



Marriage Growth-Track

Week 9 - Day 5

Growing and Building

by Chris and Amanda Watson

From whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Ephesians 4:16

You know how it is when you have a tooth ache or maybe, a back ache. It's like that's all you can think about. One little cavity or one twisted muscle, and all of a sudden, you hurt all over. It's hard to function as usual when something in your body is out of whack. It can affect what you're able to do, what you can eat, how you feel, how you act, and all too often, how you deal with others.

But once you get the problem addressed, the pain relieved, and you're on the road to recovery, you're good to go and ready to pick up where you left off before your setback. Once again, life is good. In some ways, it doesn't take much to throw us out of kilter physically—a speck in our eye, a rock in our shoe, a misstep off the curb. But in other, marvelously wonderful ways our bodies are incredibly resilient and ferociously tough—able to fight disease and infection and do battle with millions of germs a day. Big or little, tough or weak—life is better when our bodies are running smoothly. Here's what we see in this verse:

- Our wonderfully, marvelous bodies are miraculously made and held together through an intricate system of joints and ligaments and tissue and muscles;
- When all systems are 'go' for our body, we are able to function best and that translates into living a life committed to Christ's commands to love Him and others

If you were to consider a couple united in marriage to be 'the body,' it follows that it functions best when the head (or brain) of this body is Christ. That's because our brain oversees and orchestrates everything we think, everything we eventually say, and everything we are moved to do. If Jesus is controlling all this, all systems are 'go.' If not, there could be serious problems every step along the way.

But, if Jesus is controlling, leading, and directing a husband and a wife, it's a delightful thing to see: they work to please the other; they delight in serving each other; they

look for ways to uplift and encourage the other; and they place the other's needs and wants before theirs. In short, they are being Jesus to their spouse. When this is the case, others can't help but to notice because it is a glowing example of a healthy and thriving marriage (the body) being built and strengthened by Christ's commandment to love.

Discussion Questions:

1. Do you work to please your spouse?
2. Are you happy with the way you have divided up the household responsibilities between yourselves?

Action Steps:

This week take some time to discuss your expectations and assumptions of what your household responsibilities are for one another.

Prayer:

Jesus, show us that there is no problem in our marriage that cannot be fixed with you as our 'brain.' Bless our marriage so that our bond can grow stronger and stronger and allow nothing to divide us.