

## A Marriage Minute™

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

### **SPRING CLEAN UP**



*"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."*

--Ephesians 4:22-24

Time for Spring clean up, beginning with ourselves and our marriages. Time to put away the old rubbish in our minds, selfish, and self-centered thoughts of getting what we want, or what we think we deserve. (Believe me, you really don't want what you deserve!) Throw all that mental junk out where the light of God's love can show it to us plainly. Then let the blood of Christ wash it away as we repent and choose to renew our minds and walk in newness of life. It's been said that sunlight is the best disinfectant. When it comes to our personal walk with the Lord, and our marriage, "Son" light is the only disinfectant. (1 John 1:7,8). Join hands, pray together, ask God to help you both stay focused on the promises of a new season of growth looking forward to a harvest of righteousness. Get rid of all bitterness, contempt and self-centeredness and bask in the warmth of the "Son." It's a wonderful new season. It is the Day of the Lord! Enjoy it!

**Question for The Both of Us:** How can I put away some old patterns of behavior and thinking, and begin walking in newness of life, just as we see newness of life blossoming all around us this Spring?

**Prayer for The Both of Us:** Lord help us to put away old rubbish in our minds so that we can enjoy this new season of growth as we walk together in newness of life and in the light of your love.

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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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