

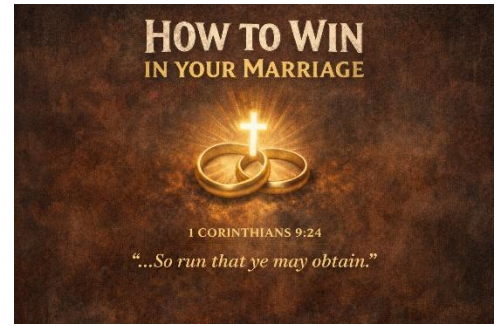
FAMILY CONFERENCE – March 28, 2026

How You Can Win in Your Marriage

Pastor Chris Starr

Text: 1 Corinthians 9:22–25

“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.” — **1 Corinthians 9:24**



Relationships are part of our race. There is a way to run that we may obtain. Or in other words, winning doesn't happen by accident, it happens by Biblical choices.

Marriage involves **three relationships:**

Husband — Wife — God

The health of your vertical relationship with God determines the health of your horizontal relationships with people.

Six Principles for Winning in Your Marriage

1. R_____ your Relationship with God – Matt. 22:37-39; 1 Jn 1:6-7

A tender heart toward God produces a tender heart toward your spouse.

2. R_____ Conflict Biblically – Eph. 4:26; Rom. 14:19

The key to handling conflict properly is being **filled with the Spirit** (Eph. 5:18).

3. R_____ Lusts - James 4:1–2; 1 Peter 2:11

Examples of Lusts: desire to control, desire for attention, desire for affirmation, desire for pleasure or possessions.

4. R_____ Beams - Luke 6:41–42

W_____ in your marriage means w_____ on
_____.

Winning marriages happen when each spouse focuses first on **their own heart and spiritual growth.**

5. R_____ Your Tongue - James 3:5–6; Proverbs 21:23

When you h_____ your tongue, you win in your marriage. Remember, not every thought needs to be spoken.

6. _____ Your Love - Revelation 2:4–5

Love is not merely a F_____, it is a daily commitment expressed through actions such as appreciation, encouragement, service, time together, and prayer.

Run to the light room and run from the dark room.

Run to appreciation and run from criticism.

Run to acts of service and run from thinking you are the one that should be served.

Run to a touch, a hug, a kiss, not from it.

Run to bragging on your wife or your husband not from it.

Run to writing a thoughtful note not from it.

Run to sacrificing for your mate.

Run to helping around the house.

Run to having a date.

Run to communicating with your mate about your day.

Where are you running? Run so ye may obtain.
