

From
Family Worship Center
By
Pastor Sarah Omakwu



BE A SWEETHEART

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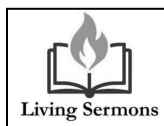
BE A SWEETHEART

Church: Family Worship Center

Preacher: Pastor Sarah Omakwu

Publisher: LivingSermons.com

Watch Live Video [Here](#)



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Foreword

What if the greatest gift you could give your spouse was not more money, better communication, or even more time—but a transformed heart?

Many people spend years searching for the secret to a happy marriage. They read books, attend seminars, and seek wise counsel, hoping to discover the one principle that will eliminate conflict and guarantee lasting happiness. Yet, as Pastor Sarah Omakwu reminds us in this timely message, the true foundation of a thriving marriage is far deeper than outward behavior—it is the condition of the heart.

*In **Be a Sweetheart**, Pastor Sarah takes us back to the Scriptures to reveal that every word we speak, every attitude we display, every act of kindness or bitterness, and every decision we make in marriage flows from the heart. Drawing from God's Word, she shows that a marriage becomes sweet when the hearts of both husband and wife are continually shaped by the love, mercy, truth, humility, and compassion of Christ.*

This message is more than a teaching on marital relationships. It is a call to spiritual transformation. Whether you are newly married, have celebrated decades together, are preparing for marriage, or simply desire to reflect the character of Christ in your relationships, you will find timeless biblical wisdom in these pages.

As editors, our responsibility has been to preserve Pastor Sarah Omakwu's voice, passion, and scriptural emphasis while presenting the message in a clear, readable, and carefully formatted style. Every effort has been made to maintain the integrity of the original sermon while producing a resource suitable for personal study, family devotion, marriage enrichment, and discipleship.

As you read, do not rush through these pages. Pause over the Scriptures. Reflect on the questions the Holy Spirit may be asking your own heart. Ask God daily for a heart that resembles His—a heart that is humble, forgiving, truthful, faithful, compassionate, and full of love.

Our prayer is that this message will strengthen marriages, restore broken relationships, prepare future husbands and wives for God's design, and inspire every believer to pursue the heart of Christ. For when God changes the heart, He changes the home—and when homes are transformed, families, churches, communities, and generations are transformed for His glory.

*May the Lord grant you **a heart like His** as you journey through this message.*

— Wisdom Epsi

Chief Editor, LivingSermons.com

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Watch the live sermon from which this message was transcribed on YouTube, **at** [Family Worship Center](#)

Livingsermons.com does not claim ownership of this message. All spiritual credit and ministerial authority belong to the preacher through whom the Word was delivered. Our role is that of stewards and editors—serving the Body of Christ by preserving and distributing life-giving messages in accessible digital formats.

Our commitment is excellence without dilution.

Our standard is reverence for the Word of God.

Our daily goal is to transform powerful live sermons into polished PDF and ebook editions for the edification of the Body of Christ.

It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

— ***Livingsermons.com***

A Spirit-led Publishing Stewardship

Main Message

Begins Here



Introduction

Marriage is God's idea, and when it is built according to His Word, it becomes a beautiful reflection of His love. In this message, *Be a Sweetheart*, Pastor Sarah Omakwu teaches that the foundation of every successful marriage is not beauty, wealth, education, or compatibility—it is the condition of the heart.

Using Scripture, she explains that every word, action, and response in marriage flows from the heart. Therefore, husbands and wives must intentionally cultivate hearts that are pure, teachable, sanctified, and filled with the love of God.

CHAPTER ONE

Marriage Is Sweet

Matthew 12:33–35 (KJV)

"Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit... A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things."

Proverbs 4:23 (KJV)

"Keep thy heart with all diligence; for out of it are the issues of life."

Genesis 2:24 (KJV)

"Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh."

Please write down these Scriptures because they are important.

I would like to begin today from where this series started—that **marriage is sweet**.

Especially if you have stayed together for thirty, forty, or fifty years, marriage becomes even sweeter because all the troubles are behind you.

I want you to know that the first ten years, and sometimes even the first fifteen or twenty years, may be turbulent because of the challenges you face. But if you are patient enough, those seasons will pass. Marriage will become sweet because the problems are behind you, and you can look forward to a beautiful future together.

So marriage is truly sweet.

God created marriage. He established it. When marriage is done according to God's design, it will definitely be sweet.

If you follow God's Word according to the Scriptures, your marriage will be sweet.

A good marriage can actually be like **days of heaven on earth**.

I want you to know that.

I have experienced days of heaven on earth in marriage, and I know that if you do God's will and marry God's way, you too will experience days of heaven on earth.

Can somebody say, "**Amen!**"

Amen.

If we simply practice everything we have been taught over the last two months, nothing will stop us from enjoying a sweet marriage.

I'm telling you, if you obey the Word we have heard over the last eight weeks, you will have a good marriage. You will have such a sweet marriage that people may even think you are pretending.

I'm telling you—they will think you are pretending. As I have said before, if you do marriage well as a man, some people will jokingly say you are "following your wife."

But the truth is, you are simply enjoying your marriage. So our topic today is: **Be a Sweetheart**

The Heart of the Matter Is the Heart

The heart of the matter in marriage is **the heart**. A good heart is one of the greatest gifts a husband and wife can bring into a marriage.

Beauty...

Being tall, dark, and handsome...

Education...

Pedigree...

Wealth...

Compatibility...

All these things are wonderful.

But a **good, teachable, and sanctified heart** is what sustains a marriage through life's joys and challenges.

If you look at couples who have remained married for thirty, forty, or even fifty years, it is because they have done something about their hearts.

They have intentionally worked on their hearts.

God will help me stay on target today.

If divorce is the result of a hard heart, then a lasting and fulfilling marriage is the result of a good heart.

Did you hear that?

If divorce happens because of hardness of heart, then a good marriage happens because of a good heart.

Marriage is ultimately a matter of the heart. It is not primarily about what anyone does. It is about **what is in your heart**. No wonder the Bible encourages us to guard our hearts with all diligence. One translation even paints the picture of placing immigration officers around your heart.

Immigration officers determine who comes in and who goes out. In the same way, Scripture tells us to carefully guard what enters and leaves our hearts.

Why?

Because out of the heart come all the issues of life.

The issues of money...

The issues of intimacy...

The issues of children...

Everything begins in the heart. The heart is extremely important.

Cultivate the God Kind of Heart

One of your greatest assignments as husband and wife is to work on your hearts. Both of you must intentionally cultivate and develop the God kind of heart. That is why I asked them to sing that song:

A heart like Yours is my desire...

Full of compassion...

Nothing less...

Nothing wrong within...

Even as a Christian, one of your lifelong assignments is to work on your heart.

Good comes from the heart.

Bad comes from the heart.

Generosity comes from the heart.

People are not generous simply because they have money.

They give because their hearts tell them to give.

Likewise, stinginess comes from the heart.

The heart says,

"Don't give."

"Don't be kind."

"Speak harshly."

Everything we are and everything we do begins in the heart.

The Heart Directs the Mind

The process begins in the heart. From there, what is in the heart is sent to the mind. The mind processes it. The Holy Spirit speaks to your heart. Then you take what He has said to your mind. The mind is where your intellect functions.

It is where your will operates. It is where your thoughts are processed. After the mind finishes processing, it sends instructions throughout the body to carry out those decisions. That is why the heart is truly the control center of your life.

Out of the heart flow all the issues of life.

When it occurred to me today to reward couples who have remained married for many years, that thought first came into my heart.

Then I processed it.

At first, I planned to give those who testified a certain amount.

But after seeing them and reflecting further, I realized that amount would not really make much difference to them.

So I adjusted it.

Everything began in the heart and was processed in the mind. That is why you need both a good heart and a renewed mind.

Renew Your Mind with God's Word

Romans 12:1–2 (KJV)

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

The mind is extremely important in marriage. You begin with the heart, and then you take those thoughts to the mind. If your mind is not governed by God's Word, it will simply follow whatever has been stored inside it.

That is why the Bible commands us to renew our minds. If you have filled your mind with unhealthy things, it will produce unhealthy actions. But when you renew your mind with God's Word, your life begins to change.

Thank God the Bible tells us that **we have the mind of Christ**.

We Have the Mind of Christ

1 Corinthians 2:16 (KJV)

"...But we have the mind of Christ."

Please write these Scriptures down. Use them for your devotion this week—and even throughout this month—as you intentionally work on renewing your mind.

Remember, today's message is about marriage.

Be a sweetheart.

If you truly have the mind of Christ, then you will naturally do the things of Christ.

You will become more like Him.

The Word of God also says:

Philippians 2:5 (KJV)

"Let this mind be in you, which was also in Christ Jesus."

We must deliberately cultivate the God kind of heart.

Blessed Are the Pure in Heart

Matthew 5:8 (KJV)

"Blessed are the pure in heart: for they shall see God."

This is one of the foundational Scriptures I embraced as a child. When I read the Beatitudes, this particular verse captured my heart.

It says,

"Blessed are the pure in heart: for they shall see God."

I wanted to see God.

So I began working on my heart from a young age.

A pure heart does not happen automatically.

You must intentionally develop it.

The same applies in marriage.

A pure heart in marriage requires deliberate effort.

You must choose to think the best about your husband.

You must choose to think the best about your wife.

Otherwise, you will find yourself misunderstanding each other every single day.

A good marriage begins in the heart.

I want every husband to work on his heart.

I want every wife to work on her heart.

Some people's hearts have become so hardened that no matter how much counseling they receive, they refuse to change.

But the Bible teaches us that when we see God's truth, we should yield to it.

When I understood that a pure heart would bring me closer to God, I decided to guard my heart carefully.

I do not allow just anything into my heart.

CHAPTER TWO

The Heart of God Is Love

Our daily prayer and pursuit as Christians should be to become like God—to have His heart. The heart of God is fully revealed in Jesus Christ.

So what is God's heart?

The first thing you must know is this:

God is love.

Everything about God is love. From beginning to end, He is love.

And He gave birth to us. So if Love gave birth to us, what should we become?

We should become love.

You are love.

I am love.

When you act in hatred, it is completely contrary to your true nature. It is like parents saying,

"Who gave birth to you? Because this is not who we are."

If Love gave birth to us, then we must live as love. I want every husband and every wife to begin saying to yourself:

"I am love."

Not merely,

"I show love."

But,

"I am love."

Because I was born of God. And if God is love, then I too am love.

God's Love Is the Pattern for Our Love

Over the years, I have taught on love many times, and I am grateful that this series gives me another opportunity to say it again.

God's love is the foundation of everything He is and everything He does.

God's love is:

- Unconditional
- Sacrificial
- Redemptive

Your love for your husband must be unconditional. Your love for your wife must be unconditional. It must be sacrificial. It must also be redemptive. To redeem means to buy back. It means you do not throw someone away simply because they are not behaving well. You do not discard people.

I know some people will disagree with me. I even read a few comments online before I quickly left them behind.

But I must tell you the truth.

God's love is redemptive.

It does not throw people away.

Think about your own life.

How many of you know that, based on the way you have lived, God could have thrown you away long ago?

Let me see your hand.

Exactly.

Yet God has continued to bear with us. He has continued working in us. The Bible says that God is at work in us, continually shaping us and changing us. That is why you are still alive. He is still removing evil from your heart.

He is still transforming you.

God's Love Redeems

John 3:16 (KJV)

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

1 John 4:8 (KJV)

"He that loveth not knoweth not God; for God is love."

Some people say,

"I will never forgive him."

Be careful.

Scripture teaches us differently.

The Bible says that whoever does not love does not know God.

Why?

Because **God is love.**

Look at me.

At the very core of our Christian lives is love. The Bible says that the love of God has been poured into our hearts by the Holy Spirit. This is not emotional love. This is unconditional love. This is sacrificial love. This is redemptive love. This is selfless love. It is not self-centered. It is others-centered.

This morning, I want to change the way you think about your husband...

About your wife...

About your children...

About everyone around you.

Why?

Because you represent God here on earth.

Amen.

God's Heart Is Full of Compassion

God's heart is compassionate. He is full of mercy. He is deeply moved by human suffering. He pities us as His children.

Psalm 103:8 (KJV)

"The LORD is merciful and gracious, slow to anger, and plenteous in mercy."

Let's personalize that Scripture.

Say:

"I am merciful and gracious."

Say it again.

"I am merciful and gracious."

"I am slow to anger."

"I abound in mercy."

"I abound in mercy toward my husband."

"I abound in mercy toward my wife."

"I am full of compassion."

Not judgment.

Not abuse. Not constant complaints.

But mercy. Compassion. That is how God is.

Through God's Mercies We Are Not Consumed

Lamentations 3:22–23 (KJV)

"It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

How quickly does your compassion fail?

In this generation, six months after getting married, some people are already talking about divorce.

One year later, they have already ended the marriage.

What happened to patience?

What happened to self-control?

What happened to Jesus?

Where is Christ in your life?

If God had reacted to us during our first year after salvation, how many of us would still be here today?

After one year, many of us were still struggling with sin.

Some were still fornicating.

Some were still drinking.

Some were still lying.

Some were still cheating.

Even years later, God continues patiently working on us.

Yet He has not given up on us.

That is why I become so passionate whenever I see this careless divorce spirit.

Yes, I become passionate.

Because so often it reflects a lack of patience...

A lack of godliness...

A life that has not yet fully understood the heart of God.

I have not even started talking about being a sweetheart yet. I am simply describing the heart of God. God is full of compassion. He pities us like His own children.

Some of you treat your wives without any compassion.

A woman may ask for one thousand naira for three weeks, and her husband says,

"Let her suffer first."

What if God decided to let you suffer first?

Think about that.

God's heart is holy.

He thinks no evil.

He does no evil.

And He calls us to be holy.

1 Peter 1:15–16 (KJV)

"But as he which hath called you is holy, so be ye holy in all manner of conversation;

Because it is written, Be ye holy; for I am holy."

Holiness begins in the heart.

Your heart says,

"I will not do this."

"I will not lie."

"I will not exaggerate."

"I will not commit sexual immorality."

"I will not dishonor God."

That is where holy living begins.

CHAPTER THREE

God Desires Relationship

God's heart seeks relationship more than religion. He longs for us. He is jealous for us. He wants His people to know Him personally. Have you taken time to truly know your husband?

Have you taken time to truly know your wife?

Are you jealous for your spouse—not jealous of them—but deeply committed to their well-being?

That is how God loves us. He longs for a deep relationship. Some people simply remain married, but there is no real relationship. Marriage is meant to be much more than merely living under the same roof.

Know the Lord

Jeremiah 9:23–24 (KJV)

"Thus saith the LORD, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches:

But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD."

God delights in lovingkindness.

He delights in righteousness.

He delights in mercy.

He delights in compassion.

That should become our delight as well.

Study Your Spouse

Have you studied your wife?

Have you studied your husband?

Have you learned how to speak to them?

Have you learned what encourages them?

Have you learned what hurts them?

God Himself knows us deeply.

We should also seek to know those He has joined us with.

Walk in Mercy and Justice

God's heart is just and righteous. He defends the weak. He hates oppression. He treats us with mercy and compassion. He calls us to love mercy, practice justice, and walk humbly before Him.

Micah 6:8 (KJV)

"He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?"

That is God's desire for us.

Love mercy.

Do not wait for your husband to return home so you can "deal with him."

Do not rush home looking for an opportunity to scold your wife.

Instead, come home bringing love.

Bring compassion.

Be tenderhearted toward your husband.

Be compassionate toward your wife.

Let mercy define your home.

Jesus Perfectly Reveals the Heart of God

John 14:9 (KJV)

"...He that hath seen me hath seen the Father..."

If you have seen Jesus, you have seen the Father. We all know how Jesus lived. By the way, next week we will resume our series on **Knowing Jesus for Yourself**.

I am happy to take a short break from this stage. Praise the Lord. Jesus is the exact expression of God.

1 Peter 2:21 (KJV)

"For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps."

Scripture commands us to follow Jesus.

His life demonstrates:

- Love that sacrifices.
- Mercy that strengthens.
- Grace that restores.
- Faithfulness that never fails.

His sacrificial love was displayed perfectly on the Cross.

CHAPTER FOUR

Who Is a Sweetheart?

Now, who is a sweetheart?

The word "**sweetheart**" can function as both a noun and a verb. As a noun, it is a term of affection used for someone you deeply love. Personally, I do not like hearing people casually call everyone "sweetheart."

I hear people call little children sweetheart. I hear market traders calling customers sweetheart. I don't think that is the proper use of the word. To me, "sweetheart" is a special expression reserved for your husband...

Your wife...

Your fiancé...

Your fiancée...

Or someone you deeply love. Sometimes a market trader says, "*Ah, sweetheart...*"

Yet they are about to overcharge you!

That is not what the word means.

Sweetheart Is a Way of Life

As a verb, "sweetheart" describes character.

Please listen carefully.

Today's message is:

Be a Sweetheart.

A sweetheart is a person who is:

- Gentle
- Warm-hearted
- Compassionate
- Pleasant to be around

Ask yourself:

Is your husband happy whenever he comes home?

Is your wife happy to see you?

Do people enjoy your presence?

I loved the testimony we heard earlier.

One wife shared that she could always tell when her husband arrived home.

No matter where he had been, he always came home first because he wanted to see his wife.

That reminded me of Pastor B.

Whenever he drove into the compound, I already knew exactly how many seconds it would take before he entered the room.

Sometimes I would tell him, "Honey, go and spend time with your friends."

He would reply, *"No. I already have my friend. I don't need another one."*

That is a sweetheart.

A sweetheart is someone who loves deeply. Someone who is warm-hearted. Someone who is compassionate. Someone who is pleasant to be around. I also smile whenever I hear one of our sisters call her husband **"Dr. Sweetheart."**

He did not earn a Ph.D. in Sweetheart Studies!

It is simply her affectionate way of honoring him. Sometimes I wonder, "What has this man done to make his wife gladly call him 'Dr. Sweetheart'?"

That is the kind of marriage every Christian home should strive for.

Grow Into Becoming a Sweetheart

Some of you need to begin somewhere. Perhaps you are still at the **B.Sc. Sweetheart** level. Then you move to **Master's Sweetheart**. After that comes **Professor Sweetheart!**

The point is this—you must keep growing. A sweetheart is someone who shows kindness and empathy.

- A sweetheart is patient and considerate.
- A sweetheart encourages and supports others.
- A sweetheart speaks respectfully and gently.
- A sweetheart is thoughtful and dependable.
- A sweetheart makes people feel valued and cared for.
- A sweetheart consistently demonstrates love, kindness, and concern for others through both words and actions.

If you are going to become a sweetheart in your marriage, then you must cultivate the heart of God—a heart that is good and full of love.

Work on your heart.

Set a guard over it so that nothing evil comes into it, and nothing evil comes out of it. If what is about to come out of your heart will not minister sweetness to someone, then it should remain inside until God changes it.

Guard Your Heart

I especially want to challenge the men. And I must also say that I have seen some hard-hearted women. You plead with them...

You beg them...

You appeal to them...

Yet they refuse to let go of an offense.

That is not attractive.

It is not becoming.

How can someone continue carrying bitterness as though bitterness will earn a university degree?

No.

Work on your heart.

Allow it to become soft...

Tender...

Pliable...

Moldable.

The Bible teaches us that when we see reason, we should yield.

When we see superior reason from God's Word, we should submit ourselves to it.

Subject your spirit and your heart to the authority of the Word of God and the Spirit of God.

When the Holy Spirit brings God's Word to your heart, receive it.

Yield to it.

Allow your mind to process it according to Scripture.

Your flesh may say,

"Abuse her."

But the Spirit says,

"Tell her, 'I love you.'"

That is a sweetheart.

Perhaps you feel like withholding money because your spouse offended you.

Then Scripture reminds you: "**A friend loveth at all times.**" (*Proverbs 17:17, KJV*)

Every time the Word of God comes to you, receive it. Work with it. Allow it to transform your responses. Treat your spouse with kindness...

With consideration...

With tenderness...

With love.

Decide to Be a Sweetheart

Make a decision today.

Be a sweetheart.

If you make that decision, your life will change.

Years ago, I made that decision myself.

I decided I was no longer going to behave like a demon.

I was no longer going to police everybody.

I simply chose to become sweet.

If the house was clean, fine.

If it wasn't perfect, I chose peace.

It began with a decision.

Everything begins with a decision of the heart.

Decide today:

"I will be a sweetheart to my driver."

"I will be a sweetheart to the cook."

"I will be a sweetheart to the house help."

"I will be a sweetheart to my brothers and sisters."

"But most especially, I will be a sweetheart to my husband."

"I will be a sweetheart to my wife."

1. A Sweetheart Loves Unconditionally

A sweetheart loves their spouse unconditionally.

Not because of what they do...

Or fail to do...

But because they are becoming like God.

God does not relate with us based on our performance alone.

We are called to imitate Him.

Paul said:

"Imitate me, just as I also imitate Christ."

A sweetheart chooses love even when emotions fluctuate.

1 Corinthians 13:4–8a (KJV)

"Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth; beareth all things, believeth all things, hopeth all things, endureth all things... Charity never faileth."

Some people immediately believe the worst about everyone.

I choose to believe the best first—until I am proven otherwise.

That is how God deals with us.

God believes us even when He knows we may fail.

Yet we hold on to one mistake our spouse made years ago.

You say,

"In 2007 you promised to visit my mother's house, and you didn't go."

And years later, you are still keeping records.

Love bears all things.

Love believes all things.

Love hopes all things.

Love endures all things.

Personalize verse 8.

Say:

"I never fail in loving."

Love never ends.

Ephesians 5:25 (KJV)

"Husbands, love your wives, even as Christ also loved the church, and gave himself for it."

The love that makes you a sweetheart is the same love Jesus demonstrated when He gave Himself on the Cross.

2. A Sweetheart Is Humble

A sweetheart in marriage is humble.

They apologize easily.

To them, winning an argument is not as important as preserving love.

Showing grace...

Showing mercy...

Showing compassion...

These matter far more than proving they are right.

Being right can destroy a marriage.

Love builds a marriage.

Amen.

A sweetheart places the marriage above personal pride.

Philippians 2:3–5 (KJV)

"Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus."

Think about the interests of the other person.

If husbands and wives would simply live this way, marriages would become sweet.

Some men insist,

"In my culture, we don't do that."

"My tradition says..."

No.

Your tradition is Christ.

Your culture is Christ.

Your values are Christ.

A humble spouse asks,

"How can I serve?"

Not,

"How can I win?"

3. A Sweetheart Forgives Quickly

Without forgiveness, no marriage can thrive.

A sweetheart understands that unforgiveness and bitterness destroy intimacy and open the door for the enemy to work.

Ephesians 4:31–32 (KJV)

"Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

The standard is Christ.

Colossians 3:13 (KJV)

"Forbearing one another, and forgiving one another... even as Christ forgave you, so also do ye."

Some people say,

"I have forgiven, but I don't want any relationship again."

That is a dangerous attitude.

Imagine if God forgave you but refused to relate with you.

Everything must be measured against God's example.

Some say,

"I love her as my Christian sister, but I will never relate with her again."

That reveals a hardened heart. Many marriages collapse after thirty or forty years because husband and wife simply lived together like strangers.

They never truly remained connected. A sweetheart forgives quickly. A sweetheart keeps the relationship alive.

Forgiveness Opens the Door to Healing

Forgiveness does not pretend the hurt never happened. It simply releases the desire for revenge. It opens the door for healing. Where forgiveness exists...

Healing follows. Forgiveness prevents the devil from destroying a marriage.

4. A Sweetheart Is Truthful

A sweetheart values truth. They understand that love...

Trust...

And honesty...

Are essential foundations of marriage. Truthfulness builds confidence. Truthfulness creates security between husband and wife.

5. A Sweetheart Is Patient

Marriage requires patience.

I will continue saying it.

If you remain patient, a day will come when many of today's struggles will disappear.

Eventually, things begin to settle. Life becomes peaceful. There is no longer a need for constant fighting. In the beginning, however, there may be turbulence.

It is like two great rivers meeting.

Each one has its own current.

At first there is splashing...

Noise...

Movement...

But eventually the waters settle and begin flowing together peacefully.

Be patient.

Marriage joins together two imperfect people who are learning to grow while cultivating the fruit of the Spirit.

Galatians 5:22–23 (KJV)

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance..."

6. A Sweetheart Serves

Jesus taught that true greatness is found in serving others. In marriage, the greater person is the one who seeks to serve.

Galatians 5:13 (KJV)

"...by love serve one another."

Use your liberty in Christ to serve.

Healthy marriages flourish when both husband and wife continually ask,

"How can I make my spouse's life better?"

7. A Sweetheart Pursues Peace

A sweetheart seeks peace. They avoid unnecessary conflict. They pursue reconciliation. As Christians, we have been given the ministry of reconciliation. Whether among friends...

Family...

Colleagues...

Or husband and wife...

Our hearts should always seek restoration.

Any anger that permanently separates you from people is not from God.

Forgiveness brings people back together.

Forgiveness restores relationships.

As husband and wife, always pursue reconciliation.

Romans 12:18 (KJV)

"If it be possible, as much as lieth in you, live peaceably with all men."

Especially with your spouse.

Matthew 5:9 (KJV)

"Blessed are the peacemakers: for they shall be called the children of God."

Blessed are the peacemakers.

They shall be called the children of God.

8. A Sweetheart Is Faithful

Finally, a sweetheart is faithful. Faithfulness is much more than simply avoiding adultery. It means being dependable.

Being loyal.

Being emotionally committed.

Proverbs 3:3 (KJV)

"Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart."

Mercy and truth must always remain together.

Truth should always be accompanied by love.

Truth should always be accompanied by grace.

Truth should always be accompanied by mercy.

Truth by itself can wound.

Correction by itself can hurt.

But when correction is wrapped in mercy...

When truth is spoken in love...

When compassion accompanies honesty...

Then hearts are healed instead of broken.

CHAPTER FIVE

How to Cultivate a Good Heart

Proverbs 3:3 (KJV)

"Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart."

Truth and mercy must never leave you.

Bind them around your heart.

When your husband is wrong, do not keep talking endlessly.

Do not wake him up at 4:00 a.m. just to continue yesterday's argument.

Do not continue the quarrel the next morning before either of you has even had breakfast.

No.

Truth...

And mercy.

Truth...

And mercy.

Always let them go together.

Faithfulness Strengthens Marriage

Hebrews 13:4 (KJV)

"Marriage is honourable in all, and the bed undefiled..."

Faithfulness is essential.

It builds trust.

It gives security.

It strengthens marriage.

A good heart does not happen by accident.

It is cultivated intentionally.

1. Pray Every Day

There is an old song that says:

"A heart like Yours is my desire..."

A heart like Yours is what I'm longing for..."

Sing that song.

If you struggle with a hard heart, play it over and over again.

As you continue singing it, your mind will hear it, your heart will embrace it, and the Holy Spirit will use it to transform you.

Pray every day for a heart like God's.

2. Study God's Word

Study every Scripture that speaks about the heart.

Allow God's Word to shape your thinking.

The more you fill your heart with God's truth, the more your life will reflect His character.

3. Guard Your Heart Deliberately

Be intentional about guarding your heart.

Set "immigration control" over it.

Watch what comes in.

Watch what goes out.

Not every thought deserves to stay.

Not every emotion deserves expression.

Guard your heart.

4. Learn Genuine Repentance

Do not say,

"I have already said I'm sorry."

True repentance is more than saying the words.

A genuinely repentant person behaves differently afterward.

The Bible says:

Psalm 51:17 (KJV)

"The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."

God responds to brokenness.

He responds to humility.

He responds to genuine repentance.

5. Choose Gratitude

Instead of complaining, learn to be thankful.

Say:

"Thank you."

"Please."

"Excuse me."

"I'm sorry."

Simple expressions like these help cultivate a good heart.

6. Choose Forgiveness Instead of Bitterness

Bitterness hardens the heart.

Forgiveness softens it.

Choose forgiveness.

Every single time.

7. Learn to Laugh

Be joyful.

Do not become so serious that nobody enjoys being around you.

Joy belongs in your marriage.

How Will You Know You Are Becoming a Sweetheart?

You know you are becoming a sweetheart when:

- You speak kindly.
- You are considerate.
- You are loving and gentle.
- You keep your promises.
- You believe the best about your spouse instead of assuming the worst.
- You are generous.
- You encourage and affirm one another.
- You gladly share your material resources with your spouse.
- You celebrate each other's successes.
- You protect your marriage instead of tearing it down.
- You willingly admit your mistakes.
- You value unity more than proving that you are right.
- You remain faithful to your covenant and your marriage vows.

Choose love over the need to be right.

Remember Your Marriage Covenant

Some of you may not have understood every word that was spoken during the wedding vows, but those vows are powerful.

Think about them carefully.

"To have and to hold..."

Today, many people only want to "have."

They no longer want to "hold."

The smallest disagreement becomes an excuse to abandon the marriage.

Someone says,

"She doesn't speak English well. She is embarrassing my pedigree."

Really?

Listen again to the marriage covenant:

To have and to hold...

From this day forward...

For better, for worse...

For richer, for poorer...

In sickness and in health...

To love and to cherish...

Till death do us part...

According to God's holy ordinance...

I pledge myself to you.

Notice that "poorer" is not only about money.

Sometimes it refers to poor attitudes...

Poor behavior...

Poor manners...

Poor spiritual discipline...

Poor character...

Yet the covenant still says,

"For richer, for poorer."

Where, then, is divorce in that covenant?

As God Changes the Heart, He Changes the Home

My final statement to you this morning is this:

As God changes the heart, He changes the home.

Praise the Lord.

Closing Prayer

Let's stand together. Sing this prayer from your heart:

A heart like Yours is my desire...

A heart like Yours is what I'm searching for...

Full of compassion...

Nothing wrong within...

Please hear me, Lord...

Give me a heart like Yours.

Again:

A heart like Yours is my desire...

A heart like Yours is what I'm searching for...

Full of compassion...

Nothing wrong within...

Please hear me, Lord...

Give me a heart like Yours.

Prayer of Blessing

This morning, I pray for you. May God give you a heart that reflects His love.

Amen.

A heart that is humble.

Amen.

A heart that is patient.

Amen.

A heart that is forgiving.

Amen.

A heart that is truthful.

Amen.

A heart that is faithful.

Amen.

May God give you the grace to honor your marital vows.

Amen.

May He help you speak to one another with grace.

Amen.

In the name of Jesus.

Amen.

May you serve one another with joy.

Amen.

May you keep God at the center of your marriage.

Amen.

In the name of Jesus.

Amen.

May your home reflect the glory and beauty of Jesus.

Amen.

From today forward, may you become a sweetheart.

May every husband become a sweetheart husband.

Amen.

May every wife become a sweetheart wife.

Amen.

May every home become a testimony of God's love.

In the name of Jesus Christ.

I bless you.

I bless your homes.

From glory to glory shall be the story of your marriage.

From victory to victory shall be the story of your marriage.

From grace to grace...

From one level of love to another...

From one level of forgiveness to another...

From one level of patience to another...

In the name of Jesus.

I bind every spirit of divorce against your home.

Divorce shall not enter your home.

It shall not become part of your vocabulary.

In the name of Jesus.

Lord, for those who have experienced divorce, I pray that You will give them soft hearts and grant them wisdom concerning every unresolved matter.

Let Your Kingdom come.

Let Your will be done in our lives.

In Jesus' name.

Amen.

Confession

Now declare with me:

"I am a sweetheart Christian."

Again:

"I am a sweetheart Christian."

If you are a husband, declare:

"I am a sweetheart husband."

If you are a wife, declare:

"I am a sweetheart wife."

In Jesus' name.

Amen.

And so shall it be.

In Jesus' name.

Amen.

Benediction

The grace of our Lord Jesus Christ, and the love of God, and the sweet fellowship of the Holy Spirit be with us now and forevermore. Amen.

Surely goodness and mercy shall follow us all the days of our lives, and we shall dwell in the house of the Lord forever and ever. Amen.

Final Exhortation

As you leave today, make a fresh commitment before God.

Do not merely seek a better marriage.

Seek a better heart.

For when God transforms the heart, He transforms the home.

May every husband and every wife increasingly reflect the heart of Christ—full of love, mercy, humility, patience, truth, faithfulness, and grace.

Become a sweetheart, and let your marriage become a living testimony of the love of God.



About Family Worship Center

Family Worship Center Gosa, Abuja is a vibrant Christian church committed to helping people know God, grow in their faith, and live according to His Word. As one of the campuses of Family Worship Centre Abuja, the church is dedicated to raising disciples of Jesus Christ through biblical teaching, heartfelt worship, prayer, and practical Christian living.

Every week, the church ministers to individuals and families through worship services, Bible studies, leadership training, prayer meetings, and outreach programs. Its messages emphasize a personal relationship with Jesus Christ, spiritual growth, strong families, servant leadership, and living out God's purpose in everyday life. Through these teachings, many believers have been encouraged, equipped, and transformed.

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