

## A Marriage Minute™

A simple help to make your marriage just a little better this week.

### A STATE OF BEING



*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* -Ephesians 4:32

Paul isn't talking about something you do. He's talking about a state of being, a state of continually receiving God's forgiveness through Christ, and being a vessel through which forgiveness passes to another. It's a dynamic thing. As you are being forgiven, you allow the flow of grace to pass through you into the lives of others. When you are offended you forgive, because you are a channel of forgiveness. Even while you are being offended, you choose to be forgiving. You're not waiting for your spouse to say, "I'm sorry." You are already giving forgiveness because this is who you are. You are *being* kind, compassionate and forgiving. Jesus is our example. Aren't you glad Jesus didn't wait for you to say you were sorry before he hung on the cross for you? He didn't say, "I'll hang on this cross if you'll repent." He just hung, and offered himself unconditionally to "whosoever will". Our love and devotion to Him is a response to that unconditional love and forgiveness He demonstrated. Our spouses' love and devotion to us will also be a response to the unconditional love we demonstrate as we are *being* kind and compassionate forgiving each other, even when there is no acknowledgement of wrongdoing. It's not what you do; it's who you are.

**Question For The Both of Us:** Do you believe I am being kind, compassionate and forgiving? Let's talk about it.

**Prayer For The Both of Us:** Lord help us to *be* kind and compassionate forgiving one another, just as you forgave us. Let us be vessels through which the river of grace will flow unhindered by our own sin.

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This MARRIAGE MINUTE is brought to you by Marriage & Family Savers Institute.  
Visit them at [www.marriageandfamily.org](http://www.marriageandfamily.org)

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