

#### Principle of Donuts

"We want, we need, we demand, we expect, and then we resent."

"What causes fights and quarrels among you?"

James 4:1a

"Don't they come from your desires that battle within you?

James 4:1b

"You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight."

#### James 4:2a

"You do not have, because you do not ask God."

#### James 4:2b

"When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures."

James 4:3

# Trusting God with Your marriage.

1) Pray about everything.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

### Philippians 4:6-7

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2) Shift focus and celebrate

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

### Philippians 4:8

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3) Practice. Marriage takes work.

Keep putting into practice all you learned and received from meeverything you heard from me and saw me doing. Then the God of peace will be with you.

### Philippians 4:9