

“Breaking Barriers to Intimacy”

2 Corinthians 10:4, 5 (DAV)

for the weapons of our warfare are not of the flesh, but divinely powerful for the tearing down of strongholds, tearing down reasonings and every lofty thing offering resistance against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

It has been my experience over the years to witness this barrier mentality in the marriage relationship. Husbands and wives BUILD WALLS of:

EXCUSE,

DENIAL, and

RATIONALIZATION of things that are permitted to go on with a spirit of unwillingness to address these matters.

The normal response of those who have the spirit of resistance is three-fold:

1. NO HELP,
2. NO NEED, and
3. NO FUTURE.

The keys to victory in this regard are:

1. A TEACHABLE SPIRIT,
2. A SPIRIT OF BROKENNESS OR SUBMISSION, and
3. A SURRENDER TO REALITY.

How is it that we get there in our marriage relationship? Well, begin by tearing down marriage barriers. There are five keys to tearing down those barriers:

1. “IN YOUR ANGER DO NOT SIN,”
2. “SEARCH YOUR HEARTS,”
3. “BE SILENT,”

4. "OFFER RIGHT SACRIFICES," and
 5. "TRUST IN THE LORD."
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TEN COMMANDS

"Breaking Barriers to Intimacy"

James 4:7-10

COMMAND #1: "SUBMIT YOURSELVES, THEREFORE TO GOD."

COMMAND #2: "TAKE A FIRM STAND AGAINST THE DEVIL."

COMMAND #3: "DRAW NEAR TO GOD."

COMMAND #4: "WASH YOUR HANDS YOU SINNERS."

COMMAND #5: "AND PURIFY YOUR HEARTS, YOU DOUBLE-MINDED."

COMMAND #6: "BE MISERABLE."

COMMAND #7: "AND MOURN."

COMMAND #8: "AND WEEP."

COMMAND #9: "LET YOUR LAUGHTER BE TURNED INTO MOURNING, AND YOUR JOY TO GLOOM."

COMMAND #10: "PERMIT YOURSELVES TO BE HUMBLLED IN THE LORD'S PRESENCE AND HE WILL EXALT YOU."

Zechariah 4:6

So he said to me, "This is the word of the Lord to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the Lord Almighty.

(The Preces Privatae of Lancelot Andrewes, Bishop of Winchester selections from the translation by F. E. Brightman)

Excuseless, defenceless, self-condemned am I.
My destruction cometh of myself:
O Lord, righteousness belongeth unto Thee,

BARRIERS TO INTIMACY

BARRIER	The Spirit's Response to tearing down this barrier is seen in Scripture
1. SELFISHNESS (hobbies that don't involve the family)	<u>Mark 10:45</u> ; <u>John 13:3-5</u>
2. UNDISCIPLINED	<u>1 Timothy 4:7, 8</u> ; <u>2 Thessalonians 3:7</u>
3. NEGLECT OF PHYSICAL EXERCISE	<u>1 Corinthians 9:27</u> (DAV)
4. NEGLECT OF PERSONAL HYGIENE	<u>Isaiah 52:11</u> (KJV); <u>Matthew 23:25, 26</u> ; <u>2 Corinthians 7:1</u>
5. ADDICTIONS—Drugs, Alcohol, Smoking, etc.	<u>1 Corinthians 6:12</u> ; <u>2 Timothy 2:3, 4</u>
6. INTERPERSONAL CONFLICTS with in-laws, Family, Relatives, etc.	<u>John 17:17-21</u> ; <u>Romans 12:10</u> ; <u>Philippians 2:2-4</u> ; <u>Psalm 133:1-3</u> ; <u>Job 42:10</u>
7. CHEATING	<u>1 Thessalonians 4:11, 12</u> ; <u>Leviticus 19:11</u> ; <u>Hebrews 13:18</u> ; <u>Colossians 3:23, 24</u> ; <u>1 Timothy 1:5</u>
8. PRIDE	<u>Psalm 51:17</u> ; <u>Proverbs 6:16-19</u> ; <u>1 Peter 5:5, 6</u> ; <u>Galatians 2:20</u>
9. COMPULSIVE GAMBLING	<u>2 Corinthians 8:9</u> ; <u>Philippians 4:11</u> ; <u>1 Timothy 6:6-10</u> ; <u>1 Timothy 6:11</u>
10. STEALING	<u>2 Thessalonians 3:7-9</u> ; <u>Exodus 20:15</u> ; <u>Ephesians 4:28</u>
11. VIDEOS, MUSIC, BOOKS, GAMES GLORIFYING VIOLENCE, AND THE OCCULT	<u>1 Timothy 6:11, 12</u> ; <u>Acts 19:19, 20</u> ; <u>2 Corinthians 6:17, 18</u>
12. HIDDEN AGENDAS	<u>Matthew 6:33</u> ; <u>1 Thessalonians 2:3-5</u> ; <u>2 Corinthians 2:17</u>
13. MANIPULATION	<u>Romans 12:1, 2</u>
14. PROCRASTINATION	<u>Romans 13:11</u> ; <u>John 9:4</u> ; <u>John 4:35, 36</u>
15. ABUSE	<u>Philippians 2:3, 4</u>
16. PORNOGRAPHY	<u>Job 31:1</u> ; <u>Philippians 4:8</u>
17. UNFORGIVING	<u>Ephesians 4:32</u>
18. GUILT	<u>Isaiah 1:18</u> ; <u>1 John 1:9</u>
19. STRESS	<u>Isaiah 32:17</u> ; <u>Isaiah 26:3, 4</u>
20. BITTERNESS	<u>Colossians 3:19</u> ; <u>Ephesians 4:31</u> ; <u>Hebrews 12:15</u>
21. DEPRESSION	<u>Psalm 42:5</u> ; <u>Proverbs 3:5, 6</u> ; <u>Proverbs 4:18</u> ; <u>Psalm 118:23, 24</u>
22. JEALOUSY	<u>1 Corinthians 13:4</u> ; <u>Galatians 5:22, 23</u>

BARRIER	The Spirit's Response to tearing down this barrier is seen in Scripture
23. LUSTING	<u>Galatians 5:16; Matthew 5:27, 28; Romans 13:14</u>
24. CONTROLLING	<u>Psalm 37:3-6</u>
25. CRITICAL SPIRIT—stick in your own eye	<u>Hebrews 10:24; Colossians 3:16, 17</u>
26. RETALIATION	<u>Romans 12:17; Romans 12:19; Romans 12:20, 21</u>
27. EXAGGERATION	<u>Colossians 4:6</u>
28. PESSIMISM	<u>Psalm 118:23, 24; Colossians 4:2; Psalm 126:3; Psalm 16:6</u>
29. LYING	<u>Psalm 31:18; Psalm 119:29; Psalm 120:2; Proverbs 12:22; Ephesians 4:25</u>
30. GOSSIP	<u>James 3:8; Psalm 19:14</u>
31. PROFANITY	<u>Matthew 5:21, 22; Galatians 5:14-16; Ephesians 4:29, 30; Exodus 20:7; Philippians 4:8</u>
32. DIVISIVENESS	<u>3 John 9-11; Romans 14:19; Romans 15:2; John 17:21</u>
33. DECEIT—sower of discord	<u>Proverbs 6:16-19; Proverbs 4:24; Proverbs 6:12-14</u>
34. HURTFUL OUTBURSTS	<u>Ephesians 4:26, 27</u>
35. COMING DOWN HARD ON CHILDREN WHEN ANGRY	<u>Colossians 3:21</u>
36. GOING PUBLIC WITH MATE'S PERCEIVED WEAKNESSES	<u>Ephesians 4:31, 32</u>
37. ANGER	<u>Proverbs 29:11; Galatians 5:22, 23</u>
38. GREED	<u>2 Corinthians 8:3-5</u>
39. MATERIALISM	<u>Colossians 3:2; 2 Corinthians 4:18; Matthew 6:33</u>
40. NEGLECT SPIRITUAL DISCIPLINES	<u>Psalm 5:3; Mark 1:35; Luke 9:23</u>
41. DEBT	<u>Romans 13:8</u>
42. LACK OF GOALS AND PLANNING	<u>Philippians 3:10-14</u>
43. WITHHOLDING TITHES AND OFFERINGS FROM GOD	<u>2 Corinthians 9:6, 7; Malachi 3:10</u>
44. CHEATING ON TAXES	<u>Philippians 4:11, 12</u>
45. PERFECTIONISM	<u>Philippians 1:6; Ephesians 2:10</u>
46. WITHDRAWAL OF EMOTIONAL SUPPORT	<u>Revelation 2:4; Revelation 3:15, 16</u>
47. LACK OF INVOLVEMENT WITH CHILDREN	<u>Ephesians 6:1-4; Colossians 3:20, 21</u>
48. UNWILLINGNESS TO CHANGE HARMFUL HABITS	<u>2 Corinthians 7:1 (KJV); 2 Peter 3:18; 2 Peter 1:5-8</u>