

Are You Always Irritated at Your Spouse?

By *Love and Life Toolbox*

Think back to the day you were married. How did you feel about your partner? If you're like many couples, you were possibly smitten, filled with exuberance and high on the "love drugs" released in your bodies – hormones & chemicals to secure the bond between you. If asked for a list of the things you loved about him/her, it would have likely been long, flowery and filled with some qualities you wish you had yourself. You might even have thought that your differences were cute.

It's no mistake people are often attracted to their opposite. Funny how what attracted you to your spouse are now the things that drive you up the wall.

What's up with that?

It felt so good to partner up with someone who complimented you, who perhaps encouraged you to come out of your shell by their extroversion or to be more free-spirited to counter your controlled way of walking through life. And they wanted a little more of what you had. Perfect, right? No. This is because some of the opposite qualities between partners that initially were found to be so delightful later become a thorn in the side, the message to each other now being:

"Why can't you be more like me?"

What starts off as attraction to your opposite can end up an irritation.

This is common and totally normal. The things that we think are so wonderful end up being annoying but what you want to avoid is getting into a nitpicking and critical stance towards your partner.

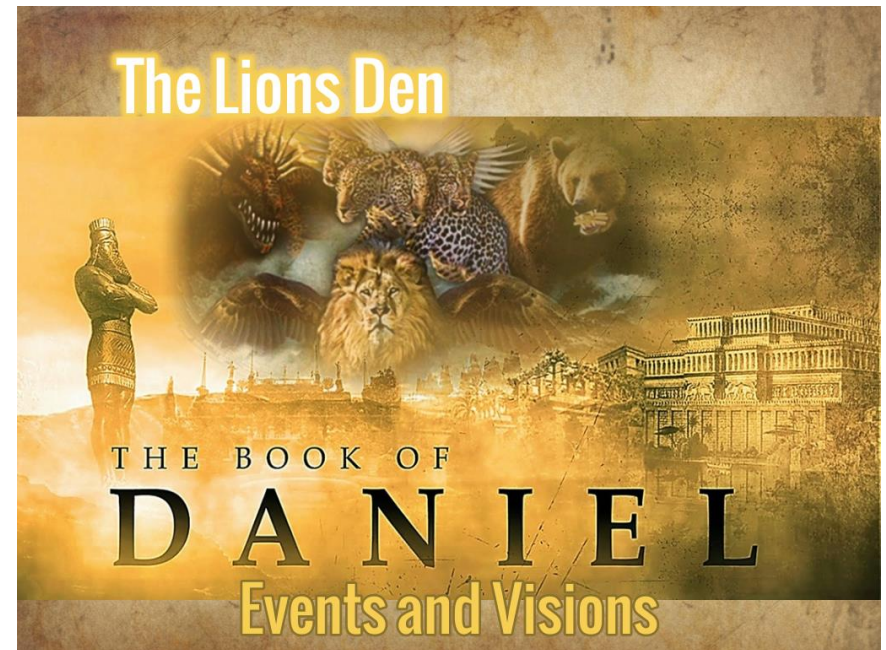
What would it be like if you allowed your spouse to "be?"

This is the person you married, and you loved those things about them at one time. Why is it fair to ask them to change now? It's really not.

If you find yourself easily annoyed at your spouse for their behavior, ask yourself if they've always been like this. Were they this way when you married them? What's changed about you that it's no longer OK? Is this your issue – or theirs?

Spouses who allow each other the space to "be", are inherently set up to be more at ease, comfortable in their own skin and with less shame. Emotional safety is often higher as they have accepted each other. They may still get irritated with each other's behavior at times but pick their battles and leave out the issues around aspects of personality and who they each are fundamentally.

Real acceptance of each other is a powerful marriage strength. Step back, breathe and allow each other to be who you are.



WELCOME TO LAKEVIEW CHAPEL

Sunday, June 13, 2021 / Worship 10 AM

Invocation

Song

Open Up The Heavens

Welcome & Announcements

Council Report

Song

O Praise The Name

Song

Another In The Fire

Scripture Reading

Daniel 6

Grace

Worship Prayer

Mike

Message

The Lions Den

Pastor Dave

Song

Confidence

Song

Hymn 417

It Is Well With My Soul

Benediction

Sermons are available online at:

<https://www.lakeviewwego.com>

<https://www.facebook.com/lakeviewwego>

Events and Information

LOAVES AND FISHES – Lakeview Lunch-On-The-Go is today! Be sure to pick up your free meal at the end of service!

ACT DINNER - Lakeview will provide the weekly ACT Dinner on Thursday, June 17 at the First Baptist Church in Owego at 5 PM. If you can help, please arrive by 4:30 PM at the First Baptist Church. For more information, call (607) 687-3261.

UPCOMING MISSIONS EMPHASIS EVENT – An IW will join us next Sunday morning, June 20 at 10 AM. They will share with us about the work God is doing in Gabon, Africa.

CHANGE FOR LIFE CAMPAIGN - Change For Life is a great way to help provide godly guidance for mothers in distress at the Life Choices Center. Please return your filled bottles by Sunday, June 27th. Donations can also be made online at LifeChoicesCenter.org.

ALLIANCE WOMEN SUMMER RENEW – There will be a Women's Summer Renew program at the Delta Lake Bible & Conference Center in Rome NY on Sunday, July 4th at 3 PM. This is a one day event. If you are interested in attending and/or would like more details, please contact Mickey (607) 687-3261.

JUNIOR CHURCH & NURSERY HELP – Want to make an impact on a child's life? Why not join the Junior Church or the Nursery Team! Please contact Patti if interested.

PreK to K Junior Church & Nursery

This Sunday – June 13

Junior Church Worker
Nursery Workers

Grace
Sandy, Patti

Next Sunday – June 20

Junior Church Worker
Nursery Workers

Kristie
Holly, Liz

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the LORD's praise, for he has been good to me.

Psalms 13:5-6

We're building a community of faith in God that LIVES WELL but not by SIGHT.

Small Group Ministry

Women's Bible Study (Led by Anne)

Tuesday mornings from 9:30 AM-12 Noon at Lakeview in the sanctuary.

Small Group (Led by Doug & Maybell)

Tuesday mornings at 9:30 AM at Doug & Maybell's home. For more info, call (607) 687-3261.

Couples Small Group (Led by Chad & Judy)

Tuesday evenings 6:30 PM at Lakeview in the Fellowship Hall. Reviewing 'The Art of Marriage'. For more info, call (607) 687-3261.

Men's Bible Study (Led by Pastor Dave)

Wednesday evenings from 6:30-8 PM at Lakeview in the Fellowship Hall. Studying the book of Acts.

Prayer Meeting (Led by Art)

Wednesday evenings from 6:30-8PM at Lakeview in the 1st floor classroom by the stairs.

Adult Group (Led by Steve & Kristie)

Friday evenings 7 PM at Steve & Kristie's home. Using 'The Steps to Freedom in Christ' material. For more info, call (607) 687-3261.

Youth Programs

SUMMER NIGHTS WITH JESUS – Meeting on Wednesday, June 16 at 6 PM at Lakeview Chapel. We will be doing Around-The-Town picture scavenger hunt! For kids of all ages including teens! Next event: Ice Cream & Fireworks on June 30th! Please call Melissa or Patti (607) 687-3261 for more information.

IMPACT - Teen Group (6th–12th grade) meets every Wednesday night from 6:30 PM – 8 PM at Lakeview.

This Weeks Calendar

Tuesday	9:30 AM	Women's Bible Study
	9:30 AM	Doug & Maybell's Small Group
	6:30 PM	Couples Small Group
Wednesday	6:00 PM	Summer Nights With Jesus
	6:30 PM	IMPACT Teen Group
	6:30 PM	Prayer Meeting
	6:30 PM	Men's Bible Study
Thursday	5:00 PM	ACT Dinner at First Owego Baptist
Friday	7:00 PM	Adult Small Group