

A Marriage Minute™

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



AFFECTION

*"It is right for me to feel this way about all of you, since I have you in my heart... God can testify how I long for all of you with the affection of Christ Jesus" –
Philippians 1:7,8*

Paul is saying a whole lot here. He seems to be encouraging believers, (That's you I hope), to be tenderhearted and kind to one another as we struggle to change day by day. It's like he's saying, "Don't sweat the small stuff. God will take care of it. He will finish the work and set everybody straight. Don't worry about it. Just give yourselves to treating one another with kindness and affection." He's encouraging us to look past the faults. Be ministers of grace. Enjoy the journey. There's no better way to share life's journey than with heart-felt affection --the affection of Christ Jesus.

It begins with the look in your eye. Do your eyes communicate affection? Try this: Before you speak to your spouse, think: "I love you." The very spirit of love will come through in the gleam in your eye. Your tone of voice will communicate affection. More important than the words you use, is the spirit behind the words. Let your words be affectionate. How about an affectionate non-sexual physical touch? Yes, it must be non-sexual if it's to communicate affection. A touch on the cheek, a stroke on one's shoulder. Whatever form it takes affection says, "I love you. I care for you. I highly desire you. You are special to me." Take the time and make the effort to understand what forms of affection truly minister grace to your spouse. Then give yourself to the challenge.

Question For the Both of Us: If we were to connect an "affectionometer" to our relationship how would it look? What forms of affection work for us and what forms don't? Why?

Prayer For the Both of Us: Lord, help us to be more tender-hearted and kind expressing the affection of Christ to one another.

*This Couples Devotional is brought to you by Marriage & Family Savers Ministries.
Visit them at www.marriageandfamily.org*

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