

**THINK TWICE BEFORE SEEKING
OUTSIDE HELP FROM THE
FOLLOWING SOURCES**

1 Timothy 5:13: *Besides, they get into the habit of being idle and going about from house to house. And not only do they become idlers, but also gossips and busybodies, saying things they ought not to (NIV).*

- Social acquaintances aren't the place to start looking for help.
- Relatives are too emotional, have too much vested interest, and aren't going to have the objectivity you need.
- Colleagues at work are not appropriate counselors.
- Non-biblical advisors should be avoided.

One Last Thought. . . .

Too often the marriage relation is entered into without proper consideration; none should marry in uncertainty. But if they have not been properly considerate in this matter, and after marriage find themselves dissimilar in character, and liable to reap unhappiness in the place of joy, let them not breathe into another's mind the fact that their marriage was unwise. Let no third person become acquainted with the matter, but let each in the fear of God seek to understand and to help the other.

*{Ellen G. White, Manuscript Releases ,
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Ingredients of Successful Families



**Admit When You
Need Help, and
Get it**

"Any kingdom divided against itself is laid waste; and any city or house divided against itself shall not stand." (Matthew 12:25 NASB)

NINE WARNING SIGNS YOUR FAMILY MAY NOT BE ABLE TO SOLVE ITS OWN PROBLEMS

- 1. You Go over the Same Issues Again and Again with No Resolution or Closure.**
- 2. Your Networking Is Not Working** — Every attempt at reasonable conversation fails and ends with shouting, disregard, or someone walking out of the room with no-closure or resolution.
- 3. There Is Physical and/or Emotional Abuse.**
- 4. You Pretend to Respect a Family Member Whom You Do Not Really Respect** — One dysfunctional family member rules the rest of the family, usually by fear.
- 5. You're Afraid to Say Certain Things in Your Family** — When you don't feel comfortable sharing your feelings and thoughts without being demeaned, criticized, or bullied, something is terribly wrong.
- 6. You Deny, Excuse, or Choose to Ignore the Signs of Problems Such as Drug or Alcohol Abuse.**

7. You Have a Recurring Wish That You Were out of Your Family or Had Never Come into it at All.

8. No One Admits a Problem, Yet Everyone Knows it Exists — Some people think that it is an admission of failure to admit that there's a problem. This avoidance can be fatal to a marriage or family.

9. You Ignore or Excuse Signs of Bad Behavior in a Family Member.

EIGHT WARNING SIGNS YOUR MARRIAGE MAY BE IN TROUBLE

1. You are constantly irritated with your spouse by the smallest things they do.
2. You have little or no interest in sexual relations with your spouse.
3. There is emotional, verbal, or physical abuse.
4. You prefer being with others more than with your partner.
5. You continually think about divorce and fantasize what life would be like to be married to someone else.
6. You're negative, sarcastic, and critical with your mate, know it's wrong but cannot seem to stop.
7. You argue over the same issues again and again with no closure or resolution.
8. You're addicted to pornography.

Four Reasons a Family in Trouble May Not Seek Outside Help.

- PRIDE
- IGNORANCE
- LACK OF COOPERATION
- MONEY

FIVE STEPS TO TAKE TO GET HELP

- 1. Admit There Is a Problem.**
- 2. Get a Realistic but Optimistic Perspective of the Problem.**
- 3. Ask Every Family Member to Accept Their Responsibility Regarding the Problem.**
- 4. Make Sure You Approach the Problem as a Spiritual, Not an Intellectual Battle**
- 5. Find a Skilled, Godly Counselor.**

EIGHT REASONS TO CHOOSE AN OUTSIDE COUNSELOR

- 1. They can be objective.**
- 2. They can be emotionally uninvolved.**
- 3. They can be skilled listeners.**
- 4. They can give you biblical insight.**
- 5. They can give you the benefit of their experience.**
- 6. They can give you complete confidentiality.**
- 7. They can use tools and skills that are a result of their training and experience.**
- 8. They can offer accountability.**

