



Marriage Growth-Track

Week 5 - Day 3

Humility and Unity

by Brian and Susan Moore

...then make my joy complete by being like-minded, have the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2:2-4

Can you imagine how different marriages, friendships, family relations—everything—would be if we mastered just some of the commands of these verses? Things would be crazy better! Sure, it's a tall order, but as is always the case with Christ, it is an ideal worth striving for. This is what we see in these verses:

- We are, by nature, selfish creatures;
- It takes a conscious effort to put others above ourselves and not seek our own rewards;
- Pride plays a big role in our selfish ways;

Among His many names, Christ is known as the Prince of Peace because that is what He desires most for us—peace. He wants our lives to reflect peace in our marriages, at our jobs, our relationships, and certainly in our faith. This peace, however, cannot exist side-by-side when anger and resentment are present in our lives. One of the best ways to rid ourselves of these obstacles is to believe the best about our spouses, not assume they are intent on bringing difficulty to every situation.

In order to this, sometimes it is helpful to remember what first drew us to our spouse in the early days of the relationship. Was it her smile? His eyes? Her compassion for others? A shared enjoyment of doing certain things together? Strive to remember the desire you had in the beginning to please them and to make them happy. Don't let familiarity dim your desire for finding new ways to serve your spouse and bring them joy.

It also helps to remain cognizant of priorities—true priorities. It's easy to let our personal goals and desires begin to take priority over the things in life that are truly more valuable. Ask yourself if your golf score will truly matter in 10 or 20 years. Or maybe weigh the time you spend on social media against the one-on-one time you spend with your children. Most of what we allow to consume our time and energies won't matter years

down the road. But time spent, relational investments made, and memories created with our spouse and children, friends and family, will endure.

Discussion Questions:

1. What is the connection between humility and unity?
2. What does it mean to value others above yourselves?

Action Step:

Have a conversation with your spouse and discuss the things that bring unity to your marriage.

Prayer:

God in Heaven, our Creator, we thank you for the wonderful design of marriage. We acknowledge that in the marriage relationship, we are designed to humble ourselves to meet the needs of our partner. We thank you for the gift of your Son who was the ultimate demonstration of perfect humility and sacrifice. Please help us to see when our actions reflect pride that interferes with our ability to put others above ourselves.