

"LOG" LIST

Matthew 7:3-5

"And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how can you say to your brother, 'Let me remove the speck out of your eye;' and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck out of your brother's eye."

- 1.** Get alone with God for an unhurried time of reflection and soul searching. Stop and pray as you begin. Pray according to **Psalm 139:23** "Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any offensive way in me..." Ask God to clearly reveal to you ways that you have wronged your spouse.
- 2.** Get a blank sheet of paper and begin to 'brainstorm.' Make a full list of all the things that you have done and are doing wrong in your marriage. Use the sample "Log List" as a guideline. Go over it and personalize it. Be honest and **specific**. We sin against each other in specific, concrete ways, and we need to confess the sin in specific, concrete ways. Try not to be vague or over-generalize things. The list should be as comprehensive as possible. You should try to have at least 30-50 items listed. Consider ways that you are 'blowing up' your mate's sin and making a big deal of it. Then consider ways that you have been guilty of minimizing your own sins.
- 3.** Privately confess each of the items as sins, and repent before God.
- 4.** Pick a place and time when you can meet together. The place should provide an atmosphere in which free and uninterrupted discussion may occur (i.e. make sure the kids are in bed, or get a sitter and go to a hotel for an overnight). The time should be set and kept. Come together with your own list in hand. Begin the meeting by reading **Ephesians 4:17-32** and **I Cor. 13:1-8**. Try to conduct your meeting together and all of your life according to the principles laid down in these verses.
- 5.** Pray together and ask God's Spirit to meet with you and bring healing. Pray in the name of Jesus that Satan and his powers of darkness would have no place in your hearts or home at this time.
- 6.** Be ready to speak the truth in love (Eph. 4:15). Do not argue, defend yourself, raise your voice, interrupt, or lose your cool. This meeting is to be a place of healing and reconciliation, not a time to attack, malign, get revenge, or argue. It is a time to uncover and solve problems, not compound them. Do not discuss or debate the validity of the other person's judgment. LISTEN to your spouse. Bite your tongue. Be humble.
If it becomes obvious at some point that you cannot continue in a godly, productive

manner, the meeting should be suspended for an hour or two or until another time. But DO NOT DELAY indefinitely. Satan does not want you to have this meeting! Press on.

During the interim, force yourself to see things from the other person's point of view. Sit where she/he sits. Think as he/she thinks. Then come back together and proceed.

- 7.** Ready? As the spiritual leader, the husband should begin by confessing his sins and failures to his wife. Be very careful to read each item listed on your "Log List" and say: "I sinned against you, or I failed you as a husband when I.... Or by not... **Will you please forgive me?**" The wife should respond, "I forgive you." Then move to the next item.

After the husband has completed going through his list and confessing his sins, the wife should do the same with her list. If you prefer, you can both go through your lists at the same time, alternating back and forth one item at a time... the husband can confess one, then the wife, etc.

Having received forgiveness, seek to rectify any wrongs immediately whenever that is possible. Where the change involves the development of a new relationship built on a new, Biblical pattern of life, discuss your proposal with your partner and request his (her) help in building these new patterns and this new relationship throughout the days ahead.

- 8.** Close in prayer together.

(Adapted from *Christian Living in the Home*, p. 139-141, by Jay Adams, P&R Pub., 1972)