



MARRIAGE:

WHEN THE STRUGGLE
FEELS OVERWHELMING

QUESTIONS TO ASK **BEFORE** GIVING UP ON YOUR *Marriage...*



If you've been struggling, you might be asking, "Is this partnership ever going to work?" When you feel unsupported in your role as a stepmother, silenced, alone, or overlooked in your partnership, it can be tempting to walk away and not look back. When you're exhausted from trying everything you know to do, it can feel like it's time to throw in the towel, grab up any children you brought into the marriage, and move on without all of the emotional turmoil involved with blending a family. Just make a clean break and get on with it. It certainly can't be any harder than what you're enduring. Except you take much more than you bargained for. You take the pain of a failed dream, the shards of a broken family, the trauma of heartache. Breaks are rarely clean and marriage is more than a dream.

Marriage is a sacred covenant that holds a special place in God's design for relationships and family life. Your marriage is not only a union between two individuals but it is a reflection of Christ's love for the Church. This profound commitment is meant to be lifelong, marked by love, sacrifice, and mutual respect. However, even in the most faithful marriages with the most committed partners, couples leading blended families face consistent challenges that may lead one to consider separation or divorce.

Divorce is not a remedy. It is trading one set of issues for another. Before making such a life-altering decision, it's crucial to pause and reflect on the sanctity of marriage as ordained by God. It's imperative to give yourself permission to not decide anything just yet. The following questions are designed to help you prayerfully examine your thoughts and feelings, seeking Godly wisdom and understanding in the midst of your journey.



1

What Are My Core Values and Beliefs?

- How does my faith guide my views on marriage and divorce?
- Am I seeking God's wisdom and guidance in this decision?



2

Have I Exhausted All Avenues of Communication and Counseling?

- Have I tried to address the issues through honest and open communication with my spouse?
- Have we sought professional or pastoral counseling to help us work through our challenges?



3


What Are the Underlying Issues in My Marriage?

- Is the decision based on issues like incompatibility, unmet expectations, or deeper problems such as infidelity or abuse? Am I safe in my marriage?
- How have these issues been addressed or ignored?



4

What Contributions Have I Made to These Issues?

- What do I bring to our relationship dynamics that I might be able to improve?
 - In what ways am I asking my husband to meet needs only God can meet?
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Are Issues Outside of the Marriage Relationship Contributing to My Unhappiness?

- Am I struggling in my health? Other relationships? Unsatisfied in my career?
- In what ways is the baggage surrounding my spouse (toxic former spouse, interfering in-laws, etc.) piling on pressure to our relationship?



How Will This Decision Affect My Kids and/or Stepkids?

- What role do I play in the lives of my stepkids, and how might my departure impact their emotional and spiritual well-being?
- What role does my spouse play in the lives of my children, and how may our break-up impact their emotional and spiritual well-being?





7


Am I Willing to Work Towards Forgiveness and Reconciliation?

- Have I considered the possibility of forgiveness and reconciliation, even if it's difficult?
- What steps have I taken to seek or offer forgiveness?



8

What Support System Do I Have in Place?

- Do I have a strong support network of family, friends, or church community to lean on during this time?
 - Have I discussed my concerns and thoughts with trusted mentors or counselors?
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9

Have I Considered the Long-Term Consequences?

- How will this decision impact my relationship with God, my church, my family, and my social circles?
- What are the potential long-term emotional, financial, and spiritual consequences?



10

What Is Communicated in Quiet Moments of Reflection and Prayer?

- When I seek quiet time with God, what is His word leading me to do?
- Am I making this decision out of fear, anger, fatigue, or some other reason?