

TERESA BRUNSTING



Behold You Are Bold

AS FOR ME AND MY MARRIAGE

**BE INTENTIONAL
IN YOUR
MARRIAGE**

“FOR THIS REASON A MAN WILL LEAVE HIS FATHER AND MOTHER AND BE UNITED TO HIS WIFE, AND THE TWO WILL BECOME ONE FLESH’? SO THEY ARE NO LONGER TWO, BUT ONE FLESH. THEREFORE, WHAT GOD HAS JOINED TOGETHER, LET NO ONE SEPARATE,”

MATTHEW 19:5-6 (NIV)

Over the years, I have noticed the happiest marriages are based on deep friendship. Your spouse is a friend who became your family. Even in trials and temptations, this bond cannot be broken. However, we have to make an intentional effort to maintain this connection, as we do with our other good friends. We do activities and laugh together, which builds a bond that will stand firm.

"A FRIEND LOVES AT ALL TIMES,"
(PROVERBS 17:17 NIV).

Author Kate Stewart is quoted as saying, "The perfect marriage is just two imperfect people who refuse to give up on each other." I love this saying for two reasons: the first is that we are all imperfect, and the second is that marriage is a commitment or vow to be honored.

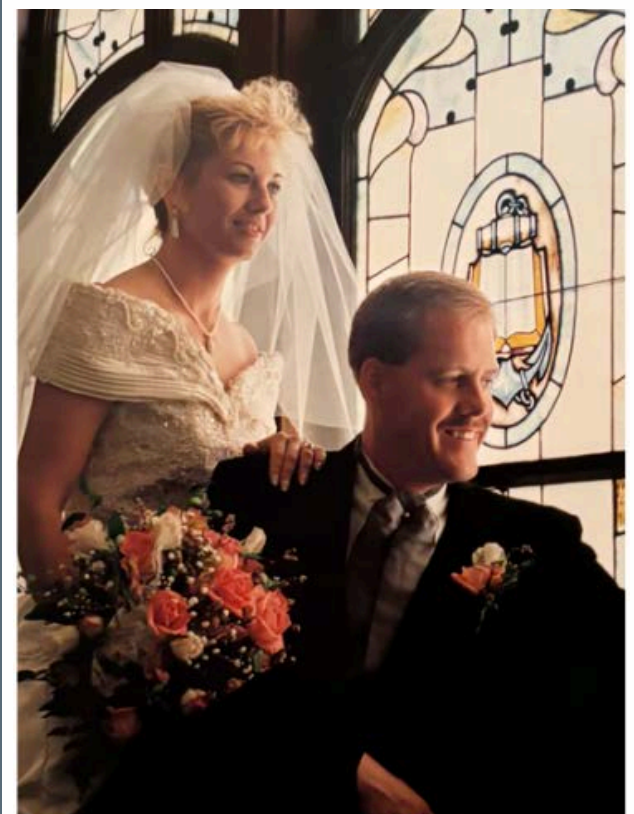


Like in true friendships, things can go wrong but we don't give up on our friends. We give them grace and forgiveness. Our spouse is closer than any other friend. We are meant to be one flesh. Matthew 19:5-6 states, "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh? So they are no longer two, but one flesh. Therefore, what God has joined together, let no one separate," (NIV).

My husband, Doug, and I have been married 31 years and have had many trials over the years. There was miscommunication, mistakes with money, disagreements about child rearing, and even infidelity. We were separated for a year and a half and had to work very hard to save our marriage.

I'm always looking for ways to enhance our marriage. This past year we went to a seminar with Gary Chapman, author of *The 5 Love Languages*, and he gave a tip that he practices. This tip is meant to increase true intimacy between husband and wife. He told us that when we are in bed and ready to go to sleep, we should grab each other's hand and take turns saying a prayer. This takes down walls and helps diffuse any stress that might be left over at the end of the day.

The walls and stresses are taken down like when Joshua took down the walls of Jericho. You have probably heard the saying, "Never go to bed mad." I believe there is a reason for this because we can build up resentments unless issues are addressed right away.





*“A friend
loves
at all
times,”*

PROVERBS 17:17 NIV



I have five tips and a prayer for marriage that can be recited. Praying with and for my spouse and our marriage makes true intimacy possible. It has helped us, and I think it will help you.

5 TIPS TOWARDS A GOOD MARRIAGE:

- 1** Be God-partnered. Marriage and family function best when partnered with God.
- 2** Be committed. Honoring marriage vows creates an environment of love and trust.
- 3** Communicate. Communicate and don't make assumptions. You are on the same team.
- 4** Give and receive grace. Giving grace and forgiveness for each other's mistakes is crucial.
- 5** Be friends. Nurture your friendship and have fun together. Laugh together. Treat your spouse with dignity and respect.

MARRIAGE PRAYER:

God, please guide and direct our marriage. I ask you, God, to highlight the good and allow me to see my spouse through your eyes. I will work to honor our commitment and love for each other. I will renew my vows every day and will not take the easy way out. I believe we are both imperfect and my spouse is my best friend. I will give grace and forgiveness when times are difficult. You brought us together to be each other's helper and we honor that. Let the best part of us be given to each other. God, I invite you to be the center of our marriage and ask you to bless our union now and always. Amen

Even if your spouse doesn't say this prayer, you can say it for both of you. You are one flesh. Don't underestimate what God can do when we take time to pray with or for our spouse as our best friend.