



# Marriage Growth-Track

## Week 7 - Day 1

### Practice Makes Perfect

by Jarrod and Katy Wilson

*Many waters cannot quench love; rivers cannot sweep it away.*

*Song of Songs (Solomon) 8:7*

How wonderfully powerful is this verse! Raging waters, rivers of water!, can't diminish the stronghold of love. Though obvious, this is what we see in this verse:

- Love is strong;
- Love cannot be doused out by sweeping currents

Remember the intoxicating feeling of being 'in love?'

Remember thinking it would never go away, believing your love was different, and committing to never become 'one of those' couples who had settled into mediocrity?

Time, familiarity, stress, age, and a million other factors can dim this illusion even for the most ardent of couples. But it doesn't have to be that way. A glimpse into the book of Song of Songs/Solomon might be just the spark to rekindle a once fiercely burning romance.

The book is filled with suggestive prose that anyone in a romantic relationship would delight to hear from their partner. This one book alone is enough to prove the Bible clearly supports and encourages the idea that husbands and wives are to cherish one another fully.

Sometimes cherishing shows up as grand and overt gestures; sometimes it's as subtle as a whisper in your mate's ear. Whenever, however, your spouse makes an effort to show their love for you, receive it with a kind words, a welcoming smile, an open heart. It's not easy for some of us to show or declare our love even to our spouse. The flip side to this is that it's not always easy to accept and receive these actions and words of love, admiration, and cherishing, again, even from our spouse. Even if we want to hear them and receive them and indulge in them, sometimes we don't quite know how.

Not to worry--this is a simple case of practice makes perfect. Get outside yourself and

perform small and simple acts that show how much you love and value your spouse. The more you do so, the more comfortable you'll become at openly and unashamedly expressing your love for your beloved. And when your spouse makes the effort to show love and honor towards you, graciously accept the gesture or the kind words without critique.

Falling in love can be easy compared to staying in love, but the richer, deeper rewards come to those who work intentionally to stay in a growing and deepening relationship instead of coasting through marriage.

**Discussion Questions:**

1. Why were you attracted to one another in the first place?
2. What do you like and admire most about each other?

**Action Steps:**

Make a list of what you like and admire most about your mate and share it with them.

**Prayer:**

*Gracious God, we love you and thank you for the gift of marriage that you have given us. God, help us to know and remember that this gift is meant to be enjoyed for many years beyond the initial rush of new love. Grant us the knowledge to speak the love languages of our spouse and give us the ability to accept their effort in the gracious manner they are presented.*