

how your freedom and separateness are affecting your spouse. Would you want to be treated with disregard? Certainly not.

- But remember, it goes both ways. You are free to be separate, but you are also free to be controlling! No one can stop you except yourself. So, if you are trying to control your spouse's separateness and freedom with guilt and prohibition, then ask yourself the same question: Would you like to be imprisoned? Again, the answer is certainly not.

Good Fear of Reality

- If you are controlling your spouse's freedom and separateness, you are no longer an object of love. You have become two things that your spouse will rebel against because it is part of God's plan. You have become the master of a slave, and you have become a parent. A spouse was never intended to be either.
- Rebelling against control is the motivation behind many affairs and other problems. The spouse who feels controlled is not mature enough to stand up with responsible boundaries, and he acts out in an effort to "gain a sense of freedom."
- Persuasive words are often words of flattery and freedom, words that give "relief" to the nagging and pushy feeling of control that a husband or wife is getting at home. Do not become this nagging parent. Give freedom, and require responsible use of that freedom in the service of love.

Longing

- God designed human beings with a longing for relationship, with a longing to come together and not go through life alone. We all have this longing. While single people satisfy this longing with friends and relatives, married people go one step further; they meet part of this longing by finding a life partner. God designed marriage particularly to satisfy this longing for relationship, to give companionship on life's journey.
- This drive for companionship must be kept at the forefront of our discussion of freedom. If one of you is controlling, if you restrict your partner's freedom, companionship is destroyed. But beyond that, freedom neutralizes separateness, which is in and of itself an undesirable state. Therefore, freedom from each other ironically creates the very longing that will bring you together over and over again. You must build freedom into your marriage so that you have enough separateness to desire to come together to solve the problems that separateness creates!
- This paradox is one of the balancing truths in God's universe. Separateness and togetherness go hand in hand. If you have too much separateness, you have no relationship because you become so disconnected. But if you have no separateness, you also have no relationship because there are no longer two people involved.
- Therefore, see the need for freedom as part of God's design, and find the right balance between togetherness and freedom for the two of you. Make sure you have both.

Chapter 5: What You Value is What You'll Have

- I (Dr. Cloud) don't remember where I first heard this saying, but I have come to believe it: "You get what you tolerate." In other words, in an imperfect world, imperfection will always seek you out, and if you tolerate it, you will certainly find all of it that you can handle. Unpleasant things seek the level they are allowed to exist in your life, especially in a marriage.

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