

## A Marriage Minute™

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

### **BARRIERS TO FORGIVENESS**



*"For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your father will not forgive your sins." --Matt. 6:14,15*

When our spouse hurts us, especially over a period of time, we tend to see them no longer as our spouse but as "the one who is hurting me." We subconsciously see ourselves in an adversarial relationship as though our spouse were the enemy against whom we must protect. The first step in forgiving (so that we may be forgiven) is to see your spouse not as the one who is hurting you out of a desire to do you ill, but as one who has hurt you because he or she is a hurt, flawed, weak human being just like you struggling to change day by day. Remember, Hurting people hurt other people. Your spouse hurt you, because their history, or their lack of relationship with Christ, hasn't taught them how to forgive or how to love. This is particularly true if your spouse doesn't know God. The Bible tells us that unless someone knows God they simply cannot love because God is love. Let's begin to see one another as God sees us – as flawed weak human beings who hurt one another out of our own hurts. Let's begin to forgive, because, we too, need forgiveness to keep the flow of God's grace unrestricted and freely flowing in and through our hearts to touch the hearts of others.

Question for both of us: How do I see you, as "the one who is hurting me" or as one flawed weak human being, like myself, struggling to learn how to love?

Prayer for both of us: Lord help us to see one another as you see us, not as our enemy, or as the one who is trying to hurt me, but as sinners in need of a Savior, struggling together to learn how to love. Help us to know you more so that we may know love.

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*This Couples Devotional is brought to you by Marriage & Family Savers Ministries. Visit them at [www.marriageandfamily.org](http://www.marriageandfamily.org)*

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