

Week Nine

Choice As A Part Of Commitment

Commitment fundamentally requires making a choice to give up other choices.

Couples who thrive, rather than merely survive, are those who consistently make the right choices in life.

Not making clear committed choices in life is a guaranteed pathway to emptiness.

The deepest richest blessings in marriage are not, however, guaranteed to you by your commitment because not everything in life is under your control. Your commitment, though, is under your control. So, my encouragement to you is to jump all the way in. Make the right choice and give your marriage your all!

On a primal level we humans desire to be known, loved, and accepted. In order to be loved in this way, however, we must commit ourselves (make a good choice) to our marriage.

None of us can be perfect; neither can our mates. The totality of our acceptance and commitment does teach our spouse, day by day, that this lack of perfection is OK. The real power of marriage is the ongoing growing acceptance of each other that is rooted in commitment.

Next week: The myths that undermine commitment