

Overcoming **OVERLOAD!** in Marriage

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load.

Let the one who is taught the word share all good things with the one who teaches. Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith. (**Galatians 6:1-10**)

OVERLOAD:

- ❖ **Overload:** what comes to your mind?
- ❖ What often **overloads** the modern marriage?
- ❖ What's the difference between responsibly "bearing my own load" and **overload**?
- ❖ Is overload sometimes worn by modern men and women as a "badge of honor"? If so, why?



- ❖ Can overload pose a potentially serious threat to a marriage? If so, in what way?

"As for what fell among thorns, they are those who hear, but as they go on their way they are choked by the **CARES** and **RICHES** and **PLEASURES** of life, and their fruit does not mature."
(Luke 8:14)



By God's Design

We need margin.

The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. ([Mark 6:30-31](#))

- What does healthy margin look like in this season of our marriage?

We need refreshment.

The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. ([Psa 23:1-3](#))

- Are we both getting the refreshment we need to keep going at our current pace?

We need time with each other.

“Come, my beloved, let us go into the fields and lodge in the villages; let us go out early to the vineyards and see whether the vines have budded, whether the grape blossoms have opened and the pomegranates are in bloom. There I will give you my love.” ([Song of Solomon 7:11-12](#))

- Are we spending the time together that our marriage needs in order to remain healthy?

We need to periodically reevaluate and purge.

Keep watch on yourself, lest you too be tempted. ([Gal 6:1](#))

“Catch the foxes for us, the little foxes that spoil the vineyards, for our vineyards are in blossom.” ([Song of Solomon 2:15](#))

- What have we allowed into our lives that might need to be purged for the good of our marriage?