



We all know that marriage can be a wonderful blessing and be really hard work at the same time. Did you also know that our attitude towards our partner has a profound impact on the direction of our marriage? The medical community encourages us to have a once a year check up to for the sake of our health. Funny thing is; we rarely think about having a checkup for the health of our marriage.

So what are the things we could do to have a quick check up to make sure things are on track, moving towards a Christ centered marriage? I recently decided to evaluate my attitude and actions toward my husband in regard to the things I teach in the *Called to be a Keeper* Bible study. I hope the quiz I took will be of benefit to you as well!

- Do I ask my spouse how I can help him daily or at least a few times each week?
- Do I regularly ask him how I can pray for him?
- Do I ask him about his day or about his specific prayer request later?
- Am I faithful to pray for him daily?
- Do I greet him with a smile and a friendly welcome when I get home or when he comes in the door?
- Are my thoughts toward him pure, loving and wholesome?
- Am I holding any grudges or any anger towards him?
- Do I try to think of ways to bless him and words that will encourage him?
- Am I communicating my desires and needs to him rather than expecting him to know them?
- Am I making time with my spouse a priority so that he knows that our relationship is my most important earthly relationship?
- Do I remind myself often that my spouse can't meet all my needs nor should I expect him to? Rather I should look to God to satisfy my soul. What I get above that in this life is a bonus!

Philippians 2:3 states, *"Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves."*

When I make the decision in my marriage to live this verse—put it in action—then my marriage improves immediately and so does my attitude. Let's face it, we all can get lazy and become selfish when it comes to our spouse, just as we can when it comes to our health. Praying for God to give us His strength to live this verse will empower us and honor the Lord. It is a huge step in our growth as a believer and disciple of Christ when we obey His Word because of our love for Him and not for what He can do for us. Equally the same applies to our marriage. When we live this verse because of what we can do for our spouse and not what they can do for us then we give our marriage a boost of B-12 as well!

How did you do? How about trying to implement one of the suggestions above each day and see how God uses this in your life and in your marriage?!

In His Love,
Lori