

## A Marriage Minute

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

### HULA HOOP THERAPY



*“Who are you to judge another’s servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.” –Romans 14:4*

Imagine holding a hula hoop around yourself at waist level. Then repeat these words: “Everything inside this hula hoop I am responsible for and I can change with God’s help, (My actions and my thoughts).

Everything outside this hula hoop I am not responsible for and I cannot change, (Your actions and your thoughts).”

Each one is fully responsible for everything inside his or her hula hoop. We need to take ownership for everything inside our respective hula hoops. We are fully responsible for our thoughts and actions; we are not responsible for another’s reactions.

Furthermore we need to keep out of each other’s hula hoop. Wife, you can’t change your husband. Quit trying. Get out of his hula hoop. Husband, you can’t change your wife. Quit trying. Get out of her hula hoop. Focus on changing yourself, and by your example others will be influenced to positive change. That’s leadership.

**Question For the Both of Us:** Do you feel like I take responsibility for everything in my hula hoop? Do you feel like I get into your hula hoop? How?

**Prayer For the Both of Us:** Lord, help us to take full responsibility for everything inside our own hula hoops, and to keep out of each other’s hoop, as you’re working in each of us to build a marriage that reflects your nature.

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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