

3 MINDSETS THAT WILL SAVE YOUR MARRIAGE

By: Three Cord Marriage



Copyright © 2022 by Raymond & Leslie Funk

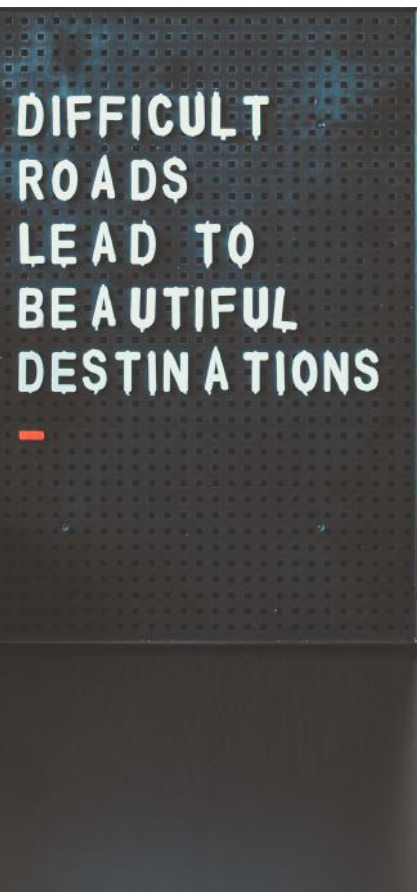
All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed “Attention: Permissions Coordinator,” at the address below.

Published By:

Three Cord Marriage
Orlando, FL 32803
www.threecordmarriage.com

Contact: info@threecordmarriage.com
Published in U.S.A.

TABLE OF CONTENTS



Mindset

Defined

1

Love Is A Choice

2

I Am Responsible For My
Emotions

3

We Are On The Same
Team

Three Cord Marriage

Take Your Marriage to
the Next Level!



MINDSET

Mindset...a word you've probably heard dozens of times. We hear it related to success, money, improved mental health, and yes, even marriage. But despite seeing it used often, many of us don't completely understand it and think it is a word simply used to describe how we think about something.

Now that is partially true since Merriam Webster describes a mindset as; a mental attitude; a fixed state of mind. But it runs much deeper than that. A mindset may, on the surface, reveal itself in how we think about a particular subject, but in its totality, it is built upon the cumulative experiences of our entire life. *It shapes what we believe, how we think, and how we process, behave, and react to what life throws our way every day, including our marriage.* **Our mindset informs, and is informed by our behavior...**

As an example, if, as a child we grew up in an environment where there wasn't a dad present in the home to provide his part in the loving, safe, and nurturing environment, as an adult, we may act out certain harmful behaviors in response to the void that is left from an absent father.



MINDSET

And because mindsets are engrained and developed over time, we often don't recognize them in ourselves. We end up believing "that's just how I am..."

The flip side to this is that while we don't necessarily recognize the negative impacts some of our mindsets have on our own lives, we are typically quick to recognize them in others. And seeing the mindset flaws in others, especially those close to us, may cause strife, discord, and destruction of relationships that are supposed to be held most sacred.

With this better understanding in mind, let's look at three key common mindsets that, when put into perspective, alignment, and action, can make a huge positive impact in your marriage, family, and life...

As we look at the following, ***we'll tear down the destructive lie of the worldly mindset and reveal the truth behind the mindset God intended.***



PASSION LED US HERE

LOVE IS A CHOICE

MINDSET # 1

The first mindset we'd like to discuss is about love. The world, media, and even expectations set for us as children lead many to believe that love, "twue wuv" (quoting one of our favorite films here) is the butterfly filled, never arguing, always giddy, type of feeling that only happens when we marry our one-true soulmate, right?...Wrong! In fact, that kind of love (aka puppy love) is shown to fade after 6 months to 2 years and is the furthest thing from the unconditional love we're intended to experience, first with God, then in our marriage.

Although the butterflies may be what initially gets our attention, the unconditional love we are meant to have for our spouse isn't based on emotions. It's based on

decisions and actions. As we look to the source of love and marriage, the Bible, we discover that the ***"love that lasts a lifetime" isn't based on a feeling but on a commitment.*** In His word, we're given the qualities, not emotions, that demonstrate unconditional love.

We're told what *love is, patient and kind... and what love isn't, proud or boastful...we're told that it bears all things and believes all things...* 1 Corinthians 13:4-7

If you have accepted the lie that love is the forever "feeling" that drives your relationship, know that it's never too late to renew your mind and "choose" to love your spouse.



PASSION LED US HERE

LOVE IS A CHOICE

MINDSET # 1

Choosing to love your spouse is a daily decision.

It is the choices you make that move you toward your spouse. If you find yourself at a place where you have “fallen out of love” with your spouse, know that there is hope! Since love is not a feeling, but rather a choice, *you can choose to love your spouse again*. You must choose to love without those feelings, until those feelings are born again.

Right about now, you might be asking yourself, “how do they know this is true?” Short answer, we lived it. There was a point in our marriage where the last thing we wanted to do was to spend time with each other, let alone breathe the same oxygen. Our marriage got to a point where Leslie had such negative feelings toward Raymond, that she was disgusted to even look at him. How could we continue if neither one of us

felt like we were in love?!

Thanks first to God, then to a mentor that opened our eyes to new patterns of thinking, we chose to love each other through the pain into our victory. In fact, it was because we changed our mindsets and chose to love despite how we felt, that we can now say we are more in love today than we’ve ever been, even during our honeymoon phase. Our marriage connection is deeper, more fulfilling, and truer than we ever thought possible.

It’s not an easy task to change your mindset, but the rewards are infinite and more than you could have hoped for or imagined. Know that you don’t have to go at it alone. We are here to guide you toward that place of victory in your mindset and for the victory in your marriage.



PRAYER

Love Is A Choice

Father God, You are the author and creator of love, and You are my creator. You know me intimately, more than I know myself. I repent for any wrong thought patterns I have concerning love and ask for you to reveal to me how you desire me to love my husband/wife. Forgive me for times that I live by and react from feelings. I want to experience love as you intended. Give me wisdom, guide my thoughts and decisions by Your Holy Spirit so that I can choose to love my husband/wife by my words and by my actions. Thank you for Your grace and Your new mercies everyday. Give me understanding and revelation to love like you, Lord. In Jesus' name, amen.

TAKEAWAY # 1

**I CHOOSE TO
LOVE MY SPOUSE**

This is My commandment, that you love one another as I have loved you.

John 15:12 NKJV



I AM RESPONSIBLE FOR MY EMOTIONS

MINDSET # 2

The second toxic mindset many carry around is that our spouse is responsible for our happiness...

Let's face it, we live in a world nowadays where many want to put the responsibility and blame for the condition of their life onto everyone and everything else...it's my parent's fault, it's the government's fault, it's my spouse's fault...denying responsibility over themselves by coming into agreement with the victim mindset...and in many marriages today, it is no different.

Of the many things that people are expecting to have provided to them, happiness is one of the things that tops the list..."my job doesn't make me happy," "my

family doesn't make me happy," "my spouse doesn't make me happy"...and on and on...As a culture, it's become the norm to expect others to provide us those things for which we should be providing ourselves. When we bring that same mindset into our marriage and push our responsibility onto our spouse, it unfairly burdens them with things that are ultimately out of their control.

The truth is, ***happiness in our marriage doesn't come to us from our spouse or any natural external source.*** It comes to us when we rightfully take back the responsibility of our happiness from our spouse and walk, not in our truth, but in God's truth. *No person is perfect, and when we set a perfect expectation on an imperfect person, our*



I AM RESPONSIBLE FOR MY EMOTIONS

MINDSET # 2

spouse, we are all but guaranteeing our disappointment in them, and in ourselves. The only perfect person is Jesus, and a relationship with Jesus is the only relationship that will make you happy, the only relationship that will fulfill your every need. ***It is only when you decide to allow the truth that God says about you to resonate and become a part of your soul that you will find unspeakable joy, peace, love, forgiveness.*** Then you can look to your spouse as a partner, someone you can enjoy life with, someone who does not have to work to make you happy because you are already filled to the brim with joy.

As one half of the marriage team, we need to

ensure we are taking responsibility for ourselves through the power of the Holy Spirit in every area of our emotions, and that includes our happiness.

Do not feel condemned or bad if you have been looking to your spouse to fulfill you and make you happy. Our society has led us to believe that is the way. But today, *you can decide to change your mindset and stop looking for that emotional fulfillment from an imperfect spouse and instead seek out your happiness through the perfect God* who made you for relationship with Him first, then all other things after that will be added to you, including being happy with your spouse!



PRAYER

I Am Responsible For My Emotions

Father God, You are the only perfect person, You will never fail me. Forgive me Lord for the times I look to others, including my husband/wife to fulfill me, to make me happy. Father God, Your word says that if I seek You first, You will give me the desires of my heart. Thank you for Your promises. I will come to You, spend time with You, and allow You to steady my heart. Guard my heart and show me how to operate in Your overflow of joy, peace, and self-control. Thank you, Lord, for hearing my prayers and for answering swiftly. In Jesus' mighty name, I pray, amen.

TAKEAWAY # 2

**I TAKE RESPONSIBILITY
FOR MY OWN HAPPINESS**

Delight yourself also in the LORD, And He shall give you the desires of your heart.

Psalms 37:4



WE ARE ON THE SAME TEAM

MINDSET # 3

And finally, have you ever thought, “My husband/wife never agrees with me on anything.” When you disagree or argue, is one of you pointing fingers? Have you ever said, “we are just two completely different people, we don’t have anything in common”?

These thoughts can be rooted in the same victim mindset mentioned earlier (where you feel that everything is an attack, and the whole world is against you). Or, you might be in a marriage where your spouse treats you in a way that fosters an adversarial relationship, making you feel like the enemy, because of their own damaged mindset.

Many times, though, one of the biggest factors that cause a husband and wife not to work together as a team is our natural selfishness, our desire to go our own way

and to be concerned primarily with meeting our own needs.

Think about any sports team for a moment, how many different positions are there on any given team? If each player on the team did the same thing, how would that team fair against another that had various positions to cover all the bases? *The differences between a husband and wife are what make them stronger*, it is what allows them to come together and view any matter from more than one perspective, to see the whole picture.

Marriage isn't a competition against each other, you are a team at war with the things of the world that would threaten to destroy your marriage. That is the mindset you must



WE ARE ON THE SAME TEAM

MINDSET # 3

acquire, that conflict is an opportunity for you to come together and grow, it is strength training.

Think back to when you first got married... why did you get married? Didn't you initially feel like, ***"it's me and you against the world, baby!"*** Where did that go? Start giving your spouse the benefit of the doubt again.

Consider that they love you and they are not intentionally out to get you but rather it is an outside force, the enemy, who is trying to come between you because if your marriage can be broken it not only impacts you, but it also impacts your children, friends, family, co-workers, the ripple effect goes further than we realize.

Therefore, as we've seen in the previous two

areas, your truth, freedom, and victory are based on the transformation and renewing of your own mind. Yes, the fruit you yield in your marriage will transform your spouse, but the change needs to start with you...whether you feel like it or not. (Our emotions are what causes half of the problems in the first place...)

God's word reminds us that we have become "one flesh" with our spouse (Genesis 2) and that we are to be transformed by the renewing of our minds (Romans 12) so, instead of thinking your spouse is your enemy, transform your mind(set) by responding to them as your ally, and remind yourself that the two of you are now one team! It'll take some work, but believe us, you'll see change in your spouse because of the change in you!



PRAYER

We Are On The Same Team

Father God, thank you for my husband/wife, for my helpmate. Lord give me eyes to see him/her as You do. Give me compassion, understanding, and revelation that he/she is a gift from You to fill the gaps in my life. As we move through this marriage journey, open our eyes to the true enemy, Lord, show us how to work together to accomplish more than we could have ever imagined on our own, with You in the center of it all. You have great plans for us, together. Show me how to fight with my spouse against the true enemy and not with my spouse as the enemy. In Jesus' name, I pray, amen.

TAKEAWAY # 3

**I AM A VICTOR, NOT A VICTIM.
MY SPOUSE IS MY ALLY AND
NOT MY ENEMY!**

Two are better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. Again, if two lie down together, they will keep warm; But how can one be warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

Ecclesiastes 4:9-12

THREE CORD *Marriage*

TAKE YOUR MARRIAGE TO THE NEXT LEVEL!

Community | Experiences | Resources

Are you looking for a safe place where you can go to create and maintain a healthy mindset?

We invite you to join our Three Cord Marriage Community where we come together to equip you to achieve your next level of success in your marriage!

The Community provides unlimited access to resources, live on-line and live in-person meetups that will strengthen your bond with your spouse, growing your connection, friendship, and love while also providing the opportunity to build new friendships with other like-minded couples.

According to science, friends can make us happier, healthier, and yes, even more beautiful. And according to the Word of God, "And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near." - Hebrews

10:25 NLT

Visit www.ThreeCordMarriage.com

join the community, and get started on the path
to achieve the next level of success in your marriage!



Your Founders: Raymond & Leslie Funk

THREE CORD *Marriage*

**JOIN THE THREE
CORD MARRIAGE
COMMUNITY
TODAY**

[LEARN MORE](#)

TAKING MARRIAGE TO
THE NEXT LEVEL!

ABOUT THE AUTHORS

Reverends Raymond and Leslie Funk have been married for over 13 years and for many of those years have been leaders in marriage ministry within their local church in Orlando, FL.



Their commitment and passion for healthy marriages stems from the victory they have had in their own. Through it all, they've been able to overcome infidelity, addiction, separation, broken trust, emotional and verbal abuse, anger...the list goes on...so much so, that their marriage is now one neither thought possible and it was achieved through healthy community!

As founders of Three Cord Marriage their vision is to transform our nation (and the world) by restoring and strengthening the covenant of marriage. Three Cords, One Victory!

Raymond is a Certified Mental Health Coach through the American Association of Christian Counselors and they are both Certified SYMBIS Assessment Facilitators, as well as Prepare Enrich Facilitators.