

Week Twelve

Maybe I Do

Our culture today values having choices or keeping our options open. The implication is that a person can have the most fulfilling life by keeping their options open and by not giving up a thing. Paradoxically, it is more liberating in life, and especially in marriage, when we accept the limits of commitment. A “maybe I do” commitment (keeping our options open) does not lead to the great blessings of marriage which we all desire. In order to experience these blessings, we must be fully “in” or we may end up fully “out.”

Unfortunately, commitment and the value placed on choice are often in basic conflict with one another. Yet, by accepting some limits in marriage, we can experience deeper meaning in our married lives together. Increased dedication leads to improved self-disclosure. Greater safety and trust soon follow. This results in more profound closeness and vulnerability, and results in the most desirable qualities in marriage, intimacy, and connectedness.

So, speaking of choices, are you fully “in?”

Next week: What is a mid-life crisis?