 1. Living free from I'm ok only if you are ok
 2. This takes the pressure off the other person (*Psalms 23:1-3a NKJV*)
 3. Living happy despite...
- Grateful or griping, you choose (*1 Thessalonians 5:16-18 NKJV*)
 1. There will always be something not perfect or deficient
 2. Grateful for what you have or griping at what you lack
- The best long-term strategy is developing your relationship with the Lord
 1. Causes you to be less dependent on people - puts less pressure on them
 2. Helps you to find peace on the inside
 3. He can do for you what no one else can