

A Marriage Minute

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

ASSERTIVENESS TRAINING 101



“Surely, you desire truth in the innermost parts” --Psalm 51:6

Assertiveness is one of the most important factors effecting our relationships. Too often, our desire to keep the peace causes us to sacrifice truth, because we're afraid of "rocking the boat." Whenever we sacrifice truth in this way we can be certain it will cause a problem, if not today, then in the future. It will show up in the form of resentment, bitterness or strife. When we don't express how we truly feel about an issue we send a message by our silence that is not reflective of who we really are, and how we really feel. Therefore, our spouse gets a false impression. You may have peace for now but that peace is based on less than a truthful representation of who you are and how you feel. Your partner cannot come to know you until you decide to speak the truth in love. This assertiveness is essential for a growing, healthy relationship. This is what God desires from us, *“truth in the innermost parts”* and this is what we must give one another, even when it means some discomfort. Yes, we need to use wisdom and sensitivity concerning timing, but we do need to share truthfully. This is the foundation of healthy communication.

Question For the Both of Us: When do you feel you can't be open and honest with me, because you're afraid of my reaction?

Prayer For The Both of Us – Lord, help us to learn how to reveal our true selves to each other by speaking the truth in love, even when it may risk conflict. Let your Spirit be there.

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

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