

Pick Up The Serving Utensil

Brenton Friesen – April 26, 2026

In relationships especially in a marriage much nourishment happens as we serve each other

Genesis 2:18

The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

When it comes to our deepest needs like: *ACCEPTANCE, IDENTITY, SECURITY & PURPOSE*; It is ultimately God who meets these needs on the deepest level

Psalm 37:4

Delight yourself in the Lord, and he will give you the desires of your heart.

But God wants to work through relationships as well! And this happens when we serve each other

Philippians 2:3-8

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others. ⁵ **In your relationships with one another, have the same mindset as Christ Jesus:** ⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross!

James 3:13-16

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. ¹⁴ But if you harbour bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. ¹⁶ **For where you have envy and selfish ambition, there you find disorder and every evil practice.** ¹⁷ But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. ¹⁸ Peacemakers who sow in peace reap a harvest of righteousness.

James 4:1

What causes fights and quarrels among you? Don't they come from your desires that battle within you?

Selfish ambition creates Disorder and evil

When we humbly serve we both are nourished and there is order, peace, and love

1 Corinthians 7:3-4

The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. ⁴ The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife.

Ephesians 5:33

However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

Where there are differences between man and women and different people- there is an opportunity to:

- Yield and Serve the other

- And Learn!

-Learn what makes them feel valued, loved, secure, respected

-Learn What discourages them, frustrates them

-Learn What is their love language

-And Help each other learn!

Our Basic Categories of Needs: Spiritual, Emotional, Physical These all are interconnected if there is an order of importance its 1. Spiritual 2. Emotional 3. Physical

Colossians 3:14

Love is more important than anything else. It is what ties everything completely together.

The truth is, there is no perfect marriage. The goal is a God-centred marriage where two imperfect people keep turning to God and keep turning to each other. - *Pastor Claude*

4 Ways to fix a marriage according to Arthur Brooks:

- 1. Pray Together**
- 2. Have more Fun Together**
- 3. Make Eye Contact**
- 4. Always be touching**

Song of Songs 5:14-16

His arms are rods of gold set with topaz. His body is like polished ivory decorated with lapis lazuli. ¹⁵ His legs are pillars of marble set on bases of pure gold. His appearance is like Lebanon, choice as its cedars. ¹⁶ His mouth is sweetness itself; he is altogether lovely. This is my beloved, this is my friend, daughters of Jerusalem.

- 1. God made us to help fulfill each others needs**
- 2. In Marriage We need to serve each other, and we are both nourished**
- 3. God made us different so learn how to serve each other**
- 4. Establish Healthy Habits and Rhythms**

Love doesn't grow by accident, we need to be intentional good habits and disciplines establish scheduled opportunities where our relationships and love can flourish.

Often in a marriage its going back to the simple intentional things that you did at first: Picking up the serving utensil once again.

Revelation 2:1-5a

“To the angel of the church in Ephesus write: These are the words of him who holds the seven stars in his right hand and walks among the seven golden lampstands. ² I know your deeds, your hard work and your perseverance. I know that you cannot tolerate wicked people, that you have tested those who claim to be apostles but are not, and have found them false. ³ You have persevered and have endured hardships for my name, and have not grown weary. ⁴ Yet I hold this against you: You have forsaken the love you had at first. ⁵ Consider how far you have fallen! Repent and do the things you did at first.