

COMMON MARRIAGE PROBLEMS AND SOLUTIONS

By Pastor Tzvetan Petkov



How to Address Marital Problems

1. Whenever we have marital questions from the congregation, as a Church Leader:
 - a. Should we address the issue or we should advise the couple concerned to approach a professional?
 - b. What is the extent that any church officer can handle marital questions?
 - c. Whenever a couple has marital issues, should they go for counseling together or alone, because there are couples that disagree regarding the choice of counselors.



Marriage Counseling

1. Legality and Certification
2. Diagnostics
3. Mutual Commitment
4. Lecture
5. Exercise
6. Evaluation

Legality and Certification

Pastoral Counseling, a clinical practice that integrates both psychological and theological concepts into its framework, is not unlike other modes of therapy when it comes to the therapeutic process. What sets it apart is the way faith, spirituality, and theology are incorporated into the model. Pastoral counselors believe this incorporation of spiritual exploration and support can foster wholeness, healing, and growth in those who are seeking help.



Separation

2. Due to my work, we had to move to a different town whereas the family obligations forced my wife to go back to our original place to take care of her parents. I have a fear that this separation is not healthy for our marriage relationship. What could be the best solution? I am unable to move at this moment due to work.



No Time for the Family

3. The nature of my work and duties is compelling me to work late hours and I do not have much time to spend at home. My wife is much displeased with this situation. It seems to be that she does not understand my plight. Sometimes I feel so disturbed when I think of my sacrifice for the family and not being recognized. What may I do to resolve this situation?



How to Communicate Differences

4. We married recently but now I realize that my wife would like to spend a lot of her time with her hobbies, which is consuming her time and money. Since our marriage life is fresh, I do not want to address this to her but I am very much concerned about our future. Please advise.



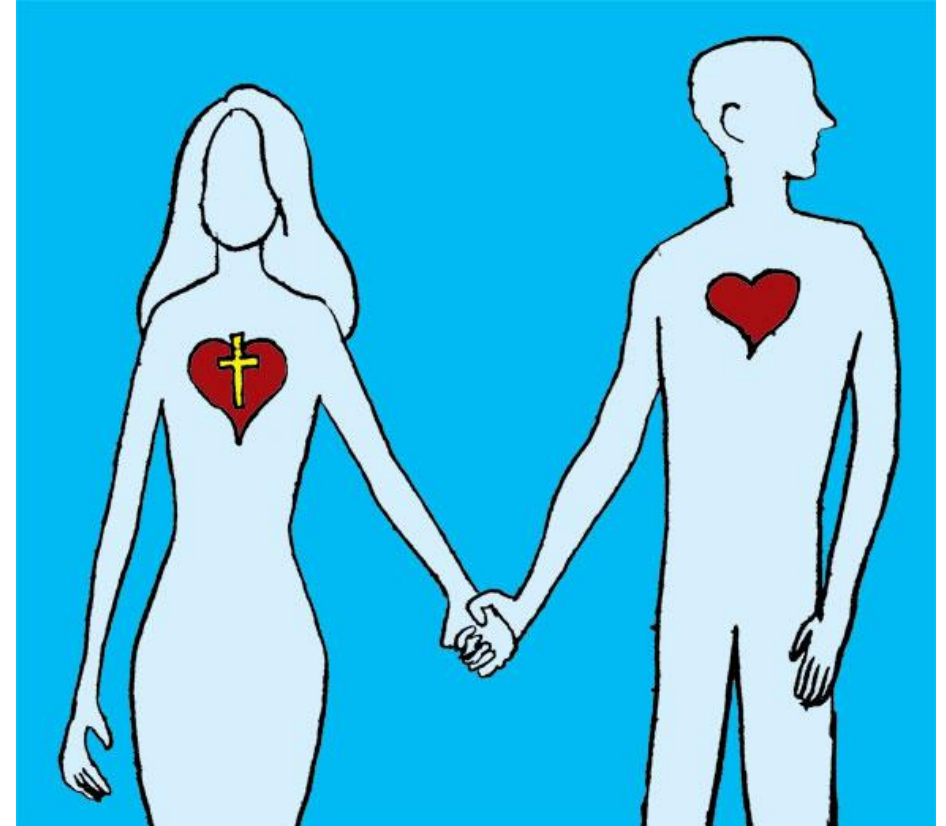
How to Communicate Differences

5. Both of us are working and I take care of the household duties as well. My husband is not much interested to help me in any of the household duties or even to help with our child. I do not want to force him thinking he may get disturbed but I feel helpless at times since me too am working very hard with my job and returning home with all the tiredness. I desperately need advice how to address this matter.



Married to an Unbeliever

6. I am married for the past five years and having a child. I am attending IMS but yet to take a decision on baptism. I am very worried about my husband, who is not interested in any religious values. He has no hesitation of me attending the church or getting baptized but he doesn't want our child or his life to be disturbed with my decision. I am confused. What is the best solution for me?



Married to an Unbeliever

1Co 7:13 And the woman which hath an husband that believeth not, and if he be pleased to dwell with her, let her not leave him. 14 For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean; but now are they holy.

1Co 7:16 For what knowest thou, O wife, whether thou shalt save [thy] husband? or how knowest thou, O man, whether thou shalt save [thy] wife?

1Pe 3:1 Likewise, ye wives, [be] in subjection to your own husbands; that, if any obey not the word, they also may without the word be won by the conversation of the wives...

Dealing with Anger Issues

7. We have two children and we are married for more than ten years. The biggest problem in our marriage right throughout has been that my wife is very hot-tempered and has anger issues. This has affected our family, extended families, and even in the church. What am I supposed to do now? My wife is not even willing to get any help from counselors since she feels that people who go for counseling are mentally disturbed and she is convinced that she is not. Please advise.



Seven General Principles for a Healthy Marriage

1. The Gospel
2. Spend time in conversation
3. Show and promote affection
4. Worship together
5. Pray together
6. Play, travel, have fun together
7. Clean and organize your home together