



# Marriage Growth-Track

## Week 7 - Day 3

### Value and Appreciation

by Jarrod and Katy Wilson

*A wife of noble character who can find? She is worth far more than rubies. Her husband has full confidence in her and lacks nothing of value. She brings him good, not harm, all the days of her life.*

*Proverbs 31:10-12*

Proverbs 31 provides the gold standard for Christian wives. Verse after verse gives a challenge, an opportunity for excellence, a different area in which to knock it out of the park. It's crazy unattainable to master every area, but there are few areas considerably more important found in these verses:

- It is a rare find for a man to find a wife of impeccable character; her value is extraordinary and her husband lacks nothing significant;
- She brings her husband good and pleasing things throughout the days of their marriage

One sign of a good marriage is how you speak about your spouse—the words you use, the tone you use, even the overall vibe you project—all these are indications of how you truly see your spouse and your marriage. Even what you don't say says a lot about how you view the state of your marriage. But know this—others are watching and listening! Others are hearing what you say. Others are seeing how you interact with your spouse. Others are gathering their perspective for a Christian marriage from what they learn from how you and your spouse live out your commitment to one another. You and your spouse may be the only example of a Christian marriage in someone's life.

The crazy thing is, most of us don't give much thought to the impact we're having on others—including our spouse! We're usually so wrapped up in getting through our hectic days that we give little thought to acting and speaking intentionally. Before we realize it, days become weeks, then months, and longer, and we've done little to nothing to better our marriage. It's not that we intentionally seek to bring harm; it's that we're not intentional at all.

It doesn't have to be this way—regardless of how busy we get. Marriage is a work in progress, no matter how long we've been at it. It's never too late to start working on noble character...to earn a mate's full confidence...or to bring good. That 'forever'

commitment gig is a long time...why not make it honorable and enjoyable along the way?

**Discussion Questions:**

1. How do you talk about each other around other people?
2. In social settings do you feel valued and appreciated by your spouse?

**Action Steps:**

Plan to never speak negatively about your spouse in public. Instead, become their champion by speaking about their accomplishments and not their mistakes.

**Prayer:**

*Father God, thank you for the blessings that you have given us. Thank you for bringing my spouse into my life. Please grant each of us the wisdom and gentleness of our words when we speak about our spouse to others. Help us to eliminate distractions so we can spend the time needed on our marriage.*