



Secrets to a Successful Marriage

Principle number Seven

People Change

All of us change as we get older. We have more experiences in life both good and bad that mold us. You only have to touch fire one time to learn never to touch it again. You only have to stick your tongue to something frozen one time to learn to never to do it again. In life things happen.

The issues of life come out of your own heart. What we see and what we hear goes into our hearts. Our heart consists of thoughts and feelings. When we are hurt or offended by words or actions against us it goes into our hearts. If we do not forgive the ones that hurt us those hurts will change the way we think and the way we feel. We must guard our hearts by being careful what we see and hear. Sometimes we have no control over what we hear or see. It's in those times that we must forgive or repent to get the poison of hurts or offenses out of our hearts. You release those hurts out of your heart by the confession of your mouth. When your spouse offends you go somewhere by yourself and say out loud Father I forgive them. You may have to say it many times to get that hurt out of your heart. If you allow the hurt to stay in your heart it is going to change the way you think about your spouse and the way you feel about them. If you are not diligent to protect your heart you will change for the worse. Do not allow the thoughts of hurt and disappointment towards your spouse stay in your heart. Do not listen to the list of offenses in your mind. Those thoughts will blind you and your will make bad decisions that will sometime devastate you. It come nature to us to blame others for our failures. But the truth is your failures are being caused by what is in your own heart. If you will take responsibility for your decisions and repent God will heal you and help you. If you do not like the change in your life only you can do something about it. You can change the way that you think which in turn will change the way that you feel which in turn will change your action. If you will let God's word rule your heart it will produce a wonderful marriage for you.

A Time to Reflect

1. What changes have taken place in your life?
2. Are you more in love with your spouse or less in love with your spouse and why do you think that is?
3. What changes in your thought life can you make toward yourself and your spouse?
4. Are you willing to take responsibility for your decisions?
5. Are you willing to forgive your spouse and stop blaming them?