



Marriage Growth-Track

Week 13 - Day 4

Serving vs. Receiving

In Galilee these women had followed him and cared for his needs. Many other women who had come up with him to Jerusalem were also there.

Mark 15:41

Observation:

Women followed him
Women cared for his needs

Application:

These women were courageous in following Jesus. In contrast to most of Jesus' male disciples, they follow Him all the way to the crucifixion. They recognize Jesus as Lord and though they were not among the twelve disciples, they were very much a part of His ministry through support.

An essential trait in self-care is being able to ask for help. Jesus asked for help by allowing His supporters to meet His financial and physical needs. His ministry had grown so significantly that He really couldn't go anywhere without a crowd. The people wanted to hear him teach, heal, and do miracles. I can only imagine the time demand on Jesus.

Even though Jesus was God, He was in a human body and He needed the essentials to live. He needed food, water, and shelter. His living needs were met and He received financial support from His followers. Jesus gave and gave, but he also received.

An important part of marriage is expressing your needs and receiving. We can't expect our spouse to read our mind when we have a need. Communicating your need is an important aspect of a marital relationship and a loving spouse wants to meet that need. We are told to serve, but sometimes receiving is a harder choice for us to make. Allowing our spouse to serve us is critical in self-care. Jesus needed to be served as well, so allow your spouse to serve you to keep you moving forward.

Discussion Questions:

1. How well do you feel you are at receiving help from your spouse?
2. What are three needs you have that you would like your spouse to meet?

Action Steps:

Make a plan to meet at least one of the three needs this week.

Prayer:

Father God, we love you and thankful for all You provide for us daily. Give us the energy to serve each other and the ability to receive with a grateful heart. To look for ways to meet our partner's needs and express our needs. Again, thank you for modeling on earth how we are to serve.

