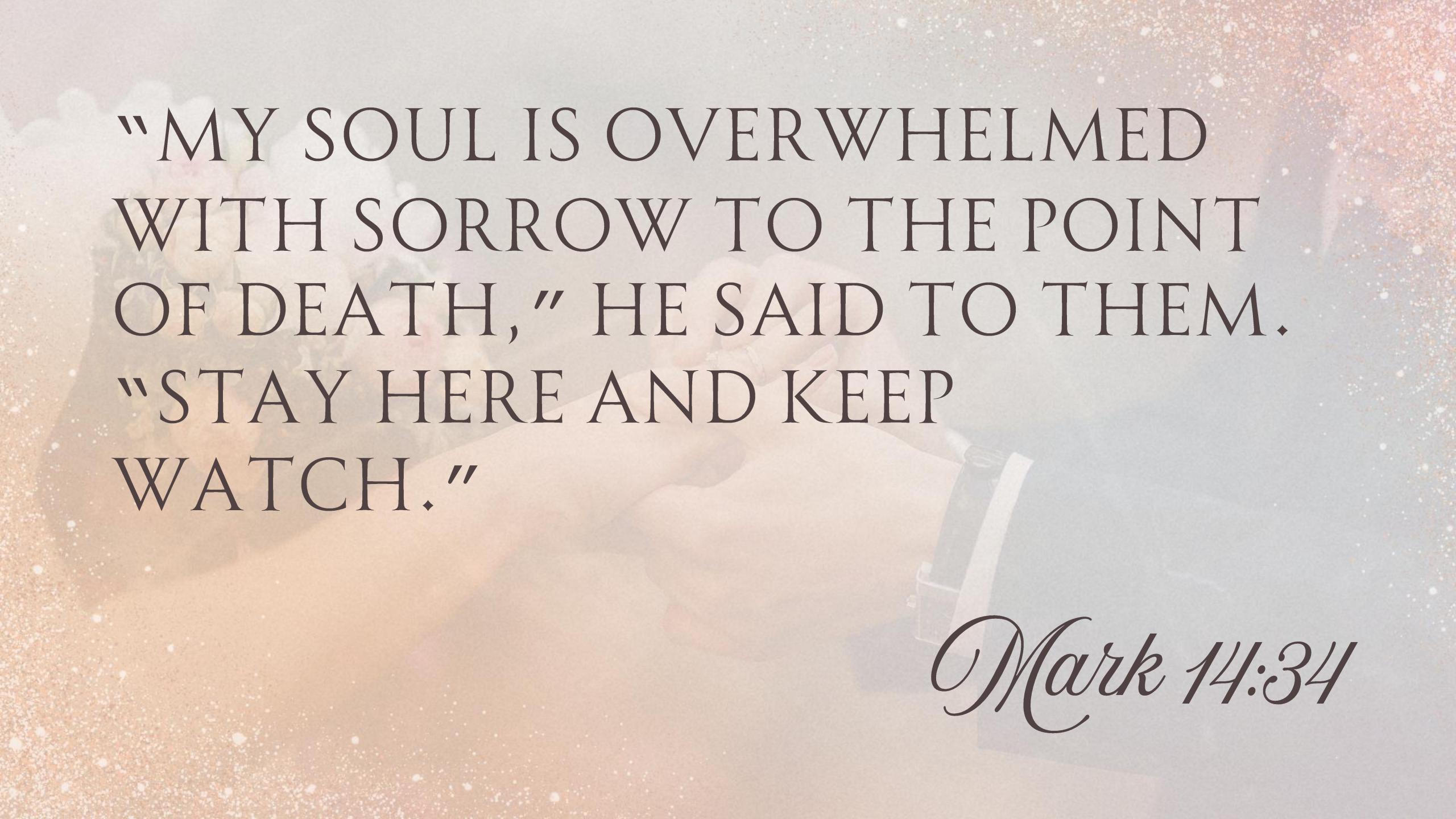


Pain: The Path to Bitter or Better

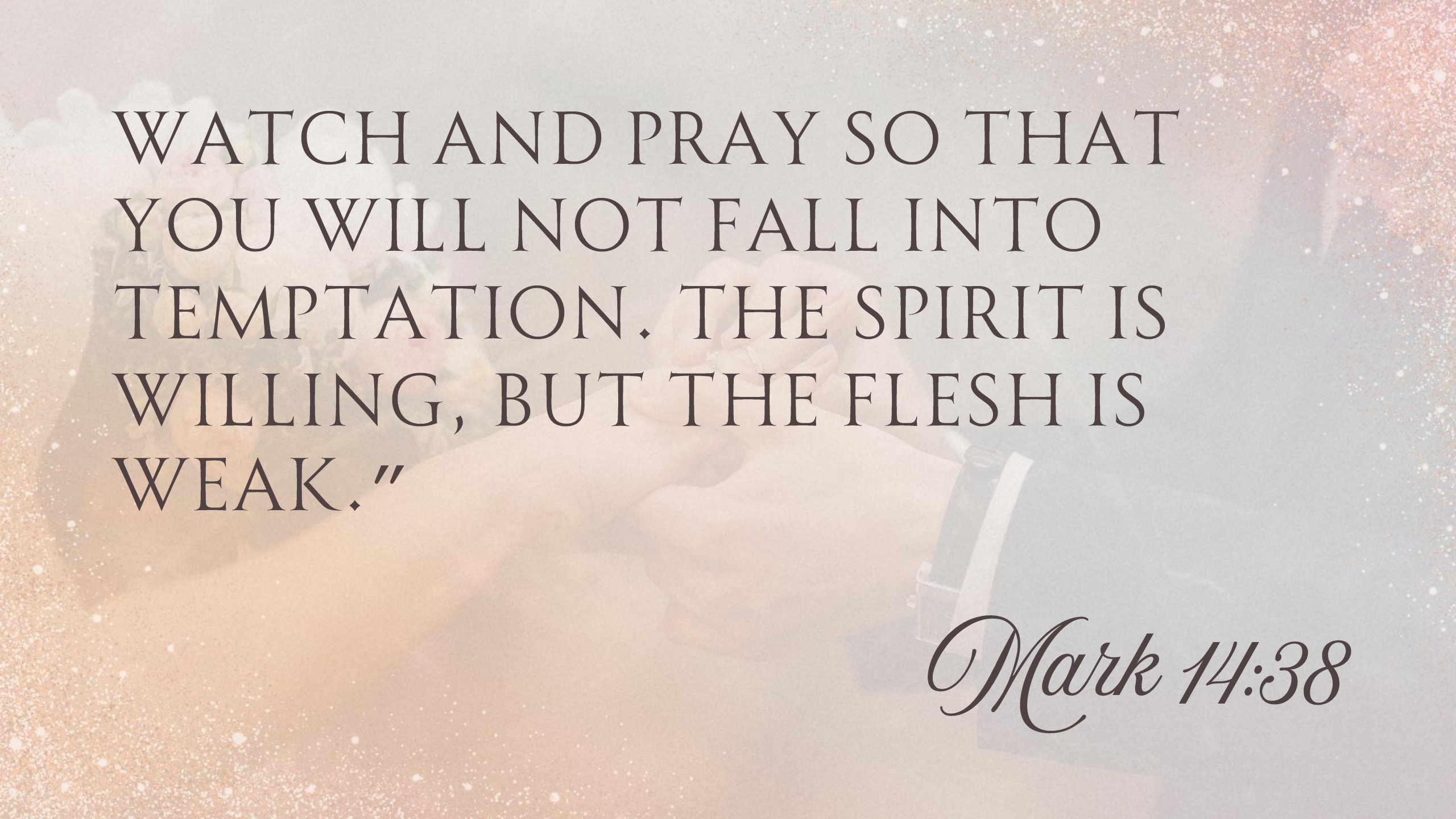
HOW THE CROSS TEACHES US TO RESPOND WHEN
MARRIAGE HURTS





“MY SOUL IS OVERWHELMED
WITH SORROW TO THE POINT
OF DEATH,” HE SAID TO THEM.
“STAY HERE AND KEEP
WATCH.”

Mark 14:34



WATCH AND PRAY SO THAT
YOU WILL NOT FALL INTO
TEMPTATION. THE SPIRIT IS
WILLING, BUT THE FLESH IS
WEAK."

Mark 14:38

A person wearing a dark suit and a white shirt with a tie is shown from the chest up. Their hands are clasped together in a prayer position, held in front of their chest. The background is a soft, out-of-focus image of a bouquet of white and pink flowers. The entire image has a warm, golden-brown glow and is covered with a fine, sparkling texture, giving it a dreamy or ethereal appearance.

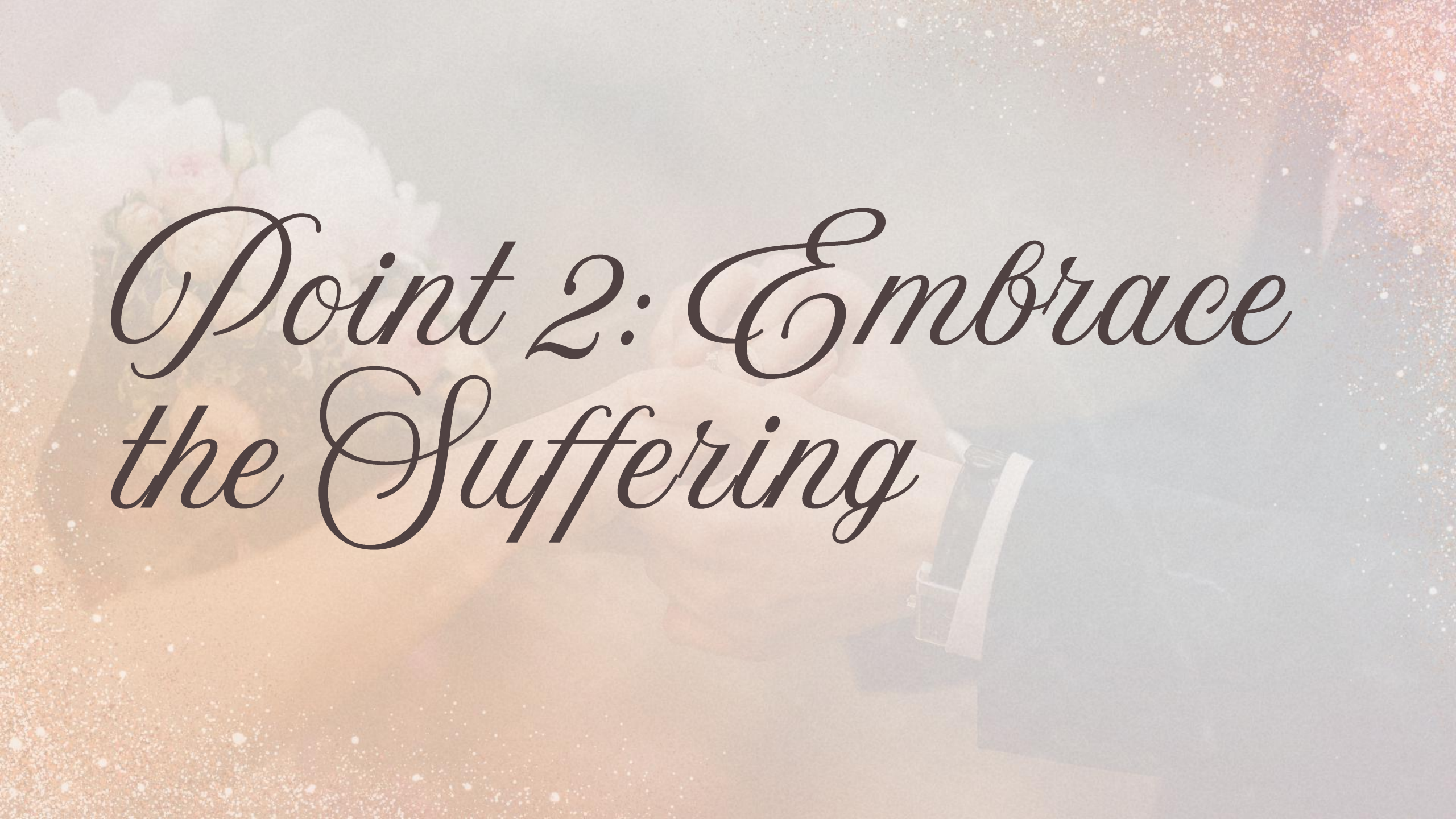
*Point 1: Pray to
the Father*

MY DEAR BROTHERS AND SISTERS, TAKE
NOTE OF THIS: EVERYONE SHOULD BE
QUICK TO LISTEN, SLOW TO SPEAK AND
SLOW TO BECOME ANGRY, BECAUSE
HUMAN ANGER DOES NOT PRODUCE THE
RIGHTEOUSNESS THAT GOD DESIRES.

James 1:19-20

THEN SIMON PETER, WHO HAD A SWORD,
DREW IT AND STRUCK THE HIGH PRIEST'S
SERVANT, CUTTING OFF HIS RIGHT EAR.
(THE SERVANT'S NAME WAS MALCHUS.)
JESUS COMMANDED PETER, "PUT YOUR
SWORD AWAY! SHALL I NOT DRINK THE
CUP THE FATHER HAS GIVEN ME?"

John 18:10-11

A hand holding a bouquet of white and pink roses against a soft-focus background with a bokeh effect. The text is overlaid on the image in a dark, elegant script font.

*Point 2: Embrace
the Suffering*

BUT THE FRUIT OF THE SPIRIT IS
LOVE, JOY, PEACE, FORBEARANCE,
KINDNESS, GOODNESS,
FAITHFULNESS, GENTLENESS AND
SELF CONTROL. AGAINST SUCH
THINGS THERE IS NO LAW.

Galatians 5:22-23

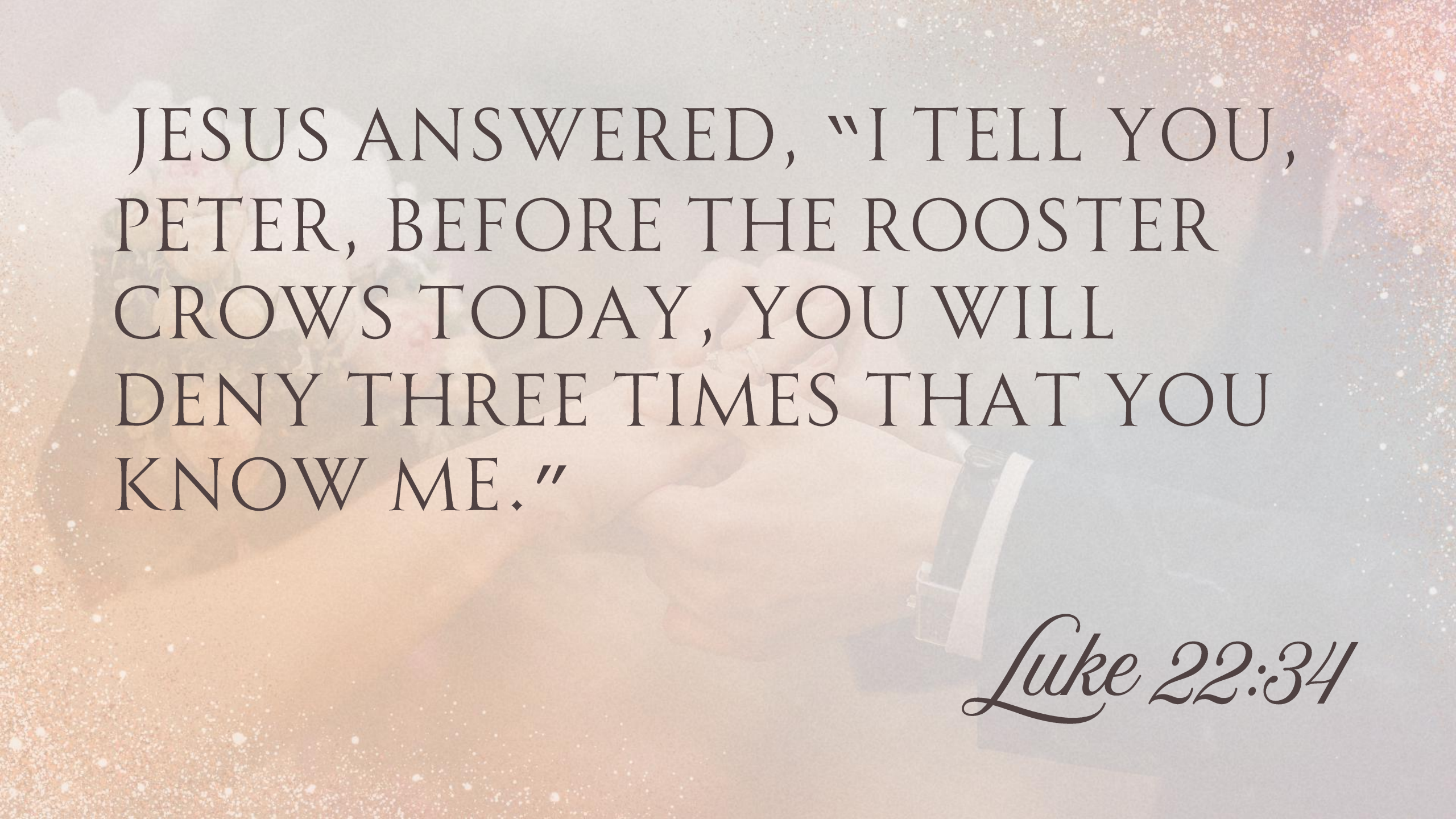
A CERTAIN MAN FROM CYRENE,
SIMON, THE FATHER OF
ALEXANDER AND RUFUS, WAS
PASSING BY ON HIS WAY IN FROM
THE COUNTRY, AND THEY FORCED
HIM TO CARRY THE CROSS.

Mark 15:21

*Point 3: When
You Can't Take It
Anymore*

THEN THEY OFFERED HIM WINE
MIXED WITH MYRRH, BUT HE
DID NOT TAKE IT.

Mark 15:23



JESUS ANSWERED, "I TELL YOU,
PETER, BEFORE THE ROOSTER
CROWS TODAY, YOU WILL
DENY THREE TIMES THAT YOU
KNOW ME."

Luke 22:34