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## Reality Check:

**Great marriages do not happen INSTANTLY;  
they come by sowing good seed over time.**





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**Big Idea:**

**Stop dissing and start sowing.**





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**verb: diss**

**speak disrespectfully to or criticize.**

**"I don't like her dissing my friends"**





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**Ephesians 4:29 (NIV)**

**Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.**





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- 
- **Disengage**
  - **Disconnect**
  - **Disrespect**
  - **Disagree**
  - **Dishearten**
    - **Dislike**
    - **Disrupt**
    - **Dispute**



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  - **Dispute**

- **Disown**
- **Dispute**
- **Discord**
- **Dispose**
- **Disgust**
- **Dismiss**
- **Dissent**
- **Disease**





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**Galatians 6:7 (NIV)**

**Do not be deceived: God cannot be mocked.  
A man reaps what he sows.**





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## Galatians 6:8-9 (NIV)

**Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.**





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**Big Idea: Stop dissing and start sowing.**

**1. Stop sowing disappointment and start sowing hope.**



## Romans 5:2-5 (NLT)

**Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God's glory.**

**We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance.**

**And endurance develops strength of character, and character strengthens our confident hope of salvation.**

**And this hope will not lead to disappointment.**





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## **Sowing Seeds of Hope:**

- 1. Shower your spouse with buckets of Grace and Forgiveness when they mess up.**





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## **Sowing Seeds of Hope:**

- 1. Shower your spouse with buckets of Grace and Forgiveness when they mess up.**
- 2. Believe the best and stop assuming the worst about your spouse.**





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## **Sowing Seeds of Hope:**

- 1. Shower your spouse with buckets of Grace and Forgiveness when they mess up.**
- 2. Believe the best and stop assuming the worst about your spouse.**
- 3. Share your expectation list.**





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**Big Idea: Stop dissing and start sowing.**

- 1. Stop sowing disappointment and start sowing hope.**
- 2. Stop sowing distrust and start sowing faith.**





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Hebrews 11:6 (NLT)

**And it is impossible to please God without faith.**





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A grayscale photograph of a bed. The background shows a wrinkled sheet. In the foreground, there is a blanket with a subtle striped pattern, partially covering the sheet. The lighting is soft, creating gentle shadows and highlights on the fabric.

# **Sowing Seeds of Faith:**

**1. Humble yourself.**





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# **Sowing Seeds of Faith:**

- 1. Humble yourself.**
- 2. Uncomfortable vulnerability.**





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# **Sowing Seeds of Faith:**

- 1. Humble yourself.**
- 2. Uncomfortable vulnerability.**
- 3. Live and honest and open life.**





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**Big Idea: Stop dissing and start sowing.**

- 1. Stop sowing disappointment and start sowing hope.**
- 2. Stop sowing distrust and start sowing faith.**
- 3. Stop sowing disapproval and start sowing love.**



## 1 Corinthians 13:4-8 (NIV)

**Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.  
Love never fails.**





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## **Sowing Seeds of Love:**

- 1. Draw a circle around yourself and work on everyone in the circle.**



## **Sowing Seeds of Love:**

- 1. Draw a circle around yourself and work on everyone in the circle.**
- 2. Don't "should on" your spouse.**



## **Sowing Seeds of Love:**

- 1. Draw a circle around yourself and work on everyone in the circle.**
- 2. Don't "should on" your spouse.**
- 3. Lose the "god complex" and imitate Jesus by serving your spouse to death.**





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## Philippians 2:3-7 (NIV)

**Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.**

**In your relationships with one another, have the same mindset as Christ Jesus:**



**Who, being in very nature God,  
did not consider equality with God something to be  
used to his own advantage;  
rather, he made himself nothing  
by taking the very nature of a servant,  
being made in human likeness.**





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**Big Idea: Stop dissing and start sowing.**

**3. Stop sowing disapproval and start sowing love.**





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