

# Having A Healthy Christ-like Attitude When Problems Arise

| <b>Kind,<br/>Tenderhearted,<br/>and Forgiving<br/>Thoughts</b>     |  |
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| He doesn't love me,<br>He only loves himself.                      | He does not show love as he should but his capacity to love can grow.<br>Colossians 3:14   |
| How dare he come in from work in a bad mood and take it out on me! | Perhaps he feels under pressure from work.<br>Ephesians 4:31-32  |
| I do so much for him and look what I get in return!                | I wonder if I could do something differently to make it easier for him.<br>Philippians 2:3-4                                     |
| He's only thinking of himself.                                     | Maybe he doesn't feel well today.<br>Colossians 3:12   |
| He's stupid; see if I ever try to talk to him again!               | Maybe he misunderstood what I was trying to say.<br>Ephesians 4:1-3  |
| I can't believe what he decided. How ridiculous!                   | Maybe he has information that I don't have.<br>1 Corinthians 4:5   |
| I can't believe what he has done to me!                            | What he had done is difficult, but God will give me the grace to get through it.<br>1 Corinthians 10:13                          |
| I will never forgive him.  | After all that the Lord has forgiven me, this is the least I can do.<br>Matthew 18:32-33   |
| He'll never change.  | By God's grace, he can change.<br>1 Corinthians 6:11   |
| This is more than I can bear. There is no hope.                    | There is nothing that has happened that God cannot forgive, that I cannot forgive, and that we can't work through.<br>1 John 1:9 |
| He did that on purpose to hurt me.                                 | Only God can know why he did what he did.<br>It's my responsibility to believe the best.<br>1 Corinthians 13:7                   |
| We never should have gotten married in the first place.            | He is my husband and I am committed to him no matter what.<br>Matthew 19:6   |
| God understands that I can't take this.                            | God will give me the wisdom and grace to hang in there.<br>James 1:5   |

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| <p>I prayed about it and have "peace" about pursuing the divorce.</p>       | <p>It would be nice to have this settled but I am committed to proceeding in the way God has determined.<br/>Colossians 3:2</p>                |
| <p>I wish he were dead.</p>   | <p>I pray that God will have mercy on him and he will repent.<br/>2 Peter 3:9</p>  |
| <p>I hate him.</p>  | <p>I can show love to him whether I feel like it or not.<br/>1 Corinthians 13:4-7</p>  |
| <p>He is repulsive to me. The thought of him touching me is nauseating.</p> | <p>My husband desiring to have sex with me is a good thing. I can show love to him by concentrating on pleasing him.<br/>1 Corinthians 4:5</p> |
| <p>How could God let him do this to me?</p>                                 | <p>God has a purpose in all that I am experiencing. He can and will use it for my good if I respond in love to God.<br/>Romans 8:28-29</p>     |
| <p>I'll show him what it's like.</p>  | <p>I'll give him a blessing instead.<br/>1 Peter 3:9</p>   |
| <p>He should have known better.</p>   | <p>How could he possibly know? I've never told him. He can't read my mind.<br/>Ephesians 4:15</p>  |