



Marriage Growth-Track

Week 13 - Day 5

Seeds of Love

Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Galatians 6:7-10

Observation:

God cannot be mocked
A man reaps what he sows
Keep doing good
There will be a harvest

Application:

The healthiest contribution we can make in our relationships is to be the healthiest we can be. If we invest in negative behaviors such as pornography, drugs, violence, etc. it will not only bring destruction to our own lives, but also to our relationships. But, on the flip side, if you choose to invest in positive behaviors such as kindness, honor, attending church, being active in a small group, attending Celebrate Recovery to work on your addiction, or attend marriage classes, you will reap fruit in your relationships. The apostle Paul gives us encouragement on positive self-care, "For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church." (Ephesians 5:29).

Self-care is a choice. Many times a day, we have an opportunity to make a choice by how we choose to respond. If we want to have a loving, vibrant marriage we need to sow seeds that will promote a loving, vibrant relationship. Like sowing seeds of quality time by planning a date night, or by acts of service by doing the dishes or buying a little gift that shows your appreciation for them. Also, you have a choice in your response to the other person. If they respond in a negative manner, you can respond by sowing the seeds of tenderness and understanding.

It's amazing how our choice of response can change the trajectory of our relationship. "At the proper time we will reap a harvest if we do not give up" is the encouragement for us to choose to sow seeds that please the Spirit. What a great promise for us to take hold of in the difficulty of marriage. To keep choosing to do what is right and honoring

to God, even though our mate doesn't deserve it. Planting seeds of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control will bring a harvest at the proper time that will be more than enough for you.

Keep moving forward and choose to resemble Christ in all you do.

Discussion Questions:

1. Describe the kind of marriage you want to have in five years from now?
2. What seeds do you plant to develop that kind of marriage?

Action Steps:

Write down the kind of marriage your spouse described and start sowing the seeds that will harvest that marital relationship.

Prayer:

Heavenly Father, help me to respond to you and my spouse in a way that brings glory and honor to your name. Lord, give me the courage to plant good seeds even though I may not want to.

