



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Trapped in a Bad Marriage

There may be love and occasional quality moments, overall, there is a sense of being locked in a relationship in which one or both of the spouses feel that there is no way out, no choice, and little hope.

What Can Trap Someone?

- Selfishness by one or both individuals. This causes disagreement and holds back the other spouse from being who they should be and could be. It stifles fulfillment.
- A habit, moral or character failing, or addiction that controls and negatively influences life.
- A deaf ear to communication.
- A blind eye to the needs of the spouse, family, and children.

What Release Someone from the Trap?

- Openness and willingness to be aware of the needs of the spouse and other family members.

- Humility and understanding of the needs of others above your own.
- The commitment to not continually justify your wrong actions just because your partner's behavior is insensitive (as two wrongs do not make a right).
- More serious "traps" may need a professional counselor or pastor's assistance.
- Love. This was mentioned last but is the greatest key of all.

By making mutual commitments to meet together and intentionally communicating is the key. It takes a realization that this marriage matters!

Introducing your Community Chaplain

Eric Kieselbach

(pronounced "key-sill-baa")

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"A long but unhappy marriage is not a successful marriage. And that's why if we ever become unhappy, we'll do everything possible to fix it."

Anonymous

"Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man (and selfishness, pride, business, or insensitivity) put asunder."

Matthew 19:6

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