



Tony Mest—Dream Team Pastor
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²² *The man who finds a wife finds a treasure, and he receives favor from the Lord.* **Proverbs 18:22 NLT**

GETTING UP WHEN YOU GET KNOCKED DOWN

⁸ *While they were at Lystra, Paul and Barnabas came upon a man with crippled feet. He had been that way from birth, so he had never walked. He was sitting ⁹ and listening as Paul preached. Looking straight at him, Paul realized he had faith to be healed. ¹⁰ So Paul called to him in a loud voice, “Stand up!” And the man jumped to his feet and started walking. ¹¹ When the crowd saw what Paul had done, they shouted in their local dialect, “These men are gods in human form!” ¹² They decided that Barnabas was the Greek god Zeus and that Paul was Hermes, since he was the chief speaker. ¹³ Now the temple of Zeus was located just outside the town. So the priest of the temple and the crowd brought bulls and wreaths of flowers to the town gates, and they prepared to offer sacrifices to the apostles. ¹⁴ But then the apostles Barnabas and Paul heard what was happening, they tore their clothing in dismay and ran out among the people, shouting, ¹⁵ “Friends, why are you doing this? We are merely human beings—just like you! We have come to bring you the Good News that you should turn from*

these worthless things and turn to the living God, who made heaven and earth, the sea, and everything in them.” **Acts 14:8-15 NLT**

¹⁹ *Then some Jews arrived from Antioch and Iconium and won the crowds to their side. They stoned Paul and dragged him out of town, thinking he was dead. ^{20a} But as the believers gathered around him...* **Acts 14:19-20a NLT**

SETBACKS ARE NORMAL, NOT FATAL.

- Every marriage experiences setbacks and difficulties. The difference between success and failure is whether you choose to get back up again.

³³ *“I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”* **John 16:33 NLT**

YOUR RESPONSE DETERMINES YOUR FUTURE.

- Your marriage isn’t defined by the problems you encounter. It’s defined by how you respond to those problems.

“Your marriage isn’t measured by the issues you face, but by your commitment to face them together with grace, humility, and faith.”

Jimmy Evans

CHOOSE HEALING OVER HURT.

- When you’re knocked down, bitterness wants to keep you down. Forgiveness gives you the power to rise again.

Forgiveness is the key that frees us from the weight of pain and sets us on the path to healing.

GOD’S STRENGTH ENABLES YOU TO GET BACK UP.

- You don’t have to rely solely on your own strength. When you invite God into your struggles, He empowers you to stand again, even stronger than before—especially when you surround yourself with the right people.

Great Marriages are not the result of luck or perfection; they are the product of two people who refuse to give up on each other.