

Having A Healthy Christ-like Attitude When Problems Arise

Kind, Tenderhearted, and Forgiving Thoughts	
He doesn't love me, He only loves himself.	He does not show love as he should but his capacity to love can grow. 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. 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. Philippians 2:3-4
He's only thinking of himself.	Maybe he doesn't feel well today. 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. Ephesians 4:1-3
I can't believe what he decided. How ridiculous!	Maybe he has information that I don't have. 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. 1 Corinthians 10:13
I will never forgive him.	After all that the Lord has forgiven me, this is the least I can do. Matthew 18:32-33
He'll never change.	By God's grace, he can change. 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. 1 John 1:9
He did that on purpose to hurt me.	Only God can know why he did what he did. It's my responsibility to believe the best. 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. Matthew 19:6
God understands that I can 't take this.	God will give me the wisdom and grace to hang in there. James 1:5

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