

Personal Reflection Exercises...

My marriage is worth the work.



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Marriage is the sweetest institution ever created when it is lived in peace and harmony. To build an unbreakable bond takes effort on the part of both spouses. I am willing to work on my marriage because my marriage is worth the work.

Finding a mate is the easy part; staying together is what takes effort. Anything worth having has a cost attached to it, and I am willing to pay the price. ***The recipe for a happy marriage is made up of unselfish partners willing to work together.***

To get along with my spouse, I must learn to communicate with them in a way that they understand. I have to study my spouse and figure out how to meet their needs.

I am willing to give up my will for the benefit of my marriage. ***When faced with the option of being right or being happy, I choose to be happily at peace with my mate rather than winning a fight.***

I promised my spouse to be there in sickness and in health, for richer or poorer. Life is not a downhill slope; it is a progression of hills and valleys. If I work hard enough through the hard times, I get to enjoy the happy times.

Anyone can give up and escape hardships, but I am better than that.

My vows mean more to me than pretty words spoken like poetry at a ceremony. My vows are an unbreakable covenant I made with my spouse.

Today, I embrace my responsibility to give my all to making my marriage work. When I leave selfishness behind, I reap the benefits of a joyful marriage.

Self-Reflection Questions:

1. Why is my marriage worth the work?
2. What sacrifices am I willing to make for the success of my marriage?
3. How can I be more selfless in my relationship?