

## MARRIAGE FOCUS – SIGNIFICANCE AND SECURITY

### Marriage Exercise – Forgive Your Husband

This month, you are going to spend some time thinking about your history with your husband. Sometime, somewhere, there's something he did...something he said that you never quite understood. It might have been something he did early in your marriage, or even before you were married. It might be a comment you heard him make about you to his mother or to a friend. You do not really hold it against him (or you do not think you do), but you have never forgotten about it. It is still "cycling" in the back of your mind.

What is that one thing you have not forgiven?

Choose to forgive it and let it go forever. 1 Corinthians 13:5 says love "keeps no record of wrongs". Claim that verse and ask God to help you let go of that thing you have held on to.

If this is something your husband knows about and it will help your marriage to tell him that you've finally forgiven it, then tell him. But if it has just been in your mind and if talking about it will only open old wounds, do not. The important thing is for you to "clean the slate" in your mind and heart, the way God has "cleaned the slate" in His relationship with you.

### Date Night Questions

It is important for the health of your marriage to be intentionally building each other up. It is so easy to find fault with each other and much more difficult to express the positives to each other. Read the following verses and discuss.

Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. 1 Peter 3:8-9

We live in a very negative world. Many of us have experienced the damage of negative words that have been spoken to us. In 1 Peter 3:8-9, God says we are not to repay evil with evil, but to give a blessing. One way we bless each other is to accentuate the positives.

Do we express blessings to each other on a regular basis? If not, how can we begin to be more intentional with blessing each other?

If you have children, how can you be more intentional blessing each of them? For example, as you put your children to bed each night, you could affirm them by sharing three things you saw in them that day.