



Secrets to a Successful Marriage

Principle number Ten

Do not take things personal

When you are in an argument or your spouse says something condescending to you, do not take it personal. When my wife was angry with me and said offensive things to me, I learned to let it go in one ear and out the other. I understood that she was just angry, blowing off a little steam. I learned to forgive her. Women are more emotional than men and they need to vent their frustration from time to time. As a husband it is your honor to allow your wife to vent to you. If you do not allow her to vent to you she is going to vent to someone else or even worse she is going to keep it bottled up inside of her heart. If you will allow her to vent to you without you retaliating or defending yourself she will greatly appreciate it and you will be glad you did. After she vents all her frustration to you then you can go and vent your frustration to the Lord. It is a grave mistake as a husband to retaliate and defend yourself when your wife is venting her frustration. You will frustrate her even more and make her feel trapped in the marriage. I used to tell myself in this process, "You won't die David, you can take this". I did it for my wife's sake and for the sake of my marriage. It is certainly painful but very necessary in having a happy marriage. We are human beings with a "flesh" still attached to us. This flesh is selfish and self-centered. Satan is constantly tempting our flesh. We are not perfect therefore will fall short sometimes and open wide our mouths and hurt the ones we love. We all do this from time to time. It's just being human. Therefore we cannot allow ourselves to take anything personal that is spoken to us that is condescending or hurtful. We have to realize that we all get angry and frustrated from time to time and we all say things that are hurtful to one another. If you understand this and even allow each other to do it without retaliating it will make your life and marriage much better and easier. When your spouse is attacking you verbally just don't take it personal. Let it go in one ear and out the other. When these attacks happen Satan is going to be right in your ear accusing your spouse of disrespect and lies. He's going to tempt you to defend yourself and strike back. His goal is for the two of you to fight it out in hopes of destroying your marriage. You can defeat him and save your marriage by simply not taking it personal.

A Time to Reflect

1. Husbands, how do you react when your wife vents to you?
2. Do you take the hurtful words personal?
3. Do you retaliate?
4. Do you listen to the devils accusations?
5. Are you willing to let hurtful words go in one ear and out the other?