Week #19

When an Idol Makes Three in Your Marriage - The Solution

Since expectations in marriage can become a form of idolatry, the result can bring about dysfunction that finds couples living like strangers under one roof and can lead all the way to separation and divorce. In such cases, it is imperative that change take place in order to succeed at marriage.

So, can nagging one's spouse bring about that change? How about yelling? Avoiding conflict? Withdrawing? Withholding oneself?

As we discussed last week, the only person on the face of the planet that I can actually change is the same person that I see in the mirror each day. Me!

So, step number one to overcoming idolatry in your marriage is to recognize that *I have to change me!* I am called to love my mate even if there is no change. My ability to fulfill my role as an excellent spouse has nothing to do with my partner's performance. Yes, my spouse can make it easier or harder on me, but ultimately, I must honor God with my thoughts and actions. That is the source of real joy, not an ideal mate.

Step number two is to make a list of all the things about our spouse for which we are grateful. Not feeling grateful? I would encourage you to do it anyway. Running short on ideas? See me for a list of positive traits. Then check all that apply. Ask for God's help in transforming your mind (*Romans 12:2*).

Finally, begin to share your gratitude with your spouse. Often, one small personal change leads to change in our spouse. As these small changes multiply, entire marriages are overhauled.

The takeaway this week is to do what is right, not what is easy. Then, anticipate God's blessing.

Next week - When Sex Is Missing from Your Marriage - The Problem