



Marriage Growth-Track

Week 7 - Day 5

Taking Action

by Jarrod and Katy Wilson

In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—for we are members of his body.

Ephesians 5:28-29

This is such a simple principle—common sense, really, and yet, so many of us get overwhelmed or frustrated when it comes to how we think we should love our spouse. In reality, though, it's pretty basic. This is what we see in these verses:

- Husbands—since you don't neglect, abuse, or otherwise harm your body intentionally, practice the same with your wife; show her love as you show love to yourself;
- Christ provides the perfect example for how we are to care for one another

Cherish is a verb that's defined as "to treat as dear or care for tenderly." The important point here is that it's a verb—meant to convey taking action. Understanding this, it follows that when you care for something dearly, you take actions to care for it. You don't sit idly by, allowing something that matters to you to deteriorate nor do you intentionally bring it harm. You protect it, you are concerned with its welfare, you show its value to you through the actions, not just words alone.

Shouldn't it be the same for our marriage? Shouldn't it be even more so?

Sure, it's easy to agree that that's how it should be, but all too often, it isn't in reality. Jobs, kids, money, outside problems—the trappings of life—somehow seem to get in the way for most of us when it comes time to show how much we value and cherish our marriage. We spend so much effort, time, and thought in all the other areas of our life, there's rarely anything left for ourselves or our spouse. But even as busy as our days are, don't we all still find time to eat several times a day?

Sure, we do. And, if we're totally being honest, we probably find time for a little TV, a little (or a lot) checking in on Facebook/Pinterest/Instagram, or maybe even a hobby or two. So, if we manage to squeeze out a few moments for these extras, shouldn't we be

able to juggle our priorities a bit to let our actions back up our words when it comes to cherishing our spouse?

It doesn't have to be a complete calendar makeover; just pay a bit of attention to what you do during those precious moments of down time. Make sure the golf game or the Pinterest-surfing isn't standing in the way of sweet, sacred moments of cherishing your spouse. The investment in a few moments of cherishing can pay dividends in your marriage far beyond just about any other way you could spend your time.

Discussion Questions:

1. What are you allowing to get in the way of showing your spouse you truly "Cherish" them?
2. Are you making your relationship a priority over the everyday "trappings of life"?

Action Steps:

Plan this week to make your relationship a priority. Put down social media and talk with your spouse. Plan a date night instead of a hobby.

Prayer:

Father God, thank you for this day and the blessings that you have bestowed on us. God, please give us the ability to eliminate the many distractions that we can fill our time with. God, please give us the wisdom that we need each day to be able to show our spouse how much we truly do cherish them. Please help us to show this by making our marriage a priority.